

MIDDLE LUNCH NUTRITIONALS 2011-2012

Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
<b>NUTRITIONAL INFORMATION FOR PIZZA'S</b>													
<b>Big Daddy Cheese</b>	383.65	17.78	248.72	3.07	500	0	12.28	5.05	50.7	830.96	2.14	19.39	Cheese
<b>Big Daddy Pepperoni</b>	407.14	17.58	193.46	3.19	500	0	15.25	5.9	50.11	961.24	2.12	23.69	Cheese/Pork
16-Aug													
All Beef Hot Dog	250.00	9.00	0.02	0.07	0.00	0.00	22.00	11.00	2.00	740.00	0.00		Beef
Hot Dog Bun	100.00	3.00	0.00	0.00	0.00	0.00	1.50	0.00	18.00	190.00			
Peas & Carrots	55.00	3.75	0.02	0.06	0.30	0.22		0.05	9.87	81.00	3.00	0.00	
Banana, Fresh	113.54	1.39	6.38	0.33	81.65	11.09	0.42	0.14	29.14	1.28	3.32	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	628.54	26.14	256.42	0.46	581.95	12.51	26.42	12.69	72.01	1142.28	6.32	15.00	
Chicken Nuggets													
Chicken Nuggets	234.00	20.98	58.51	1.25	0.82	11.70	10.77	2.03	13.14	2.91	37.36	1313.76	
Peas & Carrots	55.00	3.75	0.02	0.06	0.30	0.22		0.05	9.87	81.00	3.00	0.00	
Banana, Fresh	113.54	1.39	6.38	0.33	81.65	11.09	0.42	0.14	29.14	1.28	3.32	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	512.54	35.12	314.91	1.64	582.77	24.21	13.69	3.72	65.15	215.19	43.68	1328.76	
Veggies/Cheese/Roll													
Veggies/Cheese/Roll	292.69	14.17	338.52	0.73	407.48	2730.79	18.11	11.25	20.62	890.75	2.14	53.30	Cheese
Peas & Carrots	55.00	3.75	0.02	0.06	0.30	0.22		0.05	9.87	81.00	3.00	0.00	
Banana, Fresh	113.54	1.39	6.38	0.33	81.65	11.09	0.42	0.14	29.14	1.28	3.32	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	571.23	28.31	594.92	1.12	989.43	2743.30	21.03	12.94	72.63	1103.03	8.46	68.30	
17-Aug													
Cheeseburger Deluxe	648.28	34.97	192.67	5.20	371.48	1.85		18.74	25.83	1052.99	3.29	103.92	Beef/Cheese
Baked Fries	300.00	4.00	0.00	4.00	0.00	4.80		4.00	36.00	1060.00	4.00	0.00	
Garden Salad	20.57	1.15	23.50	0.63	2893.53	17.35		0.04	4.41	6.48	1.64	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	1078.86	49.12	466.17	9.82	3765.01	25.20	2.50	24.29	79.24	2249.47	8.93	118.92	
W.G. Corn Dog													
W.G. Corn Dog	270.00	10.00	0.06	0.15	0.00	0.00	15.00	4.00	22.00	730.00	1.00		Chicken
Baked Fries	300.00	4.00	0.00	4.00	0.00	4.80		4.00	36.00	1060.00	4.00	0.00	
Garden Salad	20.57	1.15	23.50	0.63	2893.53	17.35		0.04	4.41	6.48	1.64	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	800.57	24.15	273.56	4.78	3393.53	23.35	17.50	9.54	75.41	1926.48	6.64	15.00	

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Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
17-Aug													
Bean & Cheese Burrito	310.00	11.00	0.60	0.04			10.00	3.00	44.00	640.00	5.00	10.00	Beans/Cheese
Baked Fries	300.00	4.00	0.00	4.00	0.00	4.80		4.00	36.00	1060.00	4.00	0.00	
Garden Salad	20.57	1.15	23.50	0.63	2893.53	17.35		0.04	4.41	6.48	1.64	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	740.57	25.15	274.10	4.67	3393.53	23.35	12.50	8.54	97.41	1836.48	10.64	25.00	
18-Aug													
Taco Salad	367.55	19.15	270.01	2.94	923.14	6.91	0.08	7.73	37.65	752.75	3.41	54.03	Beef/Cheese
Golden Corn	72.20	2.50	3.30	0.30	106.60	5.20			17.10	2.50	2.00	72.20	
Fresh Apple	85.00	0.03	10.00	0.30	7.00	7.90	0.50	0.10	21.00	0.00	3.00		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	634.75	30.68	533.31	3.54	1536.74	21.21	3.08	9.33	88.75	885.25	8.41	141.23	
Turkey/Cheese Sub	304.15	21.20	170.99	3.16	2018.65	10.40	8.43	4.50	32.03	871.89	2.12	43.30	Turkey/Cheese
Golden Corn	72.20	2.50	3.30	0.30	106.60	5.20			17.10	2.50	2.00	72.20	
Fresh Apple	85.00	0.03	10.00	0.30	7.00	7.90	0.50	0.10	21.00	0.00	3.00		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	571.35	32.73	434.29	3.76	2632.25	24.70	11.43	6.10	83.13	1004.39	7.12	130.50	
Toasted Cheese Sandwich	306.43	20.39	405.48	1.46	684.13	0.00	12.34	7.44	32.13	1240.73	1.44	34.02	Cheese
Golden Corn	72.20	2.50	3.30	0.30	106.60	5.20			17.10	2.50	2.00	72.20	
Fresh Apple	85.00	0.03	10.00	0.30	7.00	7.90	0.50	0.10	21.00	0.00	3.00		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	573.63	31.92	668.78	2.06	1297.73	14.30	15.34	9.04	83.23	1373.23	6.44	121.22	
19-Aug													
Sloppy Joes	260.61	20.47	30.95	2.26	277.96	2.44	0.67	4.55	14.37	606.86	0.24	82.07	Beef/Turkey
Hamburger Bun	110.00	5.00	0.00	2.60	0.00	0.00	4.20	1.00	21.00	51.20			
Veggie Tray	39.98	9.08	38.26	0.05	9712.15	41.79	0.00	0.04	8.82	56.98	3.03	0.00	
Sliced Pears	106.00	0.24	6.00	0.35	0.00	0.90	0.00	0.00		6.00	2.00		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	626.59	43.79	325.21	5.26	#####	46.33	7.37	7.09	57.18	851.04	5.27	97.07	

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19-Aug													
Fish Melt Sandwich	340.00	21.00	94.00	2.66	158.00	0.45	4.20	4.50	36.00	701.20	1.00	35.00	Fish
Veggie Tray	39.98	9.08	38.26	0.05	9712.15	41.79	0.00	0.04	8.82	56.98	3.03	0.00	
Sliced Pears	106.00	0.24	6.00	0.35	0.00	0.90	0.00	0.00		6.00	2.00		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	595.98	39.32	388.26	3.06	#####	44.34	6.70	6.04	57.82	894.18	6.03	50.00	
20-Aug													
Bean & Cheese Burrito	310.00	11.00	0.60	0.04			10.00	3.00	44.00	640.00	5.00	10.00	Beans/Cheese
Veggie Tray	39.98	9.08	38.26	0.05	9712.15	41.79	0.00	0.04	8.82	56.98	3.03	0.00	
Sliced Pears	106.00	0.24	6.00	0.35	0.00	0.90	0.00	0.00		6.00	2.00		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	565.98	29.32	294.86	0.44	#####	43.89	12.50	4.54	65.82	832.98	10.03	25.00	
22-Aug													
Mini Corn Dogs	318.31	9.95	39.78	1.07	0.00	0.00		4.97	24.87	636.61	0.99	54.70	
Seasned Green Beans	18.00	0.96	28.80	1.10	385.20	4.10			4.20	310.80	1.80	0.00	
Apple Turnover	303.00	4.20	24.00	1.60	12.00	10.00	9.20	202.00	51.00	378.00	2.30		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	749.31	24.11	342.58	3.77	897.20	15.30	11.70	208.47	93.07	1455.41	5.09	69.70	
23-Aug													
Teriyaki Wonder Bites	270.06	24.60	40.81	324.07	75.61	0.06	14.40	5.39	9.60	757.38	1.56	62.05	Beef
Seasned Green Beans	18.00	0.96	28.80	1.10	385.20	4.10			4.20	310.80	1.80	0.00	
Apple Turnover	303.00	4.20	24.00	1.60	12.00	10.00	9.20	202.00	51.00	378.00	2.30		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	701.06	38.76	343.61	326.77	972.81	15.36	26.10	208.89	77.80	1576.18	5.66	77.05	
24-Aug													
Toasted Cheese Sandwich	306.43	20.39	405.48	1.46	684.13	0.00	12.34	7.44	32.13	1240.73	1.44	34.02	Cheese
Seasned Green Beans	18.00	0.96	28.80	1.10	385.20	4.10			4.20	310.80	1.80	0.00	
Apple Turnover	303.00	4.20	24.00	1.60	12.00	10.00	9.20	202.00	51.00	378.00	2.30		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	737.43	34.55	708.28	4.16	1581.33	15.30	24.04	210.94	100.33	2059.53	5.54	49.02	
23-Aug													
Hot Ham/Cheese Sandwich	256.14	18.65	1351.10	72.09	275.28	12.87	13.84	6.53	14.24	1257.03	1.49	66.90	Ham. Cheese
Pineapple Tidbits	70.00	0.00	0.00	0.02	0.00	0.20	0.00	0.00	17.00	10.00	1.00	0.00	
Mixed Vegetables	37.00	2.40	0.02	0.04	1.33	0.13	0.00	0.30	7.80	55.30	2.40	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	473.14	30.05	1601.12	72.15	776.61	14.40	16.34	8.33	52.04	1452.06	4.89	81.90	

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Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
23-Aug													
Spaghetti Sauce	259.00	26.10	52.00	3.40	135.00	30.80	10.50	3.00	16.10	1082.00			Beef/Turkey
Spaghetti Noodles	138.00	4.00	9.00	1.30	0.00	0.00	3.00	0.40	23.30	623.00			
Roll	151.00	4.50	26.00	1.40	0.00	0.00	3.50	0.80	25.70	194.00			
Pineapple Tidbits	70.00	0.00	0.00	0.02	0.00	0.20	0.00	0.00	17.00	10.00	1.00	0.00	
Mixed Vegetables	37.00	2.40	0.02	0.04	1.33	0.13	0.00	0.30	7.80	55.30	2.40	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	765.00	46.00	337.02	6.16	636.33	32.33	19.50	6.00	102.90	2094.30	3.40	15.00	
Bean & Cheese Burrito	310.00	11.00	0.60	0.04			10.00	3.00	44.00	640.00	5.00	10.00	Beans/Cheese
Pineapple Tidbits	70.00	0.00	0.00	0.02	0.00	0.20	0.00	0.00	17.00	10.00	1.00	0.00	
Mixed Vegetables	37.00	2.40	0.02	0.04	1.33	0.13	0.00	0.30	7.80	55.30	2.40	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	527.00	22.40	250.62	0.10	501.33	1.53	12.50	4.80	81.80	835.30	8.40	25.00	
24-Aug													
Cheeseburger Deluxe	648.28	34.97	192.67	5.20	371.48	1.85		18.74	25.83	1052.99	3.29	103.92	Beef/cheese
Baked Potato Coins	229.48	2.70		0.96		4.85		6.07	27.00	472.49	2.99	6.75	
Garden Salad	20.57	1.15	23.50	0.63	2893.53	17.35		0.04	4.41	6.48	1.64	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	1008.34	47.82	466.17	6.78	3765.01	25.25	2.50	26.35	70.24	1661.96	7.91	125.67	
Chicken Burrito	300.00	18.00	60.00	4.00	1116.00	4.00	7.00	1.60	40.00	471.00	0.00		Chicken
Baked Potato Coins	229.48	2.70		0.96		4.85		6.07	27.00	472.49	2.99	6.75	
Garden Salad	20.57	1.15	23.50	0.63	2893.53	17.35		0.04	4.41	6.48	1.64	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	660.05	30.85	333.50	5.59	4509.53	27.40	9.50	9.21	84.40	1079.97	4.62	21.75	
24-Aug													
Breakfast Wrap	190.00	10.00	98.00	1.48	365.00	0.00	10.00	4.00	16.00	490.00	0.00	190.00	Egg/Cheese
Baked Potato Coins	229.48	2.70		0.96		4.85		6.07	27.00	472.49	2.99	6.75	
Garden Salad	20.57	1.15	23.50	0.63	2893.53	17.35		0.04	4.41	6.48	1.64	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	550.05	22.85	371.50	3.07	3758.53	23.40	12.50	11.61	60.40	1098.97	4.62	211.75	

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25-Aug													
Chicken Salad	377.59	19.68	253.39	1.30	5949.28	8.49		2.94	18.76	756.40	2.79	66.01	Chicken
Roll	151.00	4.50	26.00	1.40	0.00	0.00	3.50	0.80	25.70	194.00			
Applesauce	51.00	0.21	5.00	0.28	35.00	1.20			13.75	2.00	1.30	0.00	
Golden Corn	72.20	2.50	3.30	0.30	106.60	5.20			17.10	2.50	2.00	72.20	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	761.79	35.89	537.69	3.28	6590.88	16.09	6.00	5.24	88.31	1084.90	6.09	153.21	
Lasagna													
Lasagna	217.30	13.84	96.56	1.68	135.21	0.35	0.00	2.28	30.20	249.83	1.30	12.87	Cheese/Turkey
Roll	151.00	4.50	26.00	1.40	0.00	0.00	3.50	0.80	25.70	194.00			
Applesauce	51.00	0.21	5.00	0.28	35.00	1.20			13.75	2.00	1.30	0.00	
Golden Corn	72.20	2.50	3.30	0.30	106.60	5.20			17.10	2.50	2.00	72.20	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	601.50	30.05	380.86	3.66	776.81	7.96	6.00	4.58	99.75	578.33	4.60	100.07	
Veggies/Cheese/Roll													
Veggies/Cheese/Roll	292.69	14.17	338.52	0.73	407.48	2730.79	18.11	11.25	20.62	890.75	2.14	53.30	Cheese
Applesauce	51.00	0.21	5.00	0.28	35.00	1.20			13.75	2.00	1.30	0.00	
Golden Corn	72.20	2.50	3.30	0.30	106.60	5.20			17.10	2.50	2.00	72.20	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	525.89	25.88	596.82	1.31	1049.08	2738.39	20.61	12.75	64.47	1025.25	5.44	140.50	
26-Aug													
Chicken Sandwich	220.00	17.52	11.59	0.69	110.23	0.05		2.79	10.93	572.48	0.35	48.01	Chicken
Fresh Apple	85.00	0.03	10.00	0.30	7.00	7.90	0.50	0.10	21.00	0.00	3.00		
Veggie Tray	39.98	9.08	38.26	0.05	9712.15	41.79	0.00	0.04	8.82	56.98	3.03	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	454.98	35.63	309.86	1.04	#####	50.94	3.00	4.43	53.75	759.46	6.38	63.01	
Fish Shapes													
Fish Shapes	266.00	18.20	40.00	0.60	50.00	1.30	12.00	2.10	22.30	475.00	1.00		Fish
Fresh Apple	85.00	0.03	10.00	0.30	7.00	7.90	0.50	0.10	21.00	0.00	3.00		
Veggie Tray	39.98	9.08	38.26	0.05	9712.15	41.79	0.00	0.04	8.82	56.98	3.03	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	500.98	36.31	338.26	0.95	#####	52.19	15.00	3.74	65.12	661.98	7.03	15.00	
Bean & Cheese Burrito													
Bean & Cheese Burrito	310.00	11.00	0.60	0.04			10.00	3.00	44.00	640.00	5.00	10.00	Beans/Cheese
Fresh Apple	85.00	0.03	10.00	0.30	7.00	7.90	0.50	0.10	21.00	0.00	3.00		
Veggie Tray	39.98	9.08	38.26	0.05	9712.15	41.79	0.00	0.04	8.82	56.98	3.03	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	544.98	29.11	298.86	0.39	#####	50.89	13.00	4.64	86.82	826.98	11.03	25.00	

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Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
29-Aug													
French Toast	334.00	5.00	0.04	0.08	0.00	0.00	18.00	4.00	38.00	370.00	2.00		
Sausage	234.88	13.40	18.11	0.70	0.00	1.21		6.84	1.27	905.70	0.00	41.06	Turkey
Frozen Juice Cup	90.00	0.00	0.01	0.01	0.08	1.00	0.00	0.00	23.00	25.00	0.00		
Turnover, Cherry	312.0	3.7	26.0	1.8	124.0	1.7	9.0	2.1	53.0	341.0	1.6		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	1080.88	31.10	294.16	2.59	624.08	5.11	29.50	14.44	128.27	1771.70	3.60	56.06	
Mini Corn Dog	318.31	9.95	39.78	1.07	0.00	0.00		4.97	24.87	636.61	0.99	54.70	
Frozen Juice Cup	90.00	0.00	0.01	0.01	0.08	1.00	0.00	0.00	23.00	25.00	0.00		
Turnover, Cherry	312.0	3.7	26.0	1.8	124.0	1.7	9.0	2.1	53.0	341.0	1.6		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	830.31	22.65	315.79	2.88	624.08	3.90	11.50	8.57	113.87	1132.61	2.59	69.70	
Toasted Cheese Sandwich	306.43	20.39	405.48	1.46	684.13	0.00	12.34	7.44	32.13	1240.73	1.44	34.02	Cheese
Frozen Juice Cup	90.00	0.00	0.01	0.01	0.08	1.00	0.00	0.00	23.00	25.00	0.00		
Turnover, Cherry	312.0	3.7	26.0	1.8	124.0	1.7	9.0	2.1	53.0	341.0	1.6		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	818.43	33.09	681.49	3.27	1308.21	3.90	23.84	11.04	121.13	1736.73	3.04	49.02	
30-Aug													
Chicken Nuggets	234.00	20.98	58.51	1.25	0.82	11.70	10.77	2.03	13.14	2.91	37.36	1313.76	Chicken
Peas & Carrots	55.00	3.75	0.02	0.06	0.30	0.22		0.05	9.87	81.00	3.00	0.00	
Sliced Peaches	70.00		0.00	0.00	0.06	0.02	0.00	0.00	17.00	10.00		0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	469.00	33.73	308.53	1.31	501.18	13.14	13.27	3.58	53.01	223.91	40.36	1328.76	
Teriyaki Wonder Bites	270.06	24.60	40.81	324.07	75.61	0.06	14.40	5.39	9.60	757.38	1.56	62.05	Beef
Peas & Carrots	55.00	3.75	0.02	0.06	0.30	0.22		0.05	9.87	81.00	3.00	0.00	
Sliced Peaches	70.00		0.00	0.00	0.06	0.02	0.00	0.00	17.00	10.00		0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	505.06	37.35	290.83	324.13	575.97	1.50	16.90	6.94	49.47	978.38	4.56	77.05	
Bean & Cheese Burrito	310.00	11.00	0.60	0.04			10.00	3.00	44.00	640.00	5.00	10.00	Beans/Cheese
Peas & Carrots	55.00	3.75	0.02	0.06	0.30	0.22		0.05	9.87	81.00	3.00	0.00	
Sliced Peaches	70.00		0.00	0.00	0.06	0.02	0.00	0.00	17.00	10.00		0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	545.00	23.75	250.62	0.10	500.36	1.44	12.50	4.55	83.87	861.00	8.00	25.00	

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Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
31-Aug													
Cheeseburger Deluxe	648.28	34.97	192.67	5.20	371.48	1.85		18.74	25.83	1052.99	3.29	103.92	Beef/cheese
Baked Fries	300.00	4.00	0.00	4.00	0.00	4.80		4.00	36.00	1060.00	4.00	0.00	
Garden Salad	20.57	1.15	23.50	0.63	2893.53	17.35		0.04	4.41	6.48	1.64	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	1078.86	49.12	466.17	9.82	3765.01	25.20	2.50	24.29	79.24	2249.47	8.93	118.92	
W.G. Corn Dog													
W.G. Corn Dog	270.00	10.00	0.06	0.15	0.00	0.00	15.00	4.00	22.00	730.00	1.00		Chicken
Baked Fries	300.00	4.00	0.00	4.00	0.00	4.80		4.00	36.00	1060.00	4.00	0.00	
Garden Salad	20.57	1.15	23.50	0.63	2893.53	17.35		0.04	4.41	6.48	1.64	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	800.57	24.15	273.56	4.78	3393.53	23.35	17.50	9.54	75.41	1926.48	6.64	15.00	
Breakfast Wrap													
Breakfast Wrap	190.00	10.00	98.00	1.48	365.00	0.00	10.00	4.00	16.00	490.00	0.00	190.00	Egg/Cheese
Baked Fries	300.00	4.00	0.00	4.00	0.00	4.80		4.00	36.00	1060.00	4.00	0.00	
Garden Salad	20.57	1.15	23.50	0.63	2893.53	17.35		0.04	4.41	6.48	1.64	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	620.57	24.15	371.50	6.11	3758.53	23.35	12.50	9.54	69.41	1686.48	5.64	205.00	
1-Sep													
Taco Salad	367.55	19.15	270.01	2.94	923.14	6.91	0.08	7.73	37.65	752.75	3.41	54.03	Beef/Cheese
Golden Corn	72.20	2.50	3.30	0.30	106.60	5.20			17.10	2.50	2.00	72.20	
Mixed Fruit	70.00	0.00	0.00	0.00	0.04	0.02		0.00	18.00	15.00	1.00	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	619.75	30.65	523.31	3.24	1529.78	13.33	2.58	9.23	85.75	900.25	6.41	141.23	
Deli Ham & Cheese Sandwich													
Deli Ham & Cheese Sandwich	275.65	18.36	154.88	2.28	399.45	15.46	10.05	4.15	27.64	1165.27	1.33	53.58	Pork/Cheese
Golden Corn	72.20	2.50	3.30	0.30	106.60	5.20			17.10	2.50	2.00	72.20	
Mixed Fruit	70.00	0.00	0.00	0.00	0.04	0.02		0.00	18.00	15.00	1.00	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	527.85	29.86	408.18	2.58	1006.09	21.88	12.55	5.65	75.74	1312.77	4.33	140.78	
Veggies/Cheese/Roll													
Veggies/Cheese/Roll	292.69	14.17	338.52	0.73	407.48	2730.79	18.11	11.25	20.62	890.75	2.14	53.30	Cheese
Golden Corn	72.20	2.50	3.30	0.30	106.60	5.20			17.10	2.50	2.00	72.20	
Mixed Fruit	70.00	0.00	0.00	0.00	0.04	0.02		0.00	18.00	15.00	1.00	0.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	544.89	25.67	591.82	1.03	1014.12	2737.21	20.61	12.75	68.72	1038.25	5.14	140.50	

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