

# Menu Item Nutrient Report

Generated on: 10/12/2023 12:26:29 PM by Zach Malavite

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)	Mois (g)
Bagel, *Clean Label* Plain, Sliced, Frozen, Thaw N Serve, 2.3 oz, Burry Foodservice, 87616, Non-WG - PGR1032 (1 bagel) Contains Soy, Wheat. Processed in a facility that also processes Egg.	180.00	0.50	0.00	0.00	0.00	360.00	37.00	1.00	4.00	(M)	6.00	2.70	20.00	0.00	2.40	(M)	(M)	(M)
Bagel, *Clean Label*, Thaw N Serve 4 oz Whole Grain Wheat Sliced 51% WW, Burry Foods, 87039, WGR - PGR1031 (1 bagel) Contains Soy, Wheat. Processed in a facility that also processes Egg.	290.00	1.50	0.00	0.00	0.00	440.00	58.00	7.00	5.00	(M)	11.00	3.60	20.00	100.00	3.60	(M)	(M)	(M)
Bar, Deli Sandwich (reimbursable), MMA, WGR - 102496 (1 Complete Meal) Contains Gluten, Milk, Peanuts, Sesame, Soy, Wheat.	552.33	15.85	4.28	0.00(M)	38.56	1019.51	78.63	6.79(M)	26.48(M)	6.47(M)	25.33	4.34(M)	195.01 (M)	85.18(M)	64.18(M)	0.01(M)	512.57 (M)	14.14(M)
Beans, BBQ Baked, VEG-BP - 102468 (1/2 c.) Contains Soy.	227.25	0.04	0.00	0.00(M)	0.00	920.06	52.27	6.82	25.38	(M)	9.55	2.60	66.35	65.67	1.26	0.00(M)	15.44(M)	0.77(M)
Beans, Black w/Corn, Taco Fiesta, Bush's 01585, V-B/P, O - PGR1012 (5/8 c.)	137.50	1.25	0.00	0.00	0.00	587.50	25.00	5.00	2.50	(M)	6.25	2.25	50.00	0.00	0.00	(M)	(M)	(M)
BEEF CRUMBLES, *CLEAN LABEL*, DON LEE, CNQ15401, FULLY COOKED FROZEN, MMA 100% Beef - PGR1035 (2 ounces)	100.00	5.80	2.30	0.00	39.00	35.00	0.00	0.00	0.00	0.00	11.60	1.20	4.00	0.00	0.00	(M)	(M)	(M)
Beverage, Entree, Breakfast, Apple Pie, Yogurt & Fruit Smoothie - F, MMA - 102624 (8 ounces) Contains Milk.	172.56	0.72	0.36	0.00(M)	3.33	64.41	37.80	0.56	32.46	11.34(M)	3.36	0.10(M)	125.11 (M)	114.51 (M)	0.72(M)	2.00(M)	215.26 (M)	0.07(M)
Beverage, Entree, Breakfast, Berry Patch Smoothie + Goldfish Crackers, F, MMA, WGR - 102606 (8 ounces) Contains Gluten, Milk, Wheat.	281.27	4.67	1.33	0.00	3.33	203.47	53.96	1.50	36.92	18.34(M)	4.33	2.00(M)	220.07 (M)	113.40 (M)	0.62(M)	2.00(M)	249.00 (M)	(M)
Beverage, Entree, Breakfast, Berry Patch Yogurt & Fruit Smoothie - F, MMA - 102620 (8 ounces) Contains Milk.	161.27	0.67	0.33	0.00	3.33	63.47	34.96	0.50	29.92	11.34(M)	3.33	0.00(M)	120.07 (M)	113.40 (M)	0.62(M)	2.00(M)	209.00 (M)	(M)
Beverage, Entree, Breakfast, Coffee & Yogurt Smoothie, Smores Caramel Chocolate - MMA, M, WGR - 102732 (13 ounces) Contains Gluten, Milk, Wheat. May contain Milk, Soy, Tree nuts.	216.64	1.43	0.53	0.00	8.33	266.14	41.41	0.95	27.31	11.90(M)	12.40	0.69	437.18	613.40 (M)	2.40(M)	2.00(M)	314.97 (M)	20.75(M)

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Beverage, Entree, Breakfast, Creamsicle Smoothie + Goldfish Crackers, F, MMA, WGR - 102607 (8 ounces) Contains Gluten, Milk, Wheat.	278.89	4.67	1.33	0.00	3.33	200.86	52.92	1.50	36.44	18.34(M)	4.33	2.00(M)	220.07 (M)	113.40 (M)	20.18(M)	2.00(M)	200.09 (M)	(M)
Beverage, Entree, Breakfast, Creamsicle Yogurt & Fruit Smoothie - F, MMA - 102621 (8 ounces) Contains Milk.	158.89	0.67	0.33	0.00	3.33	60.86	33.92	0.50	29.44	11.34(M)	3.33	0.00(M)	120.07 (M)	113.40 (M)	20.18(M)	2.00(M)	160.09 (M)	(M)
Beverage, Entree, Breakfast, Gingerbread Yogurt Smoothie - MMA - 102669 (10 oz.) Contains Milk.	315.56	9.70	2.59	0.00(M)	8.33	203.83	46.83	1.20	38.07	11.35(M)	10.86	1.38(M)	291.73	489.46	0.01(M)	2.00(M)	470.14 (M)	5.19(M)
Beverage, Entree, Breakfast, Orange Pumpkin Yogurt & Fruit Smoothie - F, MMA - 102623 (8 ounces) Contains Milk.	226.10	1.02	0.52	0.00	3.33	59.59	51.80	4.07	38.68	11.34(M)	4.72	1.78	161.69	19180.95(M)	25.36(M)	2.00(M)	412.44 (M)	110.32 (M)
Beverage, Entree, Breakfast, Purple Daze Smoothie + Goldfish Crackers, F, MMA, WGR - 102608 (8 ounces) Contains Gluten, Milk, Wheat.	288.50	4.67	1.33	0.00	3.33	205.67	55.81	1.50	39.32	18.34(M)	4.33	2.00(M)	220.07 (M)	113.40 (M)	0.00(M)	2.00(M)	200.09 (M)	(M)
Beverage, Entree, Breakfast, Purple Daze Yogurt & Fruit Smoothie - F, MMA - 102622 (8 ounces) Contains Milk.	168.50	0.67	0.33	0.00	3.33	65.67	36.81	0.50	32.32	11.34(M)	3.33	0.00(M)	120.07 (M)	113.40 (M)	0.00(M)	2.00(M)	160.09 (M)	(M)
Beverage, Entree, Breakfast, Vanilla Pumpkin Yogurt & Vegetable Smoothie - V, MMA - 102666 (12 ounces) Contains Milk.	245.21	2.07	1.29	0.00(M)	8.33	122.27	50.78	3.70	38.52	11.35(M)	8.72	1.80(M)	281.55	19554.76	5.25(M)	2.00(M)	415.40 (M)	110.27 (M)
Beverage, Fruit Juice, "Harry Potter" Copycat Pumpkin F, V-R/O - 102671 (1/2 c.)	37.98	0.03	0.01	0.00(M)	0.00	22.12	9.84	0.22	8.99	(M)	0.08	0.11(M)	2.23(M)	1121.58 (M)	0.88	0.00(M)	15.21(M)	6.59(M)
Beverage, Fruit Juice, Pumpkin F, V-R/O - 102670 (1/2 c.)	52.91	0.08	0.04	0.00	0.00	74.33	13.64	0.82	11.36	(M)	0.31	0.40(M)	7.42(M)	4399.54 (M)	4.24	0.00(M)	58.23(M)	25.43(M)
Beverage, Iced Coffee (Brewed) w/Skim Milk & French Vanilla Flavoring, M - 102734 (12 oz.) Contains Milk. May contain Milk, Peanuts, Tree nuts.	87.63	0.00	0.00	0.00(M)	4.80	111.08	20.59	0.00	11.53	(M)	7.86	0.01	289.44	480.51	2.31	0.00(M)	28.35(M)	56.40(M)
Beverage, Iced Coffee (Instant) w/Skim Milk & French Vanilla Flavoring, M - 102735 (12 oz.) Contains Milk. May contain Milk, Peanuts, Tree nuts.	87.63	0.00	0.00	0.00	4.80	112.78	20.69	0.00	11.53	(M)	7.75	0.02	290.57	480.51	2.31	0.00(M)	17.01(M)	56.18(M)
Beverage, Mocha Iced Coffee (Brewed) w/Chocolate Milk, M - 102737 (12 oz.) Contains Milk. May contain Milk, Tree nuts.	145.29	2.40	1.44	0.00(M)	9.61	192.77	30.12	0.00(M)	23.06	0.00(M)	7.86	0.01(M)	193.34	720.76	0.00(M)	0.00(M)	28.35(M)	56.40(M)

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Beverage, Mocha Iced Coffee (Instant) w/Chocolate Milk, M - 102736 (12 oz.) Contains Milk. May contain Milk, Tree nuts.	145.29	2.40	1.44	0.00	9.61	194.47	30.22	0.00(M)	23.06	0.00(M)	7.75	0.02(M)	194.47	720.76	0.00(M)	0.00(M)	17.01(M)	56.18(M)
Biscuit, Frozen Whole Grain-Rich Dough 2.51 oz, Pillsbury, General Mills, 322670 WGR - PGR1014 (1 Biscuit (dough)) Contains Gluten, Milk, Soy, Wheat.	199.98	8.00	4.00	0.00	0.00	329.96	28.00	2.00	3.00	(M)	5.00	1.08	79.99	0.00	0.00	(M)	(M)	(M)
Bread Stuffing B-06, WGR - 102502 (1 square) Contains Gluten, Soy, Wheat.	105.45	3.72	0.67	0.00(M)	0.00	223.21	14.27	1.19	2.30(M)	2.02(M)	3.38	1.05	42.82	170.76 (M)	0.54(M)	0.00(M)	78.13(M)	48.29(M)
Bread, Pita Pocket, White 6", Fz, Grecian Delight #020, Non-WG - PGR1028 (1 piece) Contains Gluten, Wheat.	190.00	1.50	0.00	0.00	0.00	390.00	36.00	1.00	2.00	(M)	7.00	2.70	40.00	0.00	0.00	(M)	(M)	(M)
Breadstick, Bosco Sticks, 6" w/Marinara (3 count), MMA, WGR - 102498 (1 serv.) Contains Gluten, Milk, Wheat.	500.01	16.00	7.50	0.00	45.00	1130.09	61.00	8.00	9.00	4.00	32.00	4.00	691.00	0.00(M)	0.00(M)	6.00	626.88	(M)
Breadstick, Bosco Sticks, 7" Original w/Marinara (2 count), MMA, WGR - 102551 (1 serv.) Contains Gluten, Milk, Wheat.	490.01	15.00	7.00	0.00	30.00	1090.09	64.00	4.00	8.00	3.00	26.00	5.00	453.00	0.00(M)	0.00(M)	4.00	566.88	(M)
Breadstick, Bosco Sticks, 7" Original w/Marinara (3 count), MMA, WGR - 102550 (1 serv.) Contains Gluten, Milk, Wheat.	710.01	22.00	10.50	0.00	45.00	1400.09	91.00	5.00	9.00	4.00	38.00	7.00	667.00	0.00(M)	0.00(M)	6.00	656.88	(M)
Breadstick, Original Bosco 7" Breadstick Stuffed W/Mozzarella Cheese MMA, BR - 102486 (1 stick.) Contains Gluten, Milk, Wheat.	220.00	7.00	3.50	0.00	15.00	310.00	27.00	1.00	1.00	1.00	12.00	2.00	214.00	0.00	0.00(M)	2.00	90.00	(M)
Cake, Pumpkin Pie Squares Bars, Dessert - 102668 (1 piece)	155.17	3.93	1.02	0.00(M)	18.71	215.20	28.17	0.75	8.77(M)	(M)	2.39	0.48	65.16	2428.65	0.94	0.27(M)	87.51(M)	27.21
Cake, WG Chocolate Chip Breakfast Crumb Cake, Sky Blue Bakery, CHR272, WGR - 102605 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	260.00	8.00	1.50	0.00	20.00	170.00	43.00	2.00	22.00	22.00	4.00	2.00	41.00	0.00(M)	0.00(M)	0.00	91.00	(M)
Celery, Raw, Sticks, w/Peanut Butter, V-O, MMA - 102520 (1 ea.)	195.07	15.94	3.06	0.00	0.00	192.40	9.17	2.61	0.68(M)	(M)	7.37	0.79	37.20	226.75	1.57	0.00(M)	131.30 (M)	48.19(M)
Chicken & Waffles, 9-12 MMA, WGR - 102509 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	542.87	18.14	2.28	0.00	55.52	704.85	71.14	3.52	28.04	5.52(M)	23.73	3.64	24.00	0.00(M)	0.00(M)	0.00(M)	813.44 (M)	(M)
Chicken & Waffles, Gr 3-8, MMA, WGR - 102510 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	452.87	15.14	2.28	0.00	50.53	569.85	57.14	2.52	26.04	3.52(M)	21.73	2.64	12.00	0.00(M)	0.00(M)	0.00(M)	763.44 (M)	(M)

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Chicken & Waffles, Gr K-2, MMA, WGR - 102511 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	371.92	11.10	1.52	0.00	35.35	433.23	53.10	2.01	25.02	3.01(M)	15.16	2.09	12.00	0.00(M)	0.00(M)	0.00(M)	525.63 (M)	(M)
Chicken Pot Pie, *FAVORITE, M/MA, WGR, Veg-O - 102506 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	599.95	23.94	6.09	2.03(M)	100.80	777.38	53.79	5.59	3.19(M)	0.00(M)	39.56	2.90(M)	112.85 (M)	4068.90 (M)	9.59(M)	1.46(M)	18.55(M)	220.43 (M)
Chicken, Glazed Chicken Drumsticks, Cooked, Tyson,10264350928, MMA - PGR1029 (1 piece)	160.00	10.00	2.50	0.00	90.00	320.00	2.00	0.00	0.00	0.00	16.00	1.00	9.00	(M)	(M)	0.00	230.00	(M)
Chicken, Supreme Gourmet Spicy Whole Grain Breaded Chicken Tender, Rich Chicks, 54497, MMA, WGR - PGR1026 (3 pcs.) Contains Egg, Gluten, Wheat.	235.00	9.00	2.10	0.00	44.00	350.00	18.00	0.00	0.00	(M)	20.00	0.90	0.00	0.00	2.40	(M)	(M)	(M)
Chicken, Supreme Gourmet White Meat Whole Grain Breaded Chicken Nugget, Rich Chicks, 54487, MMA, WGR - PGR1023 (5 nuggets) Contains Egg, Gluten, Soy, Wheat.	230.00	9.00	2.00	0.00	43.00	346.00	18.00	0.00	0.00	(M)	19.00	0.90	0.00	0.00	2.40	(M)	(M)	(M)
Chicken, Supreme Gourmet Whole Grain Breaded Chicken Tender, Rich Chicks, 54485, MMA, WGR - PGR1025 (3 pcs.) Contains Egg, Gluten, Soy, Wheat.	235.00	9.40	2.10	0.00	44.00	350.00	18.00	0.00	0.00	(M)	20.00	1.08	0.00	0.00	3.00	(M)	(M)	(M)
Chicken, Supreme Gourmet Whole Grain Breaded White Meat Chicken Patty, Rich Chicks, 54486, MMA, WGR - PGR1024 (1 patty) Contains Egg, Gluten, Soy, Wheat.	230.00	9.00	2.00	0.00	43.00	346.00	18.00	0.00	0.00	(M)	19.00	0.90	0.00	0.00	2.40	(M)	(M)	(M)
CHIP, TORTILLA YELLOW CORN PLAIN ROUND NATURAL SS BAG, WGR, 2 oz - PGR1019 (2 ounces, dry)	270.00	11.00	1.50	0.00	0.00	220.00	40.00	4.00	0.00	(M)	4.00	1.00	4.00	(M)	(M)	(M)	(M)	(M)
Cookie, Bonzer WG 1.5 Ounce Variety - 102500 (1 cookie) Contains Egg, Gluten, Milk, Soy, Wheat.	169.05	5.91	1.56	0.00	5.92	106.15	27.13	1.50	13.71	(M)	1.86	0.00	0.00(M)	0.00(M)	0.00	(M)	0.00	(M)
Dip, 7 layer Bean w/TOSTITOS® Tortilla Chips, MMA, V-R/O, B-P, WGR - 102722 (1 ea.) Contains Milk.	523.63	21.84	8.62	0.00(M)	40.00(M)	674.44	62.41	12.12	3.39(M)	0.00(M)	20.10	4.17	336.27 (M)	1184.05 (M)	14.94(M)	0.00(M)	594.98 (M)	49.40(M)
Dip, Buffalo Chicken w/Pita, *FAVORITE, MMA, WGR - 102507 (1/2 c.) Contains Egg, Milk, Wheat.	573.06	33.52	14.98	0.00(M)	115.48 (M)	1336.15	46.10	4.00	2.22	0.00(M)	24.81	2.18(M)	319.12 (M)	236.22 (M)	0.00(M)	0.00(M)	58.07(M)	11.19(M)

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Dip, Sauce, Taco - 102577 (1 oz.) Contains Milk.	71.37	5.86	3.65	0.00(M)	19.45	238.89	3.01	0.00	2.48	(M)	0.97	0.00	38.90	244.50	0.00	(M)	(M)	(M)
Donut, Yeast, Chocolate Iced, 2.45oz, Frozen, Rich's, 14839, WGR - 102542 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg.	358.31	17.51	7.60	0.00	0.00	319.04	46.27	2.00	21.66	5.00(M)	5.00	1.50	10.00	0.00(M)	0.00(M)	0.60(M)	110.00 (M)	(M)
Donut, Yeast, Vanilla Iced, 2.45oz, Frozen, Rich's, 14839, WGR - 102543 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Egg.	358.31	16.90	7.60	0.00	0.00	310.00	47.47	2.00	22.87	5.00(M)	5.00	1.50	10.00	0.00(M)	0.00(M)	0.60(M)	110.00 (M)	(M)
Dressing, CLEAN LABEL Buttermilk Ranch, GAL Ken's, KE0789, POUCH KE0789B3 - PGR1033 (1 Ounce serving) Contains Egg, Milk, Soy.	128.40	13.83	1.98	0.00	9.88	177.78	0.99	0.00	0.99	0.99	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Dressing, CLEAN LABEL Golden Italian, Ken's Essentials, KE0858ZY - PGR1034 (1 oz.) Contains Soy.	110.00	12.00	2.00	0.00	0.00	270.00	2.00	0.00	2.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Dressing, Ranch Dressing, Charlie's *FAVORITE, Sauces, Condiment - 102630 (1 oz.)	42.60	3.06	0.68	0.00(M)	4.64	79.05	3.35	0.00	1.32	(M)	0.56	0.01	26.02	15.59	0.11	0.01(M)	23.51(M)	21.24(M)
Dressing, Ranch, Cup, Light, All Natural Refrigerated KE0708 1 oz. - PGR1004 (1 serv.) Contains Egg, Milk.	70.00	7.00	1.00	0.00	5.00	260.00	2.00	0.00	1.00	(M)	1.00	0.00	20.00	0.00	0.00	(M)	(M)	(M)
Dressing/Dip, Ranch w/Yogurt *FAVORITE, Sauces, Condiment - 102631 (1 oz.) Contains Milk.	27.77	1.55	1.05	0.00(M)	6.21	73.17	2.12	0.00	1.62	0.00(M)	1.08	0.01	48.81	62.84(M)	0.11(M)	0.01(M)	38.37(M)	12.46(M)
Entree, Beef Broccoli Teriyaki Noodle Bowl, *FAVORITE MMA, WGR, V-G - 102632 (1 serv.) Contains Gluten, Milk, Soy, Wheat. May contain Gluten.	329.00	8.58	2.48	0.03(M)	67.62	516.46	34.98	3.16	5.59(M)	0.00(M)	30.17	3.00(M)	33.88(M)	10.82(M)	0.71(M)	0.00(M)	83.87(M)	19.89(M)
Entree, Biscuit & Chicken Tender Dunkers with Gravy, Chicken, WGR, MMA - 102613 (1/4 c.) Contains Gluten, Milk, Soy, Wheat.	472.87	21.64	6.78	0.00	45.54	881.62	43.14	3.52	6.04(M)	3.52(M)	25.73	3.24	121.78	0.00(M)	0.00(M)	0.00(M)	1003.44 (M)	59.14(M)
Entree, Bowl, Pork, Pulled, BBQ, USDA w.Onion Rings, MMA, WGR - 102702 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	599.00	26.00	9.00	2.00	120.00	1644.80	50.06	1.00	23.82	(M)	31.00	1.30(M)	232.40 (M)	362.00 (M)	7.49(M)	(M)	(M)	(M)
Entree, Bowl, Totchos, Potato Tots w/Pulled Pork, MMA, WGR, V-S - 102705 (1 ea.) Contains Milk, Soy. May contain Soy.	551.71	22.37	7.50	2.00	125.00	1711.60	46.75	3.07	20.86	0.00(M)	30.53	1.23(M)	249.62 (M)	371.43 (M)	4.11(M)	0.00(M)	276.00 (M)	(M)

# Menu Item Nutrient Report

Generated on: 10/12/2023 12:26:29 PM by Zach Malavite

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)	Mois (g)
Entree, Bread Bowl. Parmesan-Alfredo w/Meatballs, MMA, WGR - 102555 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	446.72	24.67	10.00	0.00	65.01	803.55	32.00	2.00	2.00	(M)	22.34	2.52	186.76	0.00(M)	2.40	(M)	(M)	(M)
Entree, Breadsticks, Italian Dunkers, Meatballs & Spaghetti Sauce, MMA, WGR, V-R/O - 102544 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	450.01	21.00	7.00	0.00	45.00	1140.09	47.00	4.00	11.00	5.00(M)	21.00	3.68	45.01	0.00(M)	1.20(M)	0.00(M)	386.88(M)	(M)
Entree, Breakfast Biscuit, Strawberry Shortcake, WGR, F - 102558 (1 serv.) Contains Gluten, Milk, Wheat.	312.49	10.00	5.50	0.00	0.00	330.00	51.99	5.00	21.00	3.00(M)	5.00	1.95	139.99	0.00(M)	54.00(M)	0.00(M)	290.00(M)	(M)
Entree, Breakfast Sandwich, Egg, Cheese & Bacon Quesadilla, MMA, WG - 102730 (1 each quesadilla) Contains Egg, Gluten, Milk, Wheat.	265.00	16.67	8.50	0.00	135.00	556.66	15.00	2.00	0.00	0.00(M)	12.67	1.48	258.00	0.00(M)	0.00(M)	0.40(M)	126.00(M)	(M)
Entree, Breakfast, Egg & Sausage Breakfast Pizza on English Muffin, MMA, WGR - 102561 (1 ea.) Contains Egg, Milk, Soy. May contain Wheat.	155.32	7.84	4.17	0.00	79.17	257.25	12.89	1.51	0.50	0.00(M)	8.68	0.78	142.32	0.00(M)	0.00(M)	0.00(M)	40.00(M)	(M)
Entree, Breakfast, Loaded Potato Tots, Bacon, Scrambled Egg, Cheese, MMA, V-S - 102560 (1 serv.) Contains Egg, Milk. May contain Soy.	284.48	19.38	6.83	0.00	184.10	678.46	14.55	0.85	0.99	0.00(M)	11.80	0.72(M)	59.68(M)	298.42(M)	0.00(M)	0.00(M)	203.43(M)	(M)
Entree, Buffalo Chicken (over) Fries, MMA, V-S - 102748 (1 serv.) Contains Gluten, Wheat. May contain Soy.	515.00	37.54	7.16	1.59	92.34	2425.51	26.70	1.83	0.73	0.00(M)	19.02	1.17(M)	5.44(M)	1067.19(M)	43.29(M)	2.91(M)	211.44(M)	4.65(M)
Entree, Cereal, Bowl Pack Variety, & Scooby Sticks Graham, Breakfast, WGR - 102603 (1 serv.) Contains Gluten, Peanuts, Soy, Wheat.	236.00	5.40	1.10	0.00	0.00	270.00	44.00	2.80	15.80	15.80	3.60	3.12	94.00	360.00(M)	3.84(M)	1.32	69.82	(M)
Entree, Cereal, Bowl Pack Variety, & String Cheese, Breakfast, WGR, MMA - 102604 (1 serv.) Contains Gluten, Milk, Peanuts, Soy, Wheat.	206.00	8.90	5.10	0.00	20.00	355.00	23.00	1.80	7.80	7.80(M)	8.60	2.42(M)	94.00(M)	360.00(M)	3.84(M)	1.32(M)	20.00(M)	(M)
Entree, Chicken Filet Parmesan, MMA, WGR, V-R/O - 102566 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	313.27	15.74	5.04	0.00	60.19	645.01	13.56	3.89	3.23	0.00(M)	26.97	1.52	216.87	0.00(M)	0.00(M)	0.00	879.17	(M)
Entree, Chicken, Popcorn w/Fries & Breadstick *FAVORITE, WGR, MMA, V-S - 102557 (1 serv.) Contains Gluten, Milk, Soy, Wheat. May contain Soy.	460.63	21.67	3.73	0.00	21.82	711.45	49.23	5.27	3.09	2.00	20.27	3.34	36.00	0.00(M)	3.59(M)	0.00	968.27	(M)

# Menu Item Nutrient Report

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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)	Mois (g)
Entree, Dip, Mexican Hot Corn (Elote) w/Tortilla Chips, MMA, WGR, V-S, R/O - 102743 (3/4 c.) Contains Egg, Milk.	512.22	28.05	9.01	0.35(M)	46.84(M)	872.30	52.72	5.27(M)	7.67(M)	0.00(M)	13.27	2.75(M)	298.87 (M)	1403.87 (M)	23.57(M)	1.15(M)	315.38 (M)	30.06(M)
Entree, Homestyle Bowl, *FAVORITE Mashed Potato w/Chicken Nuggets, Corn, Gravy, MMA, V-S - 102629 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	379.12	13.55	3.70	0.00	35.00	558.07	46.09	6.09	0.99(M)	0.99(M)	20.05	2.38	42.84	324.82 (M)	25.34(M)	0.10(M)	220.00 (M)	151.04 (M)
Entree, Homestyle Bowl, GR 6-12, Mashed Potato w/Meatballs, Green Beans, Gravy, MMA, V-S, O - 102614 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	432.99	23.09	11.35	0.34(M)	75.00	750.33	28.76	4.13	1.47(M)	0.00(M)	22.79	1.72	256.38	224.13 (M)	24.91(M)	0.00(M)	39.32(M)	159.41 (M)
Entree, Homestyle Bowl, GR 6-12, Mashed Potato w/Popcorn Chicken, Corn, Gravy, MMA, V-S - 102617 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	550.03	27.73	10.43	0.00	51.82	749.89	49.36	7.37	1.09(M)	0.00(M)	26.33	2.76	247.83	324.82 (M)	25.34(M)	0.00(M)	729.09 (M)	151.04 (M)
Entree, Homestyle Bowl, GR K-5, Mashed Potato w/Chicken, Corn, Gravy, MMA, V-S - 102618 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	401.44	22.13	8.90	0.00	46.36	627.04	30.30	4.50	0.82(M)	0.00(M)	20.42	1.93	233.19	162.41 (M)	12.67(M)	0.00(M)	551.82 (M)	101.23 (M)
Entree, Homestyle Bowl, GR K-5, Mashed Potato w/Meatballs, Green Beans, Gravy, MMA, V-S, O - 102616 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	339.91	19.78	10.18	0.17(M)	66.00	603.32	18.85	2.11	1.27(M)	0.00(M)	18.65	1.25	234.81	112.06 (M)	12.82(M)	0.00(M)	39.15(M)	109.42 (M)
Entree, Pasta Bowl, w/Sausage, Parmesan & Marinara Sauce, Peppers & Onions MMA, WGR, V-R/O, O - 102619 (1 serv.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.	610.70	35.83	15.17	0.00	80.02	1370.67	51.15	5.12	6.14	0.00(M)	25.75	2.21(M)	350.38 (M)	0.00(M)	0.00(M)	0.00(M)	289.41 (M)	(M)
Entree, Pizza Burger, *FAVORITE, MMA, WG - 102508 (1 burger) Contains Gluten, Milk, Sesame, Soy, Wheat.	376.57	16.28	5.24	1.99(M)	59.23	484.98	32.79	3.26	8.47(M)	4.00(M)	24.38	2.46(M)	164.40 (M)	212.92 (M)	2.28(M)	0.00(M)	292.94 (M)	0.06(M)
Entree, Popcorn Chicken, Broccoli & LoMein Bowl w/General TSO Sauce, *FAVORITE MMA, WGR, V-G - 102628 (1 serv.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Egg.	402.92	14.99	2.77	0.00	21.82	514.33	47.87	8.30	9.55(M)	0.00(M)	21.90	3.22(M)	57.18(M)	48.00(M)	0.00(M)	0.00(M)	799.09 (M)	378.82 (M)
Entree, Quesadilla, Chicken Bacon Ranch, MMA, WGR - 102525 (1 ea.) Contains Gluten, Milk, Wheat.	311.42 (M)	12.38(M)	4.05(M)	0.00(M)	56.44(M)	754.95 (M)	29.00(M)	3.00(M)	1.00(M)	1.00(M)	21.73(M)	2.31(M)	79.00(M)	0.00(M)	0.00(M)	0.00(M)	211.00 (M)	(M)

# Menu Item Nutrient Report

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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)	Mois (g)
Entree, Sandwich, BBQ Bacon Cheeseburger Quesadilla, MMA, WG - 102727 (1 each quesadilla) Contains Gluten, Milk, Soy, Wheat.	552.85	29.97	16.80	0.00	104.00	1148.80	42.14	3.00	10.43	1.00(M)	30.27	3.63	498.14	85.71(M)	2.06(M)	0.00(M)	251.00 (M)	(M)
Entree, Sandwich, BBQ Bacon Chicken Quesadilla, MMA, WG - 102729 (1 each quesadilla) Contains Gluten, Milk, Soy, Wheat.	572.85	26.67	15.00	0.00	125.00	1433.80	43.14	3.00	10.43	1.00(M)	40.67	3.23	504.14	85.71(M)	2.06(M)	0.10(M)	491.00 (M)	(M)
Entree, Sandwich, Cheese Quesadilla, MMA, WG, Veg-RO - 102724 (1 each quesadilla) Contains Gluten, Milk, Wheat.	411.20	21.50	13.50	0.00	60.00	828.39	37.24	3.00	4.12	1.00(M)	17.00	5.12	476.99	1560.00 (M)	31.20(M)	0.00	500.29	(M)
Entree, Sandwich, Pepperoni Pizza & Cheese Quesadilla, MMA, WG, Veg-RO - 102725 (1 each quesadilla) Contains Gluten, Milk, Soy, Wheat.	376.95	18.47	9.53	0.00	36.62	672.09	31.39	3.01	3.06	1.00(M)	21.06	2.01(M)	494.26 (M)	0.00(M)	0.00(M)	0.00(M)	263.86 (M)	(M)
Entree, Soup, Ramen Lo Mein Noodle Bowl w/Beef Wonder Bite Teriyaki Dippers, MMA - 102741 (1 serv.) Contains Egg, Gluten, Soy, Wheat.	554.54	10.00	3.50	0.50	40.00	1454.70	82.91	3.00	26.00(M)	22.00(M)	26.97	2.52	45.30	0.00(M)	0.00(M)	0.00(M)	129.78 (M)	177.57 (M)
Entree, Taco, Breakfast, Egg Potato & Salsa, WGR, MMA, V-R/O, S - 102609 (1 ea.) Contains Egg, Gluten, Wheat. May contain Soy.	192.55 (M)	7.54(M)	1.94(M)	0.00(M)	108.87 (M)	454.50 (M)	25.15(M)	2.43(M)	2.13(M)	0.00(M)	5.45(M)	3.13(M)	39.00(M)	192.00 (M)	19.20(M)	0.00(M)	379.78 (M)	(M)
Entree, Taco, Fish w/Pico Slaw, MMA,WGR, V-O - 102576 (1 ea.) Contains Fish, Gluten, Milk, Wheat.	322.62	16.36	7.90	0.00(M)	51.95	653.89	29.76	3.50	3.73	0.00(M)	12.22	1.74	187.40	244.50 (M)	10.50(M)	0.00(M)	211.00 (M)	(M)
Entree, Taco, Shrimp w/Lettuce & Baja Sauce, MMA,WGR, V-O, R/O - 102585 (2 ea.) Contains Crustacean Shellfish, Gluten, Milk, Soy, Wheat.	583.45	28.00	12.50	0.00(M)	110.00	1071.33	57.82	7.27	5.31	0.00(M)	23.02	6.39	348.53	491.89 (M)	21.03(M)	0.00(M)	396.22 (M)	3.43(M)
Entree, Totchos, 9-12, Potato Tots w/Seasoned Taco Beef, MMA, WGR, V-S - 102695 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Soy.	626.79	32.05	5.97	1.52	39.57	1216.23	68.17	7.97	0.00(M)	0.00(M)	17.14	1.93(M)	76.46(M)	0.00(M)	0.00(M)	0.00(M)	276.00 (M)	12.46(M)
Entree, Totchos, 9-12, Potato Tots w/Seasoned Taco Chicken, MMA, WGR, V-S - 102696 (1 ea.) Contains Milk, Soy. May contain Soy.	733.49	33.42	5.92	0.00	142.50	1537.18	73.97	8.62	1.50	0.00(M)	34.98	3.13	76.08	0.00(M)	0.00(M)	0.00(M)	846.00 (M)	(M)



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Entree, Totchos, K-8, Potato Tots w/Seasoned Taco Beef, MMA, WGR, V-S - 102967 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Soy.	512.75	27.34	5.48	1.52	39.57	1078.57	51.29	5.97	0.00(M)	0.00(M)	15.65	1.49(M)	56.77(M)	0.00(M)	0.00(M)	0.00(M)	184.00 (M)	12.46(M)
Entree, Totchos, K-8, Potato Tots w/Seasoned Taco Chicken, MMA, WGR, V-S - 102698 (1 ea.) Contains Milk, Soy. May contain Soy.	619.45	28.71	5.44	0.00	142.50	1399.52	57.09	6.62	1.50	0.00(M)	33.50	2.68	56.39	0.00(M)	0.00(M)	0.00(M)	753.99 (M)	(M)
Entree, Walking Taco, CLEAN LABEL WG, MMA, Veg-RO, O - CL004 (1 ea.) Contains Milk, Soy.	382.98	19.99	9.08	0.00	172.50	892.62	14.50	1.87	3.81	0.00(M)	34.82	3.57	204.58	266.33 (M)	18.10(M)	0.00	771.60	17.21(M)
Entree, Walking Taco, Elem WG, MMA, Veg-RO, - 102680 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	357.52	18.52	7.00	0.50	40.00	726.80	29.04	3.22	4.34	0.00(M)	17.16	4.17	162.74	1490.36 (M)	20.50(M)	0.00(M)	245.18 (M)	17.21(M)
Entree, Walking Taco, WG, MMA, Veg-RO, - 102476 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	417.52	20.52	7.00	0.50	40.00	806.80	37.03	3.22	4.34	0.99(M)	18.16	4.27	172.74	1490.36 (M)	20.50(M)	0.00(M)	265.18 (M)	17.21(M)
Entree, Yogurt w/Fruit Banana Split, Breakfast, MMA, WG, F - 102582 (1 ea.) Contains Milk, Soy, Wheat. May contain Tree nuts.	332.56	4.72	0.83	0.00(M)	3.33(M)	168.87	67.95	5.00	40.17	11.34(M)	6.59	1.07	158.57	136.90	32.90(M)	2.00(M)	160.09 (M)	0.00(M)
French Toast Bites, Rich's, WGR, 3pc=1B, 08061 - PGR1009 (3 pc (42 grams)) Contains Egg, Milk, Soy, Wheat.	190.00	12.00	5.00	0.00	15.00	270.00	19.00	1.00	7.00	(M)	2.00	0.36	0.00	0.00	0.00	(M)	(M)	(M)
Fruit Salad, Chunks, 5-Way Pineapple, Honeydew, Cantaloupe, Oranges, Grapes, Cross Valley Farms, 060857, F - PGR1010 (1/2 c.)	80.00	0.00	0.00	0.00	0.00	15.00	20.00	1.00	18.00	(M)	1.00	0.36	20.00	1000.00	78.00	(M)	(M)	(M)
Fruit Variety (Fresh & Canned) Brookville/Clarion - 102493 (1/2 c.)	81.98	0.14	0.01	0.00(M)	0.00(M)	2.45	20.03	1.91	14.19(M)	(M)	0.45	0.33(M)	10.80(M)	150.21 (M)	27.64(M)	0.00(M)	122.34 (M)	54.61(M)
Fruit, Apples, canned, unsweetened, sliced, in water, USDA [100206] - PGR1039 (1/2 c.)	39.66	0.00	0.00	0.00	0.00	5.51	9.91	1.10	(M)	(M)	0.00	1.58	0.00	0.00	1.32	(M)	(M)	(M)
Fruit, Applesauce, Pumpkin w/Cinnamon, USDA, F, V-R/O - 102667 (1/2 c.)	61.65	0.18	0.09	0.00(M)	0.00	149.63	16.00	2.50	11.14	(M)	0.69	0.90(M)	21.84(M)	9533.30 (M)	2.58(M)	0.00(M)	130.43 (M)	55.18(M)
Fruit, Applesauce, USDA Foods, 110541, F, R/O-V - PGR1027 (1/2 c.)	55.71	0.00	0.00	0.00	0.00	2.19	15.29	1.09	12.02	(M)	0.00	(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)	Mois (g)
Fruit, CLEAN LABEL Kiwi, Raw, Slices, w/ or w/o peel, F - 102592 (1/2 c.)	54.90	0.47	0.03	0.00	0.00	2.70	13.19	2.70	8.09	(M)	1.03	0.28	30.60	78.30	83.43	0.00	280.80	74.76
Fruit, Mixed Fruit, Extra Light Syrup, Canned, USDA, 100212, F - PGR1036 (1/2 c.)	91.77	0.00	0.00	0.00	0.00	15.29	26.00	0.00	21.41	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Fruit, Mixed, USDA Extra Light Syrup, Canned - PGR1016 (1/2 c.)	59.99	0.00	0.00	0.00	0.00	4.99	14.99	0.99	11.99	(M)	0.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)
Fruit, Peaches, clingstone, canned, diced, extra light syrup [100220, A409] - PGR1037 (1/2 c.)	78.29	0.20	0.00	0.00	0.00	8.86	19.79	1.92	(M)	(M)	0.74	0.56	8.86	502.27	5.62	(M)	(M)	(M)
Fruit, Peaches, diced in cup, USDA, F-Fruit - 102474 (1 serv.)	79.83	0.00	0.00	0.00	0.00	0.00	18.96	1.00	15.97	(M)	1.00	0.00	0.00	399.17	113.76	(M)	(M)	(M)
Fruit, Pineapple, ring, slice in juice canned imported - PGR1030 (1/2 c.)	80.00	0.00	0.00	0.00	0.00	0.00	22.00	1.00	20.00	(M)	1.00	0.36	20.00	100.00	12.00	(M)	(M)	(M)
Granola Bar, Chewy Cookies & Cream, Quaker, Pepsico Foodservice, 56586, WGR - PGR1022 (1 Bar) Contains Milk, Soy, Wheat. May contain Tree nuts.	150.00	4.00	1.00	0.00	0.00	135.00	29.00	4.00	9.00	(M)	2.00	0.72	150.00	0.00	0.00	(M)	(M)	(M)
Gravy, Beef, Homemade, Condiment - 102615 (2 oz.)	28.83	0.26	0.00	0.00(M)	0.00	104.31	6.14	0.09	0.47(M)	0.00(M)	0.72	0.13	2.24	0.00(M)	0.00(M)	0.00(M)	18.98(M)	59.43(M)
Gravy, Chicken, Low Sodium, Pioneer, mixed with water - 102581 (1/4 c.) Contains Milk, Soy, Wheat.	20.00	0.50	0.00	0.00	0.00	141.78	3.00	0.00	0.00(M)	(M)	1.00	0.00	1.78	0.00	0.00	(M)	(M)	59.14(M)
Gravy, Turkey, Low Sodium, Pioneer, mixed with water - 102481 (1/4 c.) Contains Milk, Soy, Wheat. May contain Egg.	20.00	0.50	0.00	0.00	0.00	141.78	3.00	0.00	0.00(M)	(M)	0.00	0.00	1.78	0.00	0.00	(M)	(M)	59.14(M)
Hummus, Chocolate, MMA - 102329 (3/4 c.)	233.72	7.17	0.87	0.00(M)	0.00	627.37	38.49	5.81	14.38(M)	(M)	6.62	1.16(M)	13.76(M)	4.60(M)	0.00(M)	0.00(M)	87.38(M)	23.83(M)
Hummus, Vegan MMA - 102704 (1/2 c.)	163.24	8.87	1.08	0.00(M)	0.00	86.85	16.04	3.67	3.43(M)	(M)	6.61	1.74	34.24	11.99(M)	3.92(M)	0.00(M)	231.56 (M)	15.80(M)
Hummus, Vegan, Pumpkin w/Pita, MMA, WGR - 102701 (2/3 c.) Contains Gluten, Wheat.	270.13	14.18	1.74	0.00(M)	0.00(M)	320.11	27.61	4.69(M)	4.19(M)	(M)	9.74	3.03	49.61(M)	26.80(M)	3.19(M)	0.00(M)	283.65 (M)	0.86(M)
Hummus, Vegan, w/Pita, MMA, WGR - 102700 (1/2 c.) Contains Gluten, Wheat.	167.04	8.90	1.08	0.00(M)	0.00	94.65	16.76	3.69	3.47(M)	(M)	6.75	1.79	35.05	11.99(M)	3.92(M)	0.00(M)	231.56 (M)	15.80(M)
Juice, Orange Medley, Juicy Juice, 4.23 oz, Veg-R/O - PGR1017 (4 1/4 ounces)	50.00	0.00	0.00	0.00	30.00	90.00	13.00	(M)	11.00	(M)	0.00	(M)	(M)	1000.00	36.00	(M)	(M)	(M)
Juice, Variety, Apple & Orange, Turner, 1/2 c. F - 102478 (4 oz.)	12.00	0.00	0.00	0.00	0.00	0.00	3.00	0.00	2.60	(M)	0.00	0.00	0.00	0.00	4.80	(M)	(M)	(M)

# Menu Item Nutrient Report

Generated on: 10/12/2023 12:26:29 PM by Zach Malavite

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)	Mois (g)
Milk, 1% Chocolate, 1/2 Pint, Turner Dairy Farms #68 - PGR1005 (1 c.) Contains Milk.	150.00	2.50	1.50	0.00	10.00	200.00	25.00	(M)	24.00	(M)	8.00	(M)	200.00	750.00	(M)	(M)	(M)	(M)
Milk, 1% Strawberry, Half Pint, Turner Dairy Farms 19 - PGR1006 (1 c.) Contains Milk.	150.00	2.00	1.50	(M)	10.00	115.00	25.00	(M)	25.00	(M)	8.00	(M)	200.00	750.00	(M)	(M)	(M)	(M)
Muffin, Blueberry, scratch made, Clean Label, WGR, F - CL008 (1 ea.) Contains Egg.	163.26	7.03	0.65	0.02(M)	18.50	100.81	23.61	1.81	9.67	(M)	2.85	0.42	17.35	42.44	0.48	0.00(M)	18.09(M)	17.68(M)
Munchable, Breakfast, Pancakes, Ham, Juice, MMA, WGR, F - 102535 (1 serv.) Contains Gluten, Wheat. May contain Egg, Milk, Soy.	408.71	8.07	2.02	0.00	60.75	865.48	69.45	2.00	39.52	22.00(M)	18.17	0.81(M)	0.00	4992.78 (M)	40.36(M)	0.00(M)	384.75 (M)	(M)
Munchable, Cheddar Cheese Snacker Cup, Grapes, Cheez-Its, MMA, WGR, F - 102522 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	451.47	21.80	11.23	0.00	50.95	710.57	44.38	2.87	11.69	0.00(M)	18.93	9.05	634.92	1316.70	2.42(M)	0.00(M)	204.21 (M)	60.81(M)
Munchable, Chocolate Hummus, Grahams, Strawberries, MMA, WGR, F - 102530 (1 serv.) Contains Gluten, Soy, Wheat.	378.04	10.90	1.88	0.00(M)	0.00	743.13	65.33	8.33	26.09(M)	8.00(M)	9.13	2.17(M)	25.92(M)	13.72(M)	44.69(M)	0.00(M)	253.48 (M)	92.95(M)
Munchable, Cup Cheese Snacker, Goldfish, Grapes MMA, WGR, F - 102694 (1 serv.) Contains Gluten, Milk, Wheat.	405.82	19.64	8.43	0.00(M)	38.19	728.55	37.86	2.41	8.62	0.00(M)	17.86	1.57	448.20	461.89 (M)	1.84(M)	0.17	340.78	47.82(M)
Munchable, Egg, Mini Stuffed Bagel, Sunflower Seeds, Apples MMA, WGR, F - 102531 (1 serv.) Contains Egg, Gluten, Milk, Wheat.	494.43	25.55	5.07	0.00(M)	180.00 (M)	300.85	55.22	4.13	20.00(M)	12.00(M)	18.17	4.51(M)	81.47(M)	10.77(M)	39.31(M)	1.20(M)	234.00 (M)	1.45(M)
Munchable, Fajita Chicken Snacker Bento, Cucumbers, Peppers, Pita, Grapes, Hummus, Cheese MMA, WGR, V - 102707 (1 serv.) Contains Gluten, Wheat.	509.11	18.12	7.18	0.00(M)	72.14	983.28	58.72	4.48	15.32(M)	(M)	28.59	4.09(M)	276.39 (M)	1898.96 (M)	64.00(M)	0.17(M)	398.69 (M)	147.65 (M)
Munchable, Fajita Chicken Snacker Bento, Cucumbers, Tomatoes, Breadsticks, MMA, WGR, V - 102706 (1 serv.) Contains Egg, Gluten, Milk, Wheat.	382.67	17.28	4.19	0.00(M)	48.96	1019.71	42.09	3.28	9.08	4.00(M)	18.55	1.93(M)	32.97(M)	692.18 (M)	11.25(M)	0.00(M)	76.44(M)	49.52(M)
Munchable, Grab & Go Cold Meal, Chicken Drumstick, Baked Beans, Baby Carrots, MMA, WGR, V-B/P, O - 102718 (1 serv.) Contains Egg, Gluten, Soy, Wheat.	607.25	16.04	4.50	0.00(M)	130.00	1430.06	91.27	10.82	47.38	15.00(M)	29.55	4.86	125.35	65.67(M)	1.26(M)	0.10(M)	365.44 (M)	0.77(M)

# Menu Item Nutrient Report

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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)	Mois (g)
Munchable, Grab & Go Cold Meal, Chicken Drumstick, Potato Salad, Side Salad, MMA, WGR, V - 102755 (1 serv.) Contains Egg, Gluten, Soy, Wheat.	505.29	21.00	5.48	0.01(M)	177.44	766.72	56.46	8.33	24.07(M)	15.00(M)	24.54	4.30	119.88	15673.51(M)	18.55(M)	0.36(M)	1211.59(M)	288.83(M)
Munchable, Ham & Cheese Snacker, Goldfish, Broccoli MMA, WGR, V-DG - 102533 (1 serv.) Contains Gluten, Milk, Wheat.	326.33	13.24	4.09	0.00	40.50	800.02	31.93	3.14	1.76	0.00(M)	19.42	2.13	261.15	337.91(M)	39.25(M)	0.00(M)	423.75(M)	(M)
Munchable, NACHO, Chips, Salsa, Cheese Sauce, Cheese, MMA, WGR, V-R/O, F - 102534 (1 serv.) Contains Milk.	566.99	27.00	11.00	0.00	50.00	850.10	63.32	4.00	16.46	0.00(M)	17.00	3.93	403.00	463.95(M)	26.39(M)	0.00(M)	254.33(M)	(M)
Munchable, PIZZA, Sauce, MMA, WGR, V-R/O - 102672 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	281.77	16.08	8.30	0.00	37.88	598.09	13.02	2.44	5.39	0.00(M)	18.35	1.27(M)	422.52(M)	0.37(M)	0.00(M)	0.00(M)	300.67(M)	(M)
Munchable, PIZZA, Sauce, Carrots, MMA, WGR, V-R/O - 102532 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	307.37	16.17	8.32	0.00	37.88	654.41	18.93	4.54	5.39(M)	0.00(M)	18.81	1.92(M)	445.56(M)	10007.24(M)	1.92(M)	0.00(M)	300.67(M)	(M)
Munchable, Trix Yogurt, String Cheese, Goldfish, Dinner Roll - 102674 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	310.00	8.00	2.50	0.00	14.99	495.00	42.00	2.00	12.00	5.00(M)	15.00	1.42	358.00	183.00(M)	1.20(M)	2.30(M)	380.00(M)	(M)
Munchable, Trix Yogurt, String Cheese, Berry Bread, Apple Slices, MMA, WGR, F - 102524 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	440.00	11.50	3.50	0.00	14.99	515.00	70.00	4.00	40.00	29.00(M)	16.00	1.18	384.00	233.00(M)	108.00(M)	2.30(M)	493.00(M)	(M)
Munchable, Uncrustable (WG 2.6 oz.), String Cheese, Goldfish Crackers, Apple Slices - 102523 (1 serv.) Contains Gluten, Milk, Peanuts, Soy, Wheat.	490.00	22.50	6.50	0.00	14.99	630.00	55.00	7.00	21.00	13.00(M)	18.00	5.18	341.00	613.00(M)	108.00(M)	0.00(M)	338.00(M)	(M)
Nachos, 9-12 Seasoned Beef & Cheese Nachos, Grande, MMA, WGR, Veg-RO - 102545 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	553.05	28.15	8.53	0.50	45.00	889.74	51.41	5.05	4.96	(M)	23.05	4.77	280.75	775.97(M)	17.60(M)	0.00(M)	156.22(M)	(M)
Nachos, K-8, Seasoned Beef & Cheese Nachos, Grande, MMA, WGR, Veg-RO - 102546 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	410.30	20.80	6.58	0.26	33.02	692.56	39.37	3.56	4.48	(M)	16.29	3.65	255.98	584.30(M)	17.60(M)	0.00(M)	156.22(M)	(M)
Pancakes, Mini, Krusteaz, Bulk, 8615180120, WGR - PGR1020 (1 serv.) Contains Gluten, Wheat. May contain Egg, Milk, Soy.	139.80	2.00	0.00	0.00	0.00	359.48	27.96	2.00	5.99	(M)	3.99	(M)	0.00	4992.78	0.00	(M)	(M)	(M)

# Menu Item Nutrient Report

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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)	Mois (g)
Pancakes, Minis Maple, Eggo, Kellogg's, 3800092562, WGR - PGR1002 (1 Pouch) Contains Egg, Milk, Soy, Wheat.	210.00	6.00	1.00	0.00	10.00	320.00	35.00	4.00	11.00	(M)	4.00	2.70	60.00	500.00	0.00	(M)	(M)	(M)
Panini, Italian Wedge *FAVORITE, WGR, MMA - 102503 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	379.63	12.78	6.54	0.00	66.58	1326.65	39.97	3.00	6.74(M)	2.83(M)	23.88	4.54(M)	10.00(M)	0.00(M)	0.00(M)	0.00(M)	120.00 (M)	(M)
Pasta, *CLEAN LABEL* Whole Grain Spaghetti, w/Meat Sauce, WGR, V-R/O, MMA - CL005 (1 serv.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Egg.	342.09	7.70	2.30	0.00	39.00	162.01	51.38	5.76	9.23	0.00(M)	20.33	4.06	32.02	453.60 (M)	5.44(M)	0.00(M)	177.78 (M)	(M)
Pasta, Gnocchi w/Meat Sauce, *FAVORITE, WGR, V-R/O, MMA - 102504 (1 serv.) Contains Egg, Soy, Wheat.	411.25	11.59	4.04	0.00	35.31	1246.44	58.00	5.00	6.00	(M)	18.11	2.09(M)	21.00(M)	0.00(M)	0.00(M)	0.00(M)	336.00 (M)	(M)
Pasta, Jumbo Ravioli, *FAVORITE, Tasty Brand w/Bosco Stick - 102499 (1 serv.) Contains Egg, Gluten, Milk, Wheat.	470.01	12.50	6.00	0.00	40.00	1140.09	61.00	5.00	9.00	2.00(M)	29.00	4.08	439.00	200.00 (M)	6.00(M)	2.00(M)	476.88 (M)	(M)
Pasta, Macaroni & Cheese Buffalo Chicken, *FAVORITE, MMA, WGR - 102528 (1 serv.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.	458.42	17.91	6.41	0.00(M)	59.10	706.09	49.23	4.12	5.36(M)	2.00(M)	29.21	2.49	289.88	3.30(M)	1.33(M)	0.00(M)	526.29 (M)	38.37(M)
Pasta, Marina Sauce w/Lentil Penne, VEGAN, Vegetables, MMA, V-R/O - 102697 (1 serv.) Contains Soy.	293.08	1.40	0.00	0.00	0.00	362.79	54.29	5.56	5.51	(M)	16.66	1.55	142.82	0.00(M)	0.00(M)	0.37	312.61 (M)	(M)
Pasta, Ravioli, w/Spaghetti Sauce, Jumbo Cheese, WGR, Tasty Brands, 00804WG, MMA, WGR, V-R/O - 102483 (1 serv.) Contains Gluten, Milk, Wheat.	400.01	8.00	3.50	0.00	20.00	880.09	56.00	7.00	10.00	2.00(M)	27.00	3.40	367.00	0.00(M)	0.00(M)	2.00	646.88	(M)
Pasta, Ravioli, w/Spaghetti Sauce, Jumbo Cheese, WGR, Tasty Brands, 00804WG, MMA, WGR, V-R/O K-5 - 102578 (1 serv.) Contains Gluten, Milk, Wheat.	250.01	3.00	1.00	0.00	5.00	660.09	39.00	5.00	9.00	1.00(M)	17.00	2.40	145.00	0.00(M)	0.00(M)	0.00	566.88	(M)
Pasta, Salad, Broccoli Bacon Ranch, WGR, MMA, V-G, S - 102601 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	694.04	38.73	15.76	0.00	73.96	949.75	62.46	8.13	4.65(M)	0.00(M)	27.21	3.42	469.87	1689.23 (M)	25.23(M)	0.00(M)	332.54 (M)	19.81(M)
Pasta, Salad, Dill & Sour Cream w/Veggies, WGR, V-R/O-S-O - 102713 (1 serv.) Contains Egg, Gluten, Milk, Wheat.	541.90	13.04	2.51	0.00(M)	27.50	199.00	97.82	9.91	11.63(M)	0.00(M)	16.09	4.03(M)	45.47(M)	426.48 (M)	7.50(M)	0.00(M)	420.28 (M)	39.16(M)

# Menu Item Nutrient Report

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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)	Mois (g)
Pasta, Salad, Italian, Whole Grain, WGR, MMA, V-R/O, O - 102549 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	424.14	15.78	6.74	0.00(M)	47.52(M)	893.77	49.62	4.92	6.07(M)	0.51(M)	25.45	2.90(M)	208.13 (M)	431.33 (M)	9.02(M)	0.10(M)	384.19 (M)	24.07(M)
Pasta, Salad, w/Lentil Penne, VEGAN, Vegetables,V-B/P, G, R, O - 102677 (1 serv.)	290.26	2.72	0.20	0.00	0.00	1061.46	52.49	4.32	3.44	(M)	15.22	1.28	136.57	515.26 (M)	16.24(M)	0.37(M)	16.97(M)	15.46(M)
Pasta, Salad, w/Lentil Penne, VEGETARIAN, Veg -B/P, G, R, O, M/MA - 102678 (1 serv.) Contains Milk.	315.26	4.72	1.58	0.00	6.88	1106.46	52.74	4.32	3.57	0.00(M)	16.72	1.28(M)	161.44 (M)	515.26 (M)	16.24(M)	0.37(M)	19.47(M)	15.46(M)
Pasta, Salad, w/Salad Supreme, Pepperoni, Vegetables, WGR, MMA, V-DG, R/O, O - 102602 (1 serv.) Contains Gluten, Soy, Wheat.	414.35	17.22	7.85	0.00(M)	35.37	1619.39	47.66	4.49(M)	4.75(M)	0.00(M)	23.02	2.22(M)	319.77 (M)	484.12 (M)	19.96(M)	0.00(M)	231.70 (M)	29.87(M)
Pasta, Whole Grain Penne, w/Arrabiatta (Spicy Tomato) Sauce, WGR, V-R/O - 102742 (4 serv.) Contains Gluten, Wheat.	1735.34 (M)	73.39(M)	9.68(M)	0.00(M)	0.00(M)	1011.55 (M)	239.15 (M)	41.44(M)	42.65(M)	0.00(M)	40.92(M)	20.30(M)	72.47(M)	4731.31 (M)	15.02(M)	0.00(M)	3768.24 (M)	7.70(M)
Pasta, Whole Grain Spaghetti, w/Alfredo Sauce & Chicken, WGR, MMA - 102563 (1 serv.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.	433.09	16.33	8.01	0.00	82.02	803.11	44.50	3.95	1.98	0.00(M)	29.59	1.88(M)	343.41 (M)	0.00(M)	0.00(M)	0.00(M)	177.78 (M)	(M)
Pasta, Whole Grain Spaghetti, w/Beef Meatballs, WGR, V-R/O, MMA - 102683 (1 serv.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.	417.65	14.49	5.50	0.00	45.00	660.00	51.49	5.95	7.97	0.00(M)	21.91	3.96	50.88	0.00(M)	1.20(M)	0.00(M)	513.78 (M)	(M)
Pasta, Whole Grain Spaghetti, w/Chicken Meatballs, WGR, V-R/O, MMA - 102684 (1 serv.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Egg.	558.20	22.08	4.95	0.00	97.94	763.97	59.18	7.73	6.97	0.00(M)	37.41	4.66	80.74	0.00(M)	0.00(M)	0.00	1154.91	(M)
Pasta, Whole Grain Spaghetti, w/Marinara Sauce & Cheese, SIDE DISH, WGR, V-R/O - 102591 (1 serv.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Egg.	118.83	1.24	0.25	0.00	0.00	195.00	24.25	2.98	3.49	0.00(M)	4.46	1.44	15.44	0.00(M)	0.00(M)	0.00	256.89	(M)
Pasta, Whole Grain Spaghetti, w/Marinara Sauce & Cheese, WGR, V-R/O, MMA - 102580 (1 serv.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.	419.90	14.64	7.59	0.00	30.38	754.50	50.52	5.95	9.00	0.00(M)	23.09	2.88	446.00	0.00(M)	0.00(M)	0.00	564.40	(M)

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Pasta, Whole Grain Spaghetti, w/Meat Sauce, 91322, WGR, V-R/O, MMA - 102475 (1 serv.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Egg.	338.90	9.57	3.54	0.00	25.31	506.44	48.49	5.95	6.97	0.00(M)	18.03	3.97	30.88	0.00(M)	0.00(M)	0.00(M)	513.78 (M)	(M)
Peaches, Sliced, Extra Light Syrup, Canned, USDA 100219, F - PGR1038 (1/2 c.)	86.67	0.00	0.00	0.00	0.00	14.44	20.22	0.00	17.33	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pineapple, Chunks, Cross Valley Farms, 060854, F - PGR1018 (1/2 c.)	53.57	0.00	0.00	0.00	0.00	10.71	12.86	1.07	10.71	(M)	1.07	0.39	21.43	107.14	32.14	(M)	(M)	(M)
Pizza, Big Daddy's Original - 102484 (1 slice) Contains Gluten, Milk, Soy, Wheat.	400.00	17.00	9.00	0.00	40.00	580.00	42.00	2.00	9.00	1.00	19.00	2.80	350.00	80.00	0.00	0.00	360.00	(M)
Pizza, Big Daddy's original 16" Rolled Edge Pork Pepperoni, Schwan's Food Service, 73143. MMA Non-WG - 102492 (1 piece) Contains Gluten, Milk, Soy, Wheat.	410.00	18.00	9.00	0.00	40.00	730.00	42.00	2.00	9.00	1.00	20.00	3.10	280.00	100.00	0.00	0.00	420.00	(M)
Pizza, Big Daddy's Original, Cheese/Pepperoni, MMA, WGR - 102521 (1 slice) Contains Gluten, Milk, Soy, Wheat.	427.50	19.25	9.75	0.00	45.00	640.00	42.25	2.00	9.00	1.00	20.50	2.80(M)	350.00 (M)	80.00(M)	0.00(M)	0.00(M)	360.00 (M)	(M)
Pizza, Homemade, Mega Meatball, MMA, WGR, Veg-RO - 102733 (1 piece) Contains Gluten, Milk, Soy, Wheat.	468.33	18.53	8.85	0.00(M)	54.82	834.54	43.58	4.51	5.76(M)	2.01(M)	29.45	3.75	447.39	365.14 (M)	0.60(M)	0.00(M)	338.19 (M)	26.65(M)
Pizza, Stuffed Crust Whole Grain Cheese 4.84 oz, The MAX, ConAgra, 77387-12671, MMA, WGR, Veg-RO - PGR1000 (1 slice cooked) Contains Milk, Soy, Wheat.	340.00	14.00	4.50	0.00	15.00	750.00	36.00	3.00	4.00	(M)	15.00	1.80	250.00	(M)	(M)	(M)	(M)	(M)
Pizza, Stuffed Crust, Cheese/Pepp 4.84 oz, The MAX, ConAgra, MMA, WGR, Veg-RO - 102519 (1 piece) Contains Gluten, Milk, Soy, Wheat.	337.50	14.25	4.75	0.00	25.00	700.00	35.25	3.00	4.00	0.00(M)	16.50	2.60(M)	360.00 (M)	0.00(M)	0.00(M)	0.00(M)	310.00 (M)	(M)
Pork, Pulled, Cooked, Frozen, USDA 110730, MMA - PGR1021 (2 ounces)	114.00	5.00	2.00	1.00	50.00	241.00	0.00	0.00	0.00	(M)	11.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Potato, baked, Loaded, Broccoli & Cheese, MMA, V-DG, S - 102569 (1 serv.) Contains Milk.	417.55	17.90	7.75	0.68	50.00	527.39	47.24	6.58	6.96(M)	(M)	21.11	1.87(M)	426.09 (M)	417.30 (M)	16.61(M)	0.00(M)	926.37 (M)	130.31 (M)
Potato, Evercrisp Thin Fries, Ore-Ida, McCain, OIF01028A, Veg-S - PGR1001 (1/2 cup serving) Contains Wheat.	130.00	6.00	1.00	0.00	0.00	300.00	18.00	1.00	0.00	(M)	1.00	0.90	10.00	0.00	3.00	(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)	Mois (g)
Potato, Hash Brown Rounds, McCain, V-S - PGR1007 (2 5/8 ounces) Contains Soy.	100.00	3.50	0.00	0.00	0.00	105.00	16.00	1.00	0.00	(M)	1.00	0.18	0.00	0.00	3.60	(M)	(M)	(M)
Potato, True Recipe Instant Mashed Granule Deh w/Vit C, JR Simplot, 401322, Veg-S - 102490 (1/2 c.) Contains Milk, Soy.	73.61	0.00	0.00	0.00	0.00	19.76	14.72	2.10	0.00	(M)	2.10	0.19	9.30	0.53	22.45	0.00(M)	0.00(M)	99.61(M)
Rice, Brown, Asian Cooked, WGR - 102745 (1/2 c.) Contains Gluten, Soy, Wheat.	203.16 (M)	3.98(M)	0.29(M)	0.01(M)	0.00(M)	832.35 (M)	39.30(M)	1.31(M)	16.33(M)	0.00(M)	3.22(M)	1.32(M)	6.26(M)	27.74(M)	4.83(M)	0.00(M)	55.52(M)	94.45(M)
Rice, Brown, Cooked, WGR - 102497 (1/2 c.)	123.21	2.77	0.80	0.00	0.00	301.15	22.11	1.34	0.00	(M)	2.68	0.48	1.60	80.00	0.00	0.00(M)	0.53(M)	47.35(M)
Rice, Vegetable Fried Rice Whole Grain Brown, Green Dragon, Asian Food Solutions, 78001, WG, Veg-O - PGR1013 (4 1/4 oz.) Contains Milk, Soy, Wheat.	209.11	5.97	0.00	0.00	0.00	338.56	32.86	3.98	2.99	(M)	6.97	1.43	39.83	1244.71	3.58	(M)	(M)	(M)
Salad, Asian Orange Chicken Romaine MMA, Veg-DG, RO, F - 102688 (1 serv.) Contains Egg, Gluten, Soy, Wheat.	282.85 (M)	3.64(M)	0.58(M)	0.00(M)	40.82(M)	330.10 (M)	50.51(M)	5.37(M)	35.34(M)	(M)	14.56(M)	2.81(M)	65.46(M)	20109.97(M)	24.52(M)	0.00(M)	512.21 (M)	185.74 (M)
Salad, BBQ Barbecue Breaded Popcorn Chicken & Cheese, MMA, WGR,V-G/R-O/O - 102728 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg, Milk, Soy.	609.70	25.25	8.81	0.00	51.82	1319.75	68.70	9.39	21.82	0.00(M)	25.72	5.78	321.31	15641.47(M)	13.46(M)	0.10(M)	1228.07 (M)	190.80 (M)
Salad, Breaded Chicken with Breadstick, MMA, WGR, Veg-DG, RO, O - 102673 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	465.90	22.64	8.59	0.00	75.00	715.65	35.49	8.71	6.14	2.00(M)	30.60	3.68(M)	69.42(M)	19881.52(M)	11.54(M)	0.00(M)	1237.44 (M)	200.13 (M)
Salad, Broccoli w/Carrots & Ranch Dressing, VEG-G, R-O - 102611 (1/2 c.) Contains Egg, Milk.	98.95	7.14	1.07	0.00	4.89	284.82	8.04	2.25	2.79	(M)	3.32	0.61	58.88	861.47	71.43	0.00(M)	250.84 (M)	73.56(M)
Salad, Broccoli w/Dressing, Bacon & Cheese, V-DG - 102590 (5/8 c.) Contains Milk. May contain Egg.	297.28	23.15	4.95	0.26	37.24	568.22	17.57	2.03	13.40	0.00(M)	4.76	0.62	98.52	487.22 (M)	69.76(M)	0.00(M)	253.34 (M)	69.84(M)
Salad, Chef (with grain), Entree, MMA, WGR, V - 102495 (1 ea.) Contains Egg, Gluten, Milk, Wheat. May contain Egg, Milk, Sesame, Soy.	469.58	21.40	6.83	0.00	59.32	1094.15	49.09	6.62	11.82(M)	4.00(M)	27.15	3.18(M)	68.27(M)	2503.60 (M)	14.37(M)	0.80(M)	533.30 (M)	172.66 (M)
Salad, Chef w/Turkey, Ham & Cheese, MMA, WGR,V-G/R-O/O - 102579 (1 ea.) Contains Milk.	160.09	7.58	3.92	0.00	45.19	499.85	8.64	4.12	3.87	0.00(M)	15.67	2.08	161.51	15519.97(M)	10.54(M)	0.00(M)	582.31 (M)	190.80 (M)



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Salad, Chicken Fajita with 1 Breadstick, MMA, WGR, Veg-DG, RO, O - 102466 (1 serv.) Contains Gluten, Milk, Wheat.	327.66	15.66	8.10	0.00	67.46	732.43	27.50	5.71	7.15	2.00(M)	20.71	2.60(M)	69.42(M)	19881.52(M)	11.54(M)	0.00(M)	532.44(M)	200.13(M)
Salad, Chicken Fajita with 2 Breadstick, MMA, WGR, Veg-DG, RO, O - 102461 (1 serv.) Contains Gluten, Milk, Wheat.	437.67	19.66	9.10	0.00	67.46	932.43	44.50	6.71	9.15	4.00(M)	23.71	3.40(M)	69.42(M)	19881.52(M)	11.54(M)	0.00(M)	532.44(M)	200.13(M)
Salad, Chicken, w/Mayo, MMA - 102586 (1/2 c.) Contains Egg.	137.58	8.51	0.81	0.00	58.25	213.64	1.75	0.07	1.68	0.00(M)	12.03	0.01(M)	1.62(M)	18.14(M)	0.13(M)	0.00(M)	10.50(M)	3.85(M)
Salad, CLEAN LABEL Buffalo Hot & Spicy Chicken & Cheese, MMA, WGR,V-G/R-O/O - CL006 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg, Milk, Soy.	568.84	26.37	9.03	0.00	53.55	815.40	55.30	8.47	8.54	1.18(M)	25.76	5.28	284.55	15519.97(M)	10.54(M)	0.10(M)	1349.02(M)	190.80(M)
Salad, CLEAN LABEL Chef w/Turkey & Cheese, MMA, WGR,V-G/R-O/O - CL001 (1 ea.) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg, Milk, Soy.	348.05	12.06	6.58	0.00	55.00	643.33	37.64	6.12	7.36	0.00(M)	20.45	3.16	261.01	15519.97(M)	10.54(M)	0.10(M)	518.98(M)	190.80(M)
Salad, CLEAN LABEL Crispy Chicken & Cheese, MMA, WGR,V-G/R-O/O - CL002 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg, Milk, Soy.	427.24	17.52	7.29	0.00	54.22	621.34	44.09	6.93	8.97	0.81(M)	20.95	4.03	261.01	15519.97(M)	10.54(M)	0.10(M)	898.47(M)	190.80(M)
Salad, CLEAN LABEL Grilled Chicken & Cheese, MMA, WGR,V-G/R-O/O - CL007 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg, Milk, Soy.	398.05	15.06	7.08	0.00	70.00	713.33	38.64	6.12	7.36	0.00(M)	25.45	4.16	267.01	15519.97(M)	10.54(M)	0.10(M)	838.98(M)	190.80(M)
Salad, CLEAN LABEL Tex Mex Corn Salad, Veg-S - 102726 (1/2 cup, diced)	67.63(M)	0.51(M)	0.08(M)	0.00(M)	0.00(M)	224.82(M)	16.16(M)	1.89(M)	0.10(M)	(M)	2.03(M)	0.50(M)	4.65(M)	167.91(M)	7.28(M)	0.00(M)	1.28(M)	20.47(M)
Salad, Coleslaw, Asian, Cabbage & Carrots Veg-O - 102589 (1/2 c.) May contain Egg.	120.88	8.80	1.20	0.12(M)	12.00	213.50	8.97	1.35	7.63(M)	(M)	0.68	0.24	27.00	0.00	28.35	(M)	(M)	0.00(M)
Salad, Coleslaw, Cabbage & Carrots Veg-O - 102575 (1/2 c.) May contain Egg.	120.88	8.80	1.20	0.12	12.00	213.50	8.97	1.35	7.63	(M)	0.68	0.24	27.00	0.00	28.35	(M)	(M)	(M)
Salad, Coleslaw, Pico w/Cabbage & Carrots (for Fish Taco), Veg-O - 102570 (1/2 c.)	21.04	0.02	0.01	0.00(M)	0.00	247.48	4.36	1.68	2.52(M)	(M)	0.76	0.29(M)	33.52	57.27	30.90	0.00(M)	4.47(M)	12.97(M)
Salad, Corn & Bell Pepper Salad, Veg-S - 102610 (1/2 cup, diced)	105.11	3.67	0.43	0.00(M)	0.00	229.43	19.02	2.16	2.84(M)	(M)	2.18	0.43	3.82	246.77	8.65	0.00(M)	11.64(M)	6.63(M)

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Salad, Dip Cold Layered Taco, Beef, Chips, Salsa, Cheese MMA, WGR, V-R/O, O - 102721 (1 serv.) Contains Milk, Soy.	801.52	45.45	23.92	0.00(M)	142.80	1800.66	62.47	6.25	14.12	0.00(M)	26.89	5.04	399.60	1153.97 (M)	18.50(M)	0.00(M)	996.22 (M)	(M)
Salad, Garden (with chick peas) - 102494 (1 salad)	22.43	0.09	0.01	0.00	0.00	16.25	4.41	1.93	2.16	(M)	1.14	0.68	19.66	4143.78 (M)	9.00(M)	0.00(M)	26.59(M)	14.10(M)
Salad, Garden, Cheese with 1 Breadstick, MMA, WGR, Veg-DG, RO, O - 102712 (1 serv.) Contains Gluten, Milk, Wheat.	375.90	22.64	13.09	0.00	60.00	615.64	26.49	5.71	6.14	2.00(M)	17.60	2.60(M)	69.42(M)	19881.5 2(M)	11.54(M)	0.00(M)	532.44 (M)	200.13 (M)
Salad, Garden, Cheese with 2 Breadstick, MMA, WGR, Veg-DG, RO, O - 102462 (1 serv.) Contains Gluten, Milk, Wheat.	485.90	26.64	14.09	0.00	60.00	815.64	43.49	6.71	8.14	4.00(M)	20.60	3.40(M)	69.42(M)	19881.5 2(M)	11.54(M)	0.00(M)	532.44 (M)	200.13 (M)
Salad, Grilled Chicken with 1 Breadstick, MMA, WGR, Veg-DG, RO, O - 102625 (1 serv.) Contains Gluten, Milk, Wheat.	375.90	18.14	8.59	0.00	80.00	955.64	29.49	5.71	8.14	2.00(M)	25.60	2.60(M)	69.42(M)	19881.5 2(M)	11.54(M)	0.00(M)	532.44 (M)	200.13 (M)
Salad, Grilled Chicken with 2 Breadstick, MMA, WGR, Veg-DG, RO, O - 102626 (1 serv.) Contains Gluten, Milk, Wheat.	485.90	22.14	9.59	0.00	80.00	1155.65	46.49	6.71	10.14	4.00(M)	28.60	3.40(M)	69.42(M)	19881.5 2(M)	11.54(M)	0.00(M)	532.44 (M)	200.13 (M)
Salad, Harvest Grilled Chicken w/Pears, Apples, Cranberries, MMA, WGR, Veg-DG, F - 102685 (1 serv.) Contains Gluten, Milk, Wheat.	513.54	13.00	3.56	0.00(M)	50.00(M)	945.93	82.02	10.03	41.00	4.00(M)	22.07	3.23(M)	55.39(M)	14620.3 6(M)	26.21(M)	0.00(M)	414.61 (M)	158.81 (M)
Salad, Large Entree Vegetable VEGAN, MMA, Veg-DG, RO, O - 102699 (1 serv.)	98.24	1.07	0.09	0.00	0.00	94.53	18.43	6.67	5.23	(M)	5.65	2.51	86.86	19881.5 2(M)	11.54(M)	0.00(M)	593.93 (M)	200.13 (M)
Salad, Salsa, CLEAN LABEL Black Bean, Tomato, Corn, Quaker Valley SD Veg-S/R-O/B - CL009 (1/2 c.) Contains Gluten, Wheat.	73.62	0.19	0.03	0.00	0.00(M)	195.43	15.06	3.30	1.26(M)	(M)	3.35	1.16	27.12	358.02 (M)	8.94(M)	0.00(M)	10.90(M)	9.36(M)
Salad, Side w/Romaine, *CLEAN LABEL* Tomato, Carrots, Cucumber, DG, RO, O - 102469 (1 serv.)	38.05	0.56	0.08	0.00	0.00	23.33	7.64	4.12	3.36	(M)	2.45	1.76	62.01	15519.9 7	10.54	0.00(M)	478.98 (M)	190.80 (M)
Salad, Side, Spring Summer Spinach w/Strawberries, Cranberries, Veg-DG, F - 102687 (1 serv.)	84.88	0.42	0.05	0.00	0.00(M)	18.95	20.23	4.35	14.92	(M)	1.72	1.38(M)	48.63(M)	8721.29 (M)	29.92(M)	0.00(M)	349.14 (M)	127.68 (M)
Salad, Southwest Fiesta w/Grilled Chicken, MMA, Veg-DG, RO, S, O - 102627 (1 serv.) Contains Milk.	11305.7 4	466.79	157.06	0.00(M)	5030.00	53391.7 4	328.63	11.29	204.01 (M)	0.00(M)	1413.60	3.24(M)	84.60(M)	14951.3 5(M)	18.18(M)	0.00(M)	592.81 (M)	186.72 (M)
Salad, Spinach, Tomato, Mozzarella Cheese, Pepperoni MMA, WGR, Veg-DG/RO - 102686 (1 serv.) Contains Egg, Gluten, Milk, Peanuts, Soy, Wheat.	415.85	22.38	12.41	0.00	57.50	722.30	31.71	2.44	5.17	0.00(M)	24.36	3.12(M)	68.30(M)	4529.90 (M)	17.75(M)	0.00(M)	251.10 (M)	41.13(M)

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Salad, Tuna, w/Mayo, MMA - 102571 (1/2 c.) Contains Egg, Fish.	126.33	6.51	0.81	0.00	46.63	360.14	1.75	0.07	1.68	0.00(M)	13.19	0.37	1.62	18.14(M)	0.13(M)	0.00(M)	10.50(M)	3.85(M)
Sandwich, Breakfast Bagel, Egg, Ham, Cheese, MMA, WGR - 102537 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	223.96	6.30	2.46	0.00	106.16	492.60	31.38	4.00	5.25(M)	0.00(M)	13.58	2.52	99.75	0.00(M)	0.00(M)	0.00(M)	53.75(M)	(M)
Sandwich, Breakfast Bagel, Sausage & Cheese, MMA, WGR - 102540 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	266.26	10.16	4.21	0.00	30.94	460.40	30.49	4.00	5.25	0.00(M)	14.41	2.16	80.75	0.00(M)	0.00(M)	0.00(M)	8.75(M)	(M)
Sandwich, Breakfast Biscuit w/Chicken *FAVORITE, MMA, WGR - 102538 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	270.00	9.50	2.75	0.00	22.50	425.00	30.50	3.50	5.00	4.00	13.50	1.54	208.00	0.00(M)	0.00(M)	0.00	455.50	(M)
Sandwich, Breakfast Biscuit, Egg & Cheese, MMA, WGR - 102583 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	257.50	11.25	4.25	0.00	101.25	502.50	27.50	2.00	5.25	4.00	8.50	1.00	266.75	0.00(M)	0.00(M)	1.00	157.75	(M)
Sandwich, Breakfast Biscuit, Sausage & Cheese, MMA, WGR - 102539 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	296.26	14.16	6.21	0.00	30.94	560.40	27.49	2.00	5.25	4.00(M)	12.41	1.36	248.75	0.00(M)	0.00(M)	0.00(M)	111.75(M)	(M)
Sandwich, Breakfast Croissant, Sausage & Cheese, MMA, WGR - 102720 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	293.76	17.41	7.46	0.00	37.19	562.90	19.99	2.00	2.50	2.00(M)	12.91	1.36	101.50	0.00(M)	0.00(M)	0.00(M)	87.50(M)	(M)
Sandwich, Breakfast Donut, Sausage & Cheese, MMA, WGR - 102554 (1 serv.) Contains Gluten, Milk, Soy, Wheat. May contain Egg.	406.26	25.16	11.21	0.00	30.94	590.40	31.49	2.00	6.25	5.00(M)	13.41	1.86	50.75	0.00(M)	0.00(M)	0.60(M)	118.75(M)	(M)
Sandwich, Breakfast for Lunch Biscuit, Monte Cristo Ham, Cheese, MMA, WGR - 102723 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	373.37	15.59	7.62	0.00(M)	42.20	966.95	40.02	2.15	9.79(M)	0.00(M)	18.77	3.10	234.66	151.88	1.23	0.00(M)	10.78(M)	4.27(M)
Sandwich, Breakfast Muffin, CLEAN LABEL Egg, Cheese, MMA, WGR - CL003 (1 serv.) Contains Egg, Gluten, Milk, Soy, Wheat.	220.00	9.50	3.50	0.00	112.50	620.00	22.00	1.00	1.50	0.00	12.00	1.96	191.50	0.00(M)	0.00(M)	0.40	67.50	(M)
Sandwich, Breakfast Muffin, Egg, Ham, Cheese, MMA, WGR - 102536 (1 serv.) Contains Egg, Milk, Soy. May contain Wheat.	204.60	6.30	2.46	0.00	106.16	533.76	25.50	3.02	1.25(M)	0.00(M)	12.61	2.16	120.07	0.00(M)	0.00(M)	0.00(M)	53.75(M)	(M)
Sandwich, Breakfast Muffin, Sausage & Cheese, MMA, WGR - 102541 (1 serv.) Contains Milk, Soy. May contain Wheat.	246.90	10.17	4.21	0.00	30.94	501.56	24.61	3.02	1.25	0.00(M)	13.44	1.80	101.07	0.00(M)	0.00(M)	0.00(M)	8.75(M)	(M)

# Menu Item Nutrient Report

Generated on: 10/12/2023 12:26:29 PM by Zach Malavite

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)	Mois (g)
Sandwich, Burger w/Cheese on WG Roll, MMA, WGR GR K-6 - 102491 (1 sandwich) Contains Gluten, Soy, Wheat.	287.92	12.15	4.89	0.50	46.77	446.31	25.24	3.00	4.90	(M)	18.44	2.17	159.65	0.00(M)	0.00	0.00(M)	138.88 (M)	6.97(M)
Sandwich, Burger, Toasted Caprese Ciabatta w/Cheese B-NWGR, V-R/O, MMA - 102738 (1 sandwich) Contains Milk.	460.87	20.57	8.96	0.50(M)	65.00	817.40	45.07	2.00	8.16(M)	3.66(M)	24.00	3.15(M)	30.00(M)	750.00 (M)	13.80(M)	0.00(M)	0.00(M)	(M)
Sandwich, Cheeseburger 100% Beef on Bun, Advance, MMA, WG - 102681 (1 ea.) Contains Gluten, Soy, Wheat.	303.00	14.43	6.29	0.50	53.50	551.00	24.23	3.00	4.00(M)	(M)	18.14	2.19	138.00	136.00	0.00	(M)	(M)	(M)
Sandwich, Chicken & Bacon Ranch Melt on Steak Roll, MMA, WG - 102512 (1 ea.) Contains Egg, Gluten, Milk, Sesame, Wheat.	459.45	20.06	7.00	0.00	99.81	1420.65	37.98	3.25	8.25	5.00(M)	31.87	2.21(M)	184.05 (M)	0.00(M)	0.90(M)	0.00(M)	110.00 (M)	(M)
Sandwich, Chicken Cordon Bleu Ham & Cheese on WG Pretzel Roll, MMA, WGR - 102612 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	464.22	17.46	5.59	0.00	81.03	588.24	42.50	6.00	4.50	4.00(M)	32.49	3.75(M)	10.00(M)	0.00(M)	0.00(M)	0.30(M)	964.02 (M)	(M)
Sandwich, Chicken Filet on WG Roll, MMA, WGR GR 6-12 - 102459 (1 sandwich) Contains Gluten, Soy, Wheat.	330.00	11.00	1.50	0.00	45.00	530.00	33.00	6.00	4.00	0.00(M)	24.00	2.16	60.00	0.00(M)	0.00(M)	0.00(M)	705.00 (M)	(M)
Sandwich, Chicken Filet on WG Roll, MMA, WGR GR K-5 - 102465 (1 sandwich) Contains Gluten, Sesame, Soy, Wheat.	330.00	10.50	1.50	0.00	45.00	530.00	34.00	5.00	4.00	3.00	24.00	3.08	48.00	0.00(M)	0.00(M)	0.00	781.00	(M)
Sandwich, Chicken Filet Parmesan, MMA, WGR, V-R/O - 102567 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	443.27	17.74	5.04	0.00	60.19	885.01	37.56	6.89	7.23	0.00(M)	31.97	2.60	276.87	0.00(M)	0.00(M)	0.00(M)	879.17 (M)	(M)
Sandwich, Chicken Patty on WG Roll, MMA, WGR GR 6-12 - 102458 (1 sandwich) Contains Gluten, Soy, Wheat.	370.00	16.00	2.50	0.00	25.00	680.00	40.00	6.00	5.00	1.00(M)	19.00	2.88	80.00	0.00(M)	0.00(M)	0.00(M)	705.00 (M)	(M)
Sandwich, Chicken Patty on WG Roll, MMA, WGR GR K-5 - 102547 (1 sandwich) Contains Gluten, Sesame, Soy, Wheat.	370.00	15.50	2.50	0.00	25.00	680.00	41.00	5.00	5.00	4.00	19.00	3.80	68.00	0.00(M)	0.00(M)	0.00	781.00	(M)
Sandwich, Chicken Patty, Spicy on WG Roll, MMA, WGR GR 6-12 - 102460 (1 sandwich) Contains Gluten, Soy, Wheat.	400.79	17.31	2.94	0.00	23.55	652.08	41.66	5.36	5.18	1.18(M)	20.31	3.20	83.55	0.00(M)	0.00(M)	0.00(M)	830.04 (M)	(M)
Sandwich, Chicken Patty, Spicy on WG Roll, MMA, WGR GR K-5 - 102548 (1 sandwich) Contains Gluten, Sesame, Soy, Wheat.	400.79	16.81	2.94	0.00	23.55	652.08	42.66	4.36	5.18	4.18	20.31	4.12	71.55	0.00(M)	0.00(M)	0.00	906.04	(M)

# Menu Item Nutrient Report

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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)	Mois (g)
Sandwich, Chipotle Cheesesteak on Roll, MMA, WG - 102513 (1 sandwich) Contains Gluten, Milk, Sesame, Soy, Wheat.	357.36	13.74	6.03	0.00	47.56	458.42	35.60	4.01	6.04	5.00(M)	24.99	3.00(M)	180.96 (M)	0.00(M)	0.00(M)	0.00(M)	277.49 (M)	(M)
Sandwich, Club w/Turkey, Ham & Cheese on Whole Grain Roll, MMA, WGR - 102477 (1 ea.) Contains Gluten, Milk, Sesame, Soy, Wheat.	282.48	6.54	2.10	0.00	37.78	817.83	34.52	3.00	6.52	5.00(M)	21.77	2.32	164.73	45.56(M)	0.00(M)	0.00(M)	330.02 (M)	(M)
Sandwich, Croissant, Salad, Chicken, w/Mayo, MMA, WGR, V-O - 102587 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	327.58	15.51	3.81	0.00	58.25	403.64	30.75	3.06	5.68	3.00(M)	17.03	1.45(M)	21.62(M)	18.14(M)	0.13(M)	0.00(M)	10.50(M)	3.85(M)
Sandwich, Croissant, Salad, Tuna, w/Mayo, MMA, WGR, V-O - 102572 (1 ea.) Contains Egg, Fish, Gluten, Milk, Soy, Wheat.	316.33	13.51	3.81	0.00	46.63	550.14	30.75	3.06	5.68	3.00(M)	18.19	1.81	21.62	18.14(M)	0.13(M)	0.00(M)	10.50(M)	3.85(M)
Sandwich, Cuban, Pork, Ham & Swiss on Steak Roll, MMA, WG - 102526 (1 ea.) Contains Gluten, Milk, Sesame, Wheat.	268.21	7.97	3.09	0.00(M)	40.06(M)	663.43	28.14	3.54	4.50(M)	4.00(M)	19.70	2.46(M)	180.51 (M)	43.60(M)	0.00(M)	0.00(M)	90.00(M)	0.07(M)
Sandwich, FISH, Breaded on WG Roll, MMA, WGR - 102574 (1 sandwich) Contains Fish, Gluten, Milk, Soy, Wheat.	300.00	9.00	1.00	0.00	35.00	500.00	40.00	4.00	5.00	0.00(M)	16.00	2.18	60.00	0.00(M)	0.00(M)	0.00(M)	170.00 (M)	(M)
Sandwich, Flatbread, Turkey, Bacon & Swiss *FAVORITE MMA, WGR, V-DG - 102556 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. May contain Soy.	428.02	22.76	6.83	0.00	62.50	1145.85	29.71	3.12	2.07	1.00(M)	25.79	2.09	133.24	766.45 (M)	0.83(M)	0.50(M)	370.79 (M)	8.55(M)
Sandwich, Ham & Cheese on WG Pretzel Roll, MMA, WGR - 102464 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	310.85	11.31	4.66	0.00	57.75	613.60	34.01	3.00	4.51	4.00	18.56	2.93	92.52	0.00(M)	0.00(M)	0.30	413.34	(M)
Sandwich, Ham & Cheese on Whole Grain Roll, MMA, WGR - 102715 (1 ea.) Contains Gluten, Milk, Sesame, Soy, Wheat.	324.88	10.05	4.53	0.00	51.19	1006.63	39.02	3.00	9.03	5.00(M)	25.09	2.00(M)	264.46 (M)	91.13(M)	0.00(M)	0.00(M)	373.38 (M)	(M)
Sandwich, Hamburger 100% Beef on Bun, Advance, MMA, WG - 102682 (1 ea.) Contains Gluten, Soy, Wheat.	250.00	10.00	3.50	0.50	40.00	340.00	24.00	3.00	4.00	(M)	15.00	2.16	60.00	0.00	0.00	(M)	(M)	(M)
Sandwich, Hawaiian Ham & Cheese on Whole Grain Roll, MMA, WGR - 102716 (1 ea.) Contains Gluten, Milk, Wheat. May contain Soy.	309.56	10.04	4.27	0.00	46.13	672.22	39.01	3.25	9.51	1.00(M)	20.30	1.89(M)	132.57 (M)	66.01(M)	3.00(M)	0.50(M)	129.97 (M)	(M)
Sandwich, Hot Dog, WG, MMA - 102480 (1 frankfurter) Contains Gluten, Sesame, Wheat.	300.00	18.00	6.00	0.00	30.00	840.00	24.00	3.00	4.00	4.00(M)	12.00	1.72	99.00	100.00 (M)	0.00(M)	0.00(M)	98.00(M)	(M)

# Menu Item Nutrient Report

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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)	Mois (g)
Sandwich, Jamwich Entree w/String Cheese & Crackers, MMA, WGR - 102692 (1 Entree) Contains Gluten, Milk, Peanuts, Soy, Wheat.	454.79	22.22	5.46	0.00	14.99	644.78	48.41	4.93	11.81	0.00(M)	18.83	5.42	356.96	563.00	0.00(M)	0.00(M)	110.00 (M)	(M)
Sandwich, Jamwich Entree w/String Cheese & Grahams, MMA, WGR - 102691 (1 Entree) Contains Gluten, Milk, Peanuts, Soy, Wheat.	474.79	22.72	4.46	0.00	10.00	609.78	54.41	4.93	18.81	7.00(M)	18.83	2.42	396.96	63.00(M)	0.00(M)	0.00(M)	150.00 (M)	(M)
Sandwich, Peanut Butter and Jelly, PB&J MMA, WG - 102559 (1 sandwich) Contains Gluten, Soy, Wheat.	539.63	32.70	6.08	0.00	0.00	606.36	47.48	5.60	9.67(M)	4.00(M)	20.04	3.38	106.00	0.00(M)	0.00(M)	0.00(M)	104.00 (M)	(M)
Sandwich, Peanut Butter and Jelly, PB&J, K-8, MMA, WG - 102600 (1 sandwich) Contains Gluten, Soy, Wheat.	492.63	28.74	5.32	0.00	0.00	568.36	45.57	5.15	9.67(M)	4.00(M)	18.29	3.21	101.75	0.00(M)	0.00(M)	0.00(M)	104.00 (M)	(M)
Sandwich, Pork, Pulled, BBQ, USDA on WG Roll, MMA, WGR - 102568 (1 sandwich) Contains Gluten, Soy, Wheat.	439.00	12.00	4.00	2.00	100.00	1434.80	45.06	3.00	21.82	(M)	27.00	1.66(M)	92.40(M)	162.00 (M)	3.89(M)	(M)	(M)	(M)
Sandwich, Rainbow Veggie & Hummus, VEGAN on WG Roll, MMA, WGR, V - 102703 (1 sandwich) Contains Gluten, Soy, Wheat.	233.59	6.50	0.55	0.00(M)	0.00	414.34	36.60	5.62	7.11(M)	(M)	9.04	2.38	103.13	3637.56 (M)	21.04(M)	0.00(M)	198.00 (M)	44.80(M)
Sandwich, Smokie BBQ Rib on WG Roll, MMA, WGR GR 6-12 - 102488 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	331.43	12.00	3.00	0.00	40.00	748.57	37.57	4.00	15.71	(M)	19.00	2.31	88.57	242.86	3.43	(M)	(M)	(M)
Sandwich, Steak Burger on WG Roll, MMA, WGR GR 6-12 - 102479 (1 sandwich) Contains Gluten, Soy, Wheat.	360.00	19.00	7.00	1.00	70.00	610.00	24.00	3.00	4.00	(M)	21.00	2.52	80.00	0.00	0.00	(M)	(M)	(M)
Sandwich, Steak Burger w/Cheese on WG Roll, MMA, WGR GR 6-12 - 102472 (1 sandwich) Contains Gluten, Soy, Wheat.	397.92	21.15	8.39	1.00	76.77	716.31	25.24	3.00	4.90	(M)	24.44	2.53	179.65	0.00(M)	0.00	0.00(M)	138.88 (M)	6.97(M)
Sandwich, Steak Guacamole Burger on WG Roll, MMA, WGR GR 6-12, V-R/O, O - 102747 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	515.41	31.42	11.89	1.00(M)	95.00(M)	954.37	28.88	6.55(M)	4.62(M)	(M)	26.98	2.83(M)	247.50 (M)	416.03 (M)	10.95(M)	0.00(M)	210.07 (M)	30.93(M)
Sandwich, Sub, Buffalo Ranch Meatball, MMA, WGR - 102562 (1 ea.) Contains Egg, Gluten, Milk, Sesame, Soy, Wheat.	4.32	0.21	0.06	0.00	0.50	16.04	0.39	0.03	0.07	0.05(M)	0.22	0.03	1.07	0.46(M)	0.22(M)	0.00(M)	1.00(M)	(M)

# Menu Item Nutrient Report

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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)	Mois (g)
Sandwich, Sub. Meatballs w/Cheese & Sauce MMA, WGR, V-R/O - 102565 (1 ea.) Contains Gluten, Milk, Sesame, Soy, Wheat.	482.13	21.00	8.54	0.00	60.19	1024.11	41.97	4.24	10.11	5.00(M)	29.33	3.70	305.59	0.00(M)	1.20(M)	0.00(M)	333.72 (M)	(M)
Sandwich, Sub. Parmesan-Alfredo w/Meatballs, MMA, WGR - 102564 (1 ea.) Contains Gluten, Milk, Sesame, Soy, Wheat.	4.47	0.21	0.09	0.00	0.65	9.74	0.38	0.03	0.06	0.05(M)	0.26	0.03	2.52	0.00(M)	0.01(M)	0.00(M)	1.00(M)	(M)
Sandwich, Texas Toast Grilled Cheese & Bacon, *FAVORITE, 1.5 MMA, WGR - 102553 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	315.00	14.67	4.75	0.00	27.50	661.67	31.00	2.00	4.98	0.00(M)	18.17	2.32	315.50 (M)	135.00 (M)	0.00(M)	0.20(M)	645.00 (M)	(M)
Sandwich, Texas Toast Grilled Cheese & Bacon, *FAVORITE, MMA, WGR - 102485 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	350.00	16.67	6.00	0.00	35.00	766.67	32.00	2.00	5.98	0.00(M)	21.67	2.32	414.00 (M)	180.00 (M)	0.00(M)	0.20(M)	780.00 (M)	(M)
Sandwich, Texas Toast Grilled Cheese, *FAVORITE, 1.5 MMA, WGR - 102552 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	285.00	12.00	3.75	0.00	22.50	535.00	31.00	2.00	4.98	0.00(M)	16.50	2.20	315.50 (M)	135.00 (M)	0.00(M)	0.20	645.00	(M)
Sandwich, Texas Toast Grilled Cheese, *FAVORITE, MMA, WGR - 102487 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	320.00	14.00	5.00	0.00	30.00	640.00	32.00	2.00	5.98	0.00(M)	20.00	2.20	414.00 (M)	180.00 (M)	0.00(M)	0.20	780.00	(M)
Sandwich, Toasted Caprese Ciabatta w/Cheese MMA, B-NWGR, V-R/O - 102731 (1 sandwich) Contains Milk.	430.87	19.57	10.46	0.00(M)	50.00	887.40	46.07	2.00	9.16(M)	3.66(M)	20.00	2.07(M)	30.00(M)	750.00 (M)	13.80(M)	0.00(M)	0.00(M)	(M)
Sandwich, Toasted Cheese on WG Pretzel Roll, MMA, WGR - 102529 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	402.75	21.23	11.13	0.00	50.63	936.25	37.05	3.00	6.03	4.00	17.15	2.40	340.07	0.00(M)	0.00(M)	0.30	180.88	(M)
Sandwich, Turkey & Cheese on WG Pretzel Roll, MMA, WGR - 102516 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	327.35	11.31	4.37	0.00	50.16	561.15	34.01	3.00	4.51	4.00	22.20	2.73	92.52	0.00(M)	0.00(M)	0.30	361.05	(M)
Sandwich, WGR Roll, Salad, Chicken, w/Mayo, MMA, WGR, V-O - 102588 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	267.58	10.51	0.81	0.00	58.25	453.64	25.75	3.06	5.68	0.00(M)	17.03	1.09(M)	61.62(M)	18.14(M)	0.13(M)	0.00(M)	10.50(M)	3.85(M)
Sandwich, WGR Roll, Salad, Tuna, w/Mayo, MMA, WGR, V-O - 102573 (1 ea.) Contains Egg, Fish, Gluten, Soy, Wheat.	256.33	8.51	0.81	0.00	46.63	600.14	25.75	3.06	5.68	0.00(M)	18.19	1.45	61.62	18.14(M)	0.13(M)	0.00(M)	10.50(M)	3.85(M)
Sauce, Asian Teriyaki (GCASD) - 102744 (2 oz.) Contains Gluten, Soy, Wheat.	104.83	2.36	0.18	0.01(M)	0.00	830.77	20.40	0.17(M)	16.33(M)	0.00(M)	0.93	0.90	4.68(M)	27.74(M)	4.83	0.00(M)	55.00(M)	41.88(M)

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Sauce, Baja (for Fish or Shrimp Taco), USDA RECIPE Condiment, Dip, V-R/O - 102584 (1 1/2 oz.) Contains Milk.	40.47	2.50	1.75	0.00(M)	10.00	80.04	3.16	0.01	2.03	(M)	0.51	1.00	20.27	190.94	9.57	0.00(M)	82.11(M)	1.72(M)
Sausage, Light Breakfast Pork Patty, Lower Sodium, Cooked 1.6 oz., Jones Dairy Farm, 028511, MMA - PGR1003 (1 5/8 ounces)	92.59	6.48	2.78	0.00	23.15	157.41	0.93	0.00	0.00	(M)	6.48	0.33	0.00	0.00	0.00	(M)	(M)	(M)
Soup, Chicken Tortilla (w/LOL White Cheese Sauce), MMA, V-BP/O - 102514 (6 1/2 oz.) Contains Milk, Soy.	229.13	11.66	6.10	0.00	55.50	656.39	13.88	2.09	0.69(M)	0.00(M)	18.28	0.54(M)	270.97 (M)	2.04(M)	0.98(M)	0.00(M)	2.40(M)	21.80(M)
Soup, Condensed Tomato Soup, Prepared, Healthy Request, Campbell's Foodservice, 0051000041456, Veg-R - 102489 (1 c.) Contains Gluten, Wheat.	87.82	0.98	0.00	0.00	0.00	384.12	17.57	0.98	9.76	6.83(M)	1.95	0.39	13.31	0.00(M)	0.00(M)	0.00	225.62	118.28 (M)
Soup, Creamy Chicken w/Wild Rice (w/LOL White Cheese Sauce), MMA, WGR, V-O - 102515 (7 oz.) Contains Milk, Soy.	169.99	7.12	3.41	0.00(M)	37.01	484.80	14.06	1.43	1.03(M)	0.00(M)	12.32	0.35(M)	141.92 (M)	60.31(M)	0.78(M)	0.02(M)	44.54(M)	94.22(M)
Soup, Potato Soup, Veg-S, Veg-O - 102527 (6 ounces) Contains Milk, Wheat.	86.24	0.40	0.21	0.00	1.25	99.30	17.35	1.57	2.62(M)	0.00(M)	3.32	0.63	51.09	104.61 (M)	6.09(M)	0.00(M)	259.96 (M)	144.07 (M)
Stock, Soup, Broth, Chicken, Prepared - 102505 (1 c.)	20.00	0.00	0.00	0.00	0.00	180.44	2.67	0.00	0.00(M)	0.00(M)	1.32	0.00	7.11	0.00(M)	0.00(M)	0.00(M)	6.67(M)	236.76 (M)
Strawberries, Sliced, Frozen - PGR1015 (1/2 c.)	89.99	0.00	0.00	0.00	0.00	0.00	22.99	3.00	17.00	(M)	0.00	0.35	19.99	0.00	54.00	(M)	(M)	(M)
Syrup, Pancake Maple Flavored Cup SS, Americana - PGR1008 (1 pc (42 grams))	120.00	0.00	0.00	0.00	0.00	25.00	31.00	0.00	21.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Turkey, Creamed with Biscuit, MMA, WG, Non-WG - 102482 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	1.04	0.04	0.02	0.00	0.17	2.46	0.09	0.01	0.01	0.00(M)	0.07	0.01	0.25	0.00(M)	0.00(M)	0.00(M)	0.60(M)	(M)
Turkey, Turkey Roast, MMA - 102693 (2 ounces)	109.99	2.03	0.68	0.00(M)	48.08	968.88	6.06	0.14	0.01(M)	(M)	16.01	2.21	7.22	14.54	0.14	0.00(M)	330.63	63.90
Vegetable, Broccoli & Carrots, Steamed, Veg-DG-R/O - 102518 (1/2 c.)	59.17	3.70	0.69	0.63	0.00	64.77	5.90	2.90	0.46(M)	(M)	1.66	0.25(M)	16.54(M)	7659.28 (M)	1.07(M)	(M)	0.76(M)	0.69(M)
Vegetable, Broccoli, Steamed, Veg-DG - 102471 (1/2 c.)	56.66	3.67	0.69	0.68	0.00	50.09	4.65	2.77	0.92(M)	(M)	2.78	0.01(M)	0.14(M)	0.00(M)	0.00(M)	(M)	0.82(M)	0.75(M)
Vegetable, Cauliflower, Baked, Buffalo, V-O - 102665 (1/2 c.) Contains Wheat.	91.43	6.18	1.07	0.70(M)	0.00	888.46	8.12	0.11	0.65(M)	(M)	1.20	0.51	3.16	209.35	18.57	0.00(M)	0.00(M)	20.54(M)
Vegetable, Cucumber Rings, Slices, Raw, Veg-O - 102517 (1/2 cup, sliced)	7.80	0.06	0.02	0.00	0.00	1.04	1.89	0.26	0.87	(M)	0.34	0.15	8.32	54.60	1.46	0.00	76.44	49.52



# Menu Item Nutrient Report

Generated on: 10/12/2023 12:26:29 PM by Zach Malavite

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)	Mois (g)
Vegetable, Green Beans, Steamed, Seasoned Veg-O - 102470 (1/2 c.)	40.55	1.83	0.34	0.34(M)	0.00	166.26	3.90	1.94	0.00(M)	(M)	0.97	0.32	25.84	223.60	1.25	0.00(M)	0.33(M)	0.38(M)
Vegetable, Guacamole, Avocado, V-O - 102740 (1/4 c.)	139.00	12.77	1.76	0.00(M)	0.00(M)	143.49	7.30	5.63(M)	0.25(M)	(M)	1.63	0.52(M)	11.00(M)	121.82 (M)	7.69(M)	0.00(M)	420.14 (M)	61.86(M)
Vegetable, Lettuce, Iceberg, Shredded, Veg-O - 102501 (1/4 c.)	2.50	0.00	0.00	0.00	0.00	1.25	0.50	0.25	0.25	(M)	0.00	0.09	0.00	0.00	0.90	(M)	(M)	(M)
Vegetable, Peas & Carrots, Steamed, Veg-R/O, O - 102690 (1/2 c.)	83.63	3.70	0.69	0.63	0.00	88.72	10.06	3.87	2.35(M)	(M)	2.63	0.25(M)	16.54(M)	7659.28 (M)	1.07(M)	(M)	0.76(M)	0.69(M)
Vegetable, Peas + Carrots, Steamed, Veg-S-R/O - 102714 (1/2 c.)	83.54	3.89	0.72	0.63	0.00	105.63	10.03	3.64	2.36(M)	(M)	2.74	0.97	26.93	8631.67 (M)	9.58(M)	0.00(M)	73.05(M)	38.48(M)
Vegetables, Carrots, Sliced w/Margarine, Frozen, Veg-O - 102676 (1/2 c.)	67.26	4.27	0.80	0.67	0.00	227.44	7.37	3.12	0.00(M)	(M)	0.56	0.51	34.12	15841.2 4	2.21	0.00(M)	0.94(M)	0.75(M)
Vegetables, Mixed Vegetables, Frozen, Veg-O - 102675 (1/2 c.)	81.13	1.83	0.34	0.34	0.00	207.95	13.44	3.36	0.00(M)	(M)	3.36	0.81	22.65	3990.72	10.06	0.00(M)	0.49(M)	0.38(M)
Vegetables, Stir Fry Vegetables, Frozen, La Choy, Veg-O 2700053983 - PGR1011 (1/2 c.)	30.00	0.00	0.00	0.00	0.00	25.00	6.00	2.00	1.00	(M)	2.00	0.00	20.00	1000.00	9.00	(M)	(M)	(M)
Wrap, Breaded Chicken Snack Wrap a la McDonald's *FAVORITE, MMA, WGR - 102679 (1 serv.) Contains Gluten, Milk, Soy, Wheat.	472.50	21.00	8.50	0.00	75.00	711.25	38.50	7.25	0.25	0.00(M)	29.00	3.17	277.00	0.00(M)	0.90(M)	0.00(M)	937.00 (M)	(M)
Wrap, Chicken & Bacon Ranch w/Lettuce MMA, WGR, V-O - 102719 (1 ea.) Contains Egg, Gluten, Milk, Wheat.	399.45	20.56	8.00	0.00	99.81	1260.65	25.98	2.25	4.25	1.00(M)	26.87	1.21(M)	176.05 (M)	0.00(M)	0.90(M)	0.00(M)	163.00 (M)	(M)
Wrap, Sandwich, Turkey and Cheese Wrap Roll Up, MMA, WG - 102717 (1 ea.) Contains Gluten, Milk, Wheat.	380.00	17.00	8.50	0.00	75.00	790.00	30.00	3.00	1.00	1.00	28.00	2.40	278.00	0.00(M)	0.00(M)	0.00	511.00	(M)
Yogurt Parfait, Pumpkin, Breakfast, MMA, WG, F, V-R/O - 102689 (1 ea.) Contains Milk, Soy, Wheat. May contain Tree nuts.	311.70	4.84	0.93	0.00(M)	3.33	318.00	62.68	5.50	33.82	11.34(M)	7.03	1.62(M)	161.91 (M)	9646.70 (M)	2.58(M)	2.00(M)	290.52 (M)	55.18(M)
Yogurt Parfait, Pumpkin, Lunch, MMA, WG, F, V-R/O - 102889 (1 ea.) Contains Milk, Soy, Wheat. May contain Tree nuts.	442.58	5.60	1.30	0.00(M)	6.66	446.18	91.36	6.74	54.06	22.68(M)	10.71	2.07(M)	292.90 (M)	14526.7 4(M)	3.88(M)	4.00(M)	515.84 (M)	82.78(M)
Yogurt w/Fruit Parfait, Breakfast, MMA, WG, F - 102473 (1 ea.) Contains Milk, Soy, Wheat. May contain Tree nuts.	315.06	4.67	0.83	0.00	3.33	168.87	62.67	5.50	34.67	11.34(M)	6.33	0.90(M)	150.07 (M)	113.40 (M)	27.00(M)	2.00(M)	160.09 (M)	(M)

# Menu Item Nutrient Report

Generated on: 10/12/2023 12:26:29 PM by Zach Malavite

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)	Potassi um (mg)	Mois (g)
Yogurt w/Fruit Parfait, Lunch, MMA, WG, F - 102467 (1 ea.) Contains Gluten, Milk, Sesame, Soy, Wheat. May contain Tree nuts.	495.11	6.33	1.17	0.00	6.66	372.23	98.35	6.50	50.35	23.68(M)	12.67	1.90(M)	300.14 (M)	226.80 (M)	27.00(M)	4.00(M)	368.19 (M)	(M)

**Legend**

(M) Indicates missing nutrient values.

**Report Selections**

Meal Pattern: [USDA]Meal Pattern SY 2014+

Serving Group: K-12

Data Source: PRFSD Shared