

2023 - 2024 Secondary School Lunch Week 3 - Nutrient Analysis

Menu Item (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)	Potassiu m (mg)	Mois (g)
Monday																		
22-23 SEC- Macaroni & Cheese - LR100869 (1 c.)	537.93	24.83	12.60	0.00	46.90	693.69	56.64	5.52	3.00(M)	0.00(M)	21.44	2.68	769.23	1761.74	0.00	(M)	(M)	0.00(M)
S-Chicken BLT Salad - LR-1001 (1 ea.)	218.63	12.10	4.82	0.00	58.03	575.00	5.35	1.88	2.00(M)	(M)	21.09	1.43	130.75	4523.07	29.85	(M)	(M)	120.19(M)
S-Hamburger on Bun - LR-1038 (1 ea.)	293.00	9.50	4.00	1.00	37.00	450.00	31.00	2.00	4.00	4.00	18.00	3.61	74.00	3050.00	1.00	0.00(M)	109.98(M)	0.00(M)
S-Pizza, Cheese, Big Daddy's - LR-1032 (1 ea.)	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	(M)	(M)	(M)
S-Pizza, Pepperoni, Big Daddy's - LR-1250 (1 ea.)	360.00	17.00	7.00	0.00	45.00	580.00	33.00	3.00	9.00	0.00	21.00	2.20	370.00	500.00	0.00	0.00	0.00(M)	0.00(M)
S-Spicy Chicken Sandwich - LR-1036 (1 ea.)	150.00	1.50	0.00	0.00	0.00	240.00	30.00	2.00	4.00	4.00	7.00	1.80	50.00	0.00	0.00	0.00(M)	109.98	(M)
S-Sub Sandwich, Club - LR-1251 (1 ea.)	235.50	2.39	0.63	0.00	19.18	785.66	29.81	2.03	3.12	(M)	19.80	3.08	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
S-Sub, Ham - LR-1226 (1 ea.)	220.04	2.49	1.00	0.00	24.87	827.41	29.07	2.03	3.00	(M)	15.98	2.18	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
S-Sub, Roast Beef - LR-1224 (1 ea.)	279.73	2.99	1.00	0.00	49.74	986.57	31.06	2.03	4.00	(M)	28.92	4.68	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
S-Sub, Turkey - LR-1225 (1 ea.)	279.73	2.99	0.00	0.00	1.21	867.20	31.06	2.03	3.00	(M)	28.92	4.68	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
Tuesday																		
S-BBQ Chicken Salad - LR-1222 (1 ea.)	457.60(M)	19.67(M)	3.84(M)	0.00(M)	53.16(M)	476.96(M)	48.97(M)	4.75(M)	0.00(M)	(M)	23.51(M)	2.19(M)	161.59(M)	1922.80(M)	19.10(M)	(M)	(M)	74.55(M)
SEC - Tangerine Chicken Bowl - LR100965 (1 ea.)	273.64	4.74	1.00	0.00	45.00	380.00	43.20	2.00	13.00	13.00(M)	15.97	1.80	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00(M)
S-Hamburger on Bun - LR-1038 (1 ea.)	293.00	9.50	4.00	1.00	37.00	450.00	31.00	2.00	4.00	4.00	18.00	3.61	74.00	3050.00	1.00	0.00(M)	109.98(M)	0.00(M)
S-Pizza, Cheese, Big Daddy's - LR-1032 (1 ea.)	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	(M)	(M)	(M)
S-Pizza, Pepperoni, Big Daddy's - LR-1250 (1 ea.)	360.00	17.00	7.00	0.00	45.00	580.00	33.00	3.00	9.00	0.00	21.00	2.20	370.00	500.00	0.00	0.00	0.00(M)	0.00(M)

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S-Spicy Chicken Sandwich - LR-1036 (1 ea.)	150.00	1.50	0.00	0.00	0.00	240.00	30.00	2.00	4.00	4.00	7.00	1.80	50.00	0.00	0.00	0.00(M)	109.98	(M)
S-Sub Sandwich, Club - LR-1251 (1 ea.)	235.50	2.39	0.63	0.00	19.18	785.66	29.81	2.03	3.12	(M)	19.80	3.08	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
S-Sub, Ham - LR-1226 (1 ea.)	220.04	2.49	1.00	0.00	24.87	827.41	29.07	2.03	3.00	(M)	15.98	2.18	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
S-Sub, Roast Beef - LR-1224 (1 ea.)	279.73	2.99	1.00	0.00	49.74	986.57	31.06	2.03	4.00	(M)	28.92	4.68	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
S-Sub, Turkey - LR-1225 (1 ea.)	279.73	2.99	0.00	0.00	1.21	867.20	31.06	2.03	3.00	(M)	28.92	4.68	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
Wednesday																		
S-Bean & Cheese Burrito LR-1418 (5 1/4 oz.)	282.71	8.53	3.86	0.00	16.76	475.97	38.99	8.41	1.04	(M)	14.43	2.58	190.83	286.25	1.15	(M)	(M)	(M)
SEC- Caesar Chicken Salad - LR-1054 (1 ea.)	285.52	11.82	4.75	0.00	53.16	605.43	22.41	4.26	2.00(M)	(M)	24.53	2.33	185.93	5769.07	33.37	(M)	(M)	120.75(M)
S-Hamburger on Bun - LR-1038 (1 ea.)	293.00	9.50	4.00	1.00	37.00	450.00	31.00	2.00	4.00	4.00	18.00	3.61	74.00	3050.00	1.00	0.00(M)	109.98(M)	0.00(M)
S-Nacho Grande - LR-1047 (1 ea.)	608.87	34.60	10.07	0.00	65.44	2130.18	53.12	7.52	1.00	(M)	24.07	4.64	366.96	1733.65	4.42	0.00(M)	(M)	1.10(M)
S-Pizza, Cheese, Big Daddy's - LR-1032 (1 ea.)	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	(M)	(M)	(M)
S-Pizza, Pepperoni, Big Daddy's - LR-1250 (1 ea.)	360.00	17.00	7.00	0.00	45.00	580.00	33.00	3.00	9.00	0.00	21.00	2.20	370.00	500.00	0.00	0.00	0.00(M)	0.00(M)
S-Spicy Chicken Sandwich - LR-1036 (1 ea.)	150.00	1.50	0.00	0.00	0.00	240.00	30.00	2.00	4.00	4.00	7.00	1.80	50.00	0.00	0.00	0.00(M)	109.98	(M)
S-Sub Sandwich, Club - LR-1251 (1 ea.)	235.50	2.39	0.63	0.00	19.18	785.66	29.81	2.03	3.12	(M)	19.80	3.08	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
S-Sub, Ham - LR-1226 (1 ea.)	220.04	2.49	1.00	0.00	24.87	827.41	29.07	2.03	3.00	(M)	15.98	2.18	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
S-Sub, Roast Beef - LR-1224 (1 ea.)	279.73	2.99	1.00	0.00	49.74	986.57	31.06	2.03	4.00	(M)	28.92	4.68	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
S-Sub, Turkey - LR-1225 (1 ea.)	279.73	2.99	0.00	0.00	1.21	867.20	31.06	2.03	3.00	(M)	28.92	4.68	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
Thursday																		

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SEC- Frenchbread w/Marinara Sauce - LR-1048 (1 ea.)	401.24	18.38	8.34	0.00	40.00	645.26	39.21	3.36	9.80	1.00(M)	20.36	3.04	363.61	340.20(M)	4.08(M)	0.00(M)	159.80(M)	(M)
SEC- Spicy Chicken Salad - LR-1053 (1 ea.)	384.58	21.79	5.40	0.00	83.45	623.97	16.52	3.11	2.83(M)	(M)	33.02	2.93	127.81	4392.51	23.76	(M)	(M)	95.00(M)
S-Hamburger on Bun - LR-1038 (1 ea.)	293.00	9.50	4.00	1.00	37.00	450.00	31.00	2.00	4.00	4.00	18.00	3.61	74.00	3050.00	1.00	0.00(M)	109.98(M)	0.00(M)
S-Pizza, Cheese, Big Daddy's - LR-1032 (1 ea.)	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	(M)	(M)	(M)
S-Pizza, Pepperoni, Big Daddy's - LR-1250 (1 ea.)	360.00	17.00	7.00	0.00	45.00	580.00	33.00	3.00	9.00	0.00	21.00	2.20	370.00	500.00	0.00	0.00	0.00(M)	0.00(M)
S-Spicy Chicken Sandwich - LR-1036 (1 ea.)	150.00	1.50	0.00	0.00	0.00	240.00	30.00	2.00	4.00	4.00	7.00	1.80	50.00	0.00	0.00	0.00(M)	109.98	(M)
S-Sub Sandwich, Club - LR-1251 (1 ea.)	235.50	2.39	0.63	0.00	19.18	785.66	29.81	2.03	3.12	(M)	19.80	3.08	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
S-Sub, Ham - LR-1226 (1 ea.)	220.04	2.49	1.00	0.00	24.87	827.41	29.07	2.03	3.00	(M)	15.98	2.18	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
S-Sub, Roast Beef - LR-1224 (1 ea.)	279.73	2.99	1.00	0.00	49.74	986.57	31.06	2.03	4.00	(M)	28.92	4.68	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
S-Sub, Turkey - LR-1225 (1 ea.)	279.73	2.99	0.00	0.00	1.21	867.20	31.06	2.03	3.00	(M)	28.92	4.68	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
Friday																		
S-Bacon Burger - LR-1039 (1 ea.)	333.00	12.50	5.00	1.00	44.50	605.00	31.00	2.00	5.00	4.00(M)	20.50	3.61	74.00	3050.00	1.00	0.00(M)	109.98(M)	0.00(M)
SEC- HOT HAM & CHEESE HOAGIE - LR100984 (1 ea.)	272.68	7.49	4.00	0.00	35.87	1081.74	29.00	2.00	3.00	0.00(M)	18.95	2.16	140.00	300.00	0.00	(M)	(M)	(M)
S-Hamburger on Bun - LR-1038 (1 ea.)	293.00	9.50	4.00	1.00	37.00	450.00	31.00	2.00	4.00	4.00	18.00	3.61	74.00	3050.00	1.00	0.00(M)	109.98(M)	0.00(M)
S-Pizza, Cheese, Big Daddy's - LR-1032 (1 ea.)	360.00	16.00	7.00	0.00	35.00	490.00	35.00	3.00	9.00	2.00	21.00	2.10	441.00	93.00	0.00	(M)	(M)	(M)
S-Pizza, Pepperoni, Big Daddy's - LR-1250 (1 ea.)	360.00	17.00	7.00	0.00	45.00	580.00	33.00	3.00	9.00	0.00	21.00	2.20	370.00	500.00	0.00	0.00	0.00(M)	0.00(M)
S-Spicy Chicken Sandwich - LR-1036 (1 ea.)	150.00	1.50	0.00	0.00	0.00	240.00	30.00	2.00	4.00	4.00	7.00	1.80	50.00	0.00	0.00	0.00(M)	109.98	(M)

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S-Sub Sandwich, Club - LR-1251 (1 ea.)	235.50	2.39	0.63	0.00	19.18	785.66	29.81	2.03	3.12	(M)	19.80	3.08	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
S-Sub, Ham - LR-1226 (1 ea.)	220.04	2.49	1.00	0.00	24.87	827.41	29.07	2.03	3.00	(M)	15.98	2.18	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
S-Sub, Roast Beef - LR-1224 (1 ea.)	279.73	2.99	1.00	0.00	49.74	986.57	31.06	2.03	4.00	(M)	28.92	4.68	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
S-Sub, Turkey - LR-1225 (1 ea.)	279.73	2.99	0.00	0.00	1.21	867.20	31.06	2.03	3.00	(M)	28.92	4.68	40.86	177.72	0.43	(M)	0.00(M)	2.28(M)
Milk																		
Milk, Chocolate, Fresh - LR-1400 (8 fl. oz.)	135.27	0.00	0.00	0.00	5.20	218.52	24.97	0.00	22.89	22.89	8.32	0.38	312.17	520.28	1.25	5.20	437.22	(M)
Milk, Chocolate, Shelf - LR-1402 (8 fl. oz.)	140.00	0.00	0.00	0.00	5.00	260.00	27.00	0.00	25.00	(M)	8.00	0.00	300.00	499.99	0.00	(M)	(M)	(M)
Milk, Soy, Shelf - LR100265 (1 ea.)	130.00	4.50	0.50	0.00	0.00	110.00	13.00	2.00	11.00	10.00	8.00	1.44	300.00	500.00	0.00	25.00	350.15	(M)
Milk, White, Fresh, Fat-Free - LR-1399 (8 fl. oz.)	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	12.00	9.00	0.00	300.00	499.99	0.00	5.00	439.91	(M)
Milk, White, Shelf - LR-1401 (8 fl. oz.)	80.00	0.00	0.00	0.00	5.00	110.00	11.00	0.50	11.00	(M)	8.00	0.00	250.00	499.99	1.20	(M)	(M)	(M)
Milk, White, Shelf, USDA - LR100059 (8 fl. oz.)	80.00	0.00	0.00	0.00	5.00	110.00	11.00	0.50	11.00	(M)	8.00	0.00	250.00	500.00	1.20	(M)	(M)	(M)
Condiments																		
Cheese slice, American - LR-1365 (1/2 oz.)	50.63	4.56	2.53	0.00	12.66	258.19	0.00	0.00	(M)	2.53	0.00	75.94	151.88	0.00	(M)	(M)	(M)	
Cheese slice, Swiss - LR-1366 (1/2 oz.)	44.94	3.33	2.13	0.00	11.27	216.74	0.28	0.00	(M)	3.23	0.03	109.72	114.39	0.02	(M)	(M)	(M)	
Home made Ranch (1oz) LR-1002 (1 oz.)	73.97	6.45	0.92	0.00	0.39	841.29	3.44	0.86(M)	(M)	0.74	0.08	24.43	41.27	0.39	(M)	(M)	0.08(M)	
jalapeno - LR-1360 (1/2 oz.)	2.50	0.00	0.00	0.00	0.00	165.00	0.50	0.50	(M)	0.00	0.00	0.00	50.00	4.50	(M)	(M)	(M)	
Ketchup, Bulk - LR-1420 (1 oz.)	33.35	0.00	0.00	0.00	0.00	266.82	8.34	6.67	(M)	0.00	0.00	0.00	166.76	2.00	(M)	(M)	(M)	
leaf lettuce - LR-1377 (1/2 oz.)	2.13	0.02	0.00	0.00	0.00	3.97	0.40	0.00	(M)	0.19	0.12	5.10	1049.66	2.55	(M)	(M)	13.48	

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pc, bbq sauce - LR-1386 (12 g.)	15.00	0.00	0.00	0.00	0.00	85.00	4.00	2.00	(M)		0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
pc, ketchup - LR-1393 (7 g.)	10.00	0.00	0.00	0.00	0.00	85.00	3.00	2.00	(M)		0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
pc, mayonnaise - LR-1391 (12 g.)	90.00	9.00	1.50	0.00	5.00	70.00	1.00	0.00	(M)		0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
PC, Mustard 5.5g - LR100275 (1 ea.)	0.00	0.00	0.00	0.00	0.00	30.00	0.00	0.00	(M)		0.00	0.00	0.00	0.00	1.20	(M)	(M)	(M)
PC, Salsa 9g - LR100295 (1 ea.)	5.00	0.00	0.00	0.00	0.00	95.00	1.00	0.00	(M)		0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
pickles - LR-1361 (1/2 oz.)	0.00	0.00	0.00	0.00	0.00	197.44	0.00	0.00	(M)		0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
red onion - LR-1378 (3 slice, thi)	10.80	0.03	0.01	0.00	0.00	1.08	2.52		(M) (M)		0.30	0.06	6.21	0.54	2.00	(M)	(M)	24.06
tomato - LR-1379 (1/2 oz.)	2.55	0.02	0.00	0.00	0.00	1.56	0.57		(M) (M)		0.14	0.10	1.56	69.32	3.23	(M)	(M)	13.37
Juice																		
Juice, Envy, Sparkling Acai Berry 8oz. - LR100150 (1 ea.)	110.00	0.00	0.00	0.00	0.00	5.00	30.00	0.00	29.00	0.00	0.00	0.00	100.00	500.00	60.00	0.00	0.00	0.00
Juice, Envy, Sparkling Fruit Punch 8oz - LR100667 (1 ea.)	110.00	0.00	0.00	0.00	0.00	5.00	29.00	0.00	28.00	(M)	0.00	0.00	100.00	500.00	60.00	(M)	(M)	(M)
Juice, Envy, Sparkling Fuji Apple 8oz. - LR100149 (1 ea.)	110.00	0.00	0.00	0.00	0.00	5.00	29.00	0.00	27.00	0.00	0.00	0.00	100.00	500.00	60.00	(M)	(M)	(M)
Juice, Envy, Sparkling Strawberry Kiwi 8oz. - LR100148 (1 ea.)	110.00	0.00	0.00	0.00	0.00	5.00	29.00	0.00	28.00	0.00	0.00	0.00	100.00	500.00	60.00	(M)	(M)	(M)
S-10oz. Juice, Apple - LR-1408 (10 oz.)	140.00	0.00	0.00	0.00	0.00	25.00	35.00	0.00	(M) (M)	0.00	0.00	0.00	100.00	0.00	60.00	(M)	(M)	(M)
S-10oz. Juice, Orange - LR-1407 (10 oz.)	140.00	0.00	0.00	0.00	0.00	20.00	33.00	0.00	(M) (M)	2.00	0.00	0.00	20.00	0.00	60.00	(M)	(M)	(M)
Fruit																		
APPLESAUCE CUP, CINNAMON - LR-1354 (1 ea.)	50.00	0.00	0.00	0.00	0.00	0.00	13.00	1.00	11.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
APPLESAUCE CUP, USDA - LR-1412 (1 ea.)	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	(M)	0.00	0.00	0.00	0.00	12.00	(M)	(M)	(M)

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APPLESAUCE, CHERRY - LR100782 (1 ea.)	60.00	0.00	0.00	0.00	0.00	10.00	15.00	1.00	12.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00
FRT, APPLESAUCE CUP, BLUE RASBERRY - LR100660 (1 ea.)	70.00	0.00	0.00	0.00	0.00	0.00	17.00	1.00	14.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	86.95	0.00
FRT, APPLESAUCE CUP, WATERMELON USDA - LR100662 (1 ea.)	60.00	0.00	0.00	0.00	0.00	15.00	17.00	1.00	15.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	89.77	0.00
FRT, CUP, APPLESAUCE, STRAWBERRY, USDA - LR100661 (1 ea.)	50.00	0.00	0.00	0.00	0.00	0.00	14.00	1.00	11.00	0.00	0.00	0.00	5.00	0.00	0.00	0.00	91.18	0.00
FRT-Strawberries, frozen 4.5oz. - LR-1423 (4 1/2 oz.)	90.00	0.00	0.00	0.00	0.00	0.00	22.00	2.00	18.00	(M)	1.00	0.75	14.00	31.00	52.80	(M)	(M)	(M)
Fruit, Strawberries, whole - LR100666 (1/2 c.)	23.04	0.22	0.01	0.00	0.00	0.72	5.53	1.44	(M)	(M)	0.48	0.30	11.52	8.64	42.34	(M)	(M)	65.48
Fruit-Grapes 1/2 c. - LR-1384 (1/2 c.)	67.00	0.35	0.11	0.00	0.00	2.00	17.15	0.90	(M)	(M)	0.63	0.29	14.00	100.00	4.00	(M)	(M)	81.30
Mandarin Orange, Cup - LR100195 (1 ea.)	70.00	0.00	0.00	0.00	0.00	5.00	17.00	1.00	15.00	(M)	0.00	0.36	0.00	500.00	27.00	(M)	(M)	(M)
Mixed Fruit, Cup - LR100196 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	(M)	0.00	0.00	0.00	300.00	18.00	(M)	(M)	(M)
Peaches, Diced, Cup - LR100193 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	(M)	0.00	0.00	0.00	300.00	18.00	(M)	(M)	(M)
Pears, Diced, Cup - LR100194 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	(M)	0.00	0.00	0.00	300.00	18.00	(M)	(M)	(M)
Pineapple, Tidbits, Cup - LR100197 (1 ea.)	53.00	0.00	0.00	0.00	0.00	4.50	12.20	3.30	8.50	0.00	0.30	0.00	20.00	0.00	1.20	0.00	94.00	0.00
SEC- Blueberries - LR100136 (1 ea.)	56.77	0.71	0.06	0.00	0.00	1.42	13.38	2.98	9.30	(M)	0.47	0.20	8.52	51.09	2.70	(M)	0.00(M)	(M)
SEC- Strawberries - LR100186 (1 ea.)	25.00	0.00	0.00	0.00	0.00	0.00	6.50	1.50	4.50	(M)	0.00	0.36	10.00	0.00	27.00	(M)	(M)	(M)
SEC- Yogurt parfait - LR100051 (1 ea.)	129.89	1.92	0.12	0.00	1.25	35.70	25.09	2.12	15.63	0.00(M)	2.68	0.34	154.72	0.00	2.70	0.00(M)	37.60(M)	0.00(M)
S-Whole, Apple - LR-1374 (1 ea.)	117.93	0.39	0.07	0.00	0.00	2.27	31.32	5.44	(M)	(M)	0.59	0.27	13.61	122.47	10.43	(M)	(M)	194.05
S-Whole, Kiwi - LR-1438 (1 ea.)	46.36	0.40	0.02	0.00	0.00	2.28	11.14	2.28	(M)	(M)	0.87	0.24	25.84	66.12	70.45	(M)	(M)	63.13

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S-Whole, Orange - LR-1436 (1 ea.)	61.57	0.16	0.03	0.00	0.00	0.00	15.39	3.14	(M)	(M)	1.23	0.13	52.40	294.75	69.69	(M)	(M)	113.64
S-Whole, Pear - LR100224 (1 ea.)	85.84	0.18	0.02	(M)	0.00	1.48	22.88	4.59	(M)	(M)	0.56	0.25	13.32	34.04	6.22	(M)	(M)	123.89
Vegetable																		
French Fries - LR-1371 (3 oz.)	160.00	7.00	1.00	0.00	0.00	390.00	20.00	1.00	0.00	(M)	2.00	0.60	0.00	0.00	2.40	(M)	200.22	(M)
Pickle, Spears - LR100183 (1/2 c.)	0.00	0.00	0.00	0.00	0.00	742.86	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
Salad, Small Toss - LR-1060 (1 ea.)	11.38	0.18	0.03	0.00	0.00	4.65	2.29	1.20	(M)	(M)	0.74	0.51	17.56	2873.18	13.50	(M)	(M)	62.59
SEC- Baked Beans - LR100127 (1/2 c.)	167.10	0.90	0.00	0.00	0.00	482.67	35.57	5.26	16.00	8.67(M)	5.33	1.03	34.67	32.00	0.38	0.00(M)	(M)	0.00(M)
SEC- Carrot Sticks(1/2c) - LR100139 (1/2 c.)	39.69	0.15	0.02	0.00	0.00	88.45	9.34	3.29	(M)	(M)	0.73	1.01	36.29	15637.86	2.95	(M)	(M)	102.46
Veggies & Dip - LR-1061 (1 ea.)	25.85	0.14	0.02	0.00	0.00	49.11	5.94	2.06	0.00(M)	(M)	0.71	0.61	24.19	8011.33	8.74	(M)	(M)	78.88
Grain																		
Breadstick, (S) Garlic, WG - LR100143 (2 ea.)	220.00	8.00	2.00	0.00	0.00	400.00	34.00	4.00	4.00	(M)	6.00	1.44	0.00	0.00	0.00	(M)	(M)	(M)