

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
330: OCHS															
11/1/2021 - Breakfast - Breakfast Grab-n-Go High School															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/1/2021 - Lunch - Lunch 2022 High School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699
PBJ with Crackers and Cheese Stick	1 combo	491.440	15.000	839.920	5.876	2.879	260.000	200.280	0.000	17.999	53.110	24.999	6.000	0.000	11.000
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/2/2021 - Breakfast - Breakfast Grab-n-Go High School															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Yogurt Smoothie Comb	1 combo	389.660	5.852*	237.379	3.409	1.027	299.453	481.232	43.738	9.427	73.493	6.975	1.051	0.000*	41.407
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/2/2021 - Lunch - Lunch 2022 High School															
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893
Salad, Chef's Salad	1 Salad	415.653	87.705	1341.741	5.083	3.502*	20.601*	825.727*	12.256*	26.094	46.543	16.145	5.345	0.000*	3.887
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/3/2021 - Breakfast - Breakfast Grab-n-Go High School															
Chicken Biscuit	1 each	310.000	24.000	630.000	1.800	7.800	220.000	0.000*	70.000*	13.000	35.000	14.000	5.500	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Parfait Yogurt Fruit Granola	1 parfait	274.089	2.502	25.519	3.440*	0.999*	4.500*	271.795*	1.980*	6.917	53.703	3.251	0.500	0.000	30.138
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/3/2021 - Lunch - Lunch 2022 High School															
Chicken Alfredo with a Twist	1 cup	248.546	51.818	495.583	2.130	1.595	147.245	665.482	1.455	23.384	28.958	4.748	1.033	0.0*	3.909*
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699
Honey Mustard Chicken Wrap	1 wrap	337.049	42.000	505.31	2.496	2.796	38.13	2.1	1.258	18.406	44.271	8.611	1.381	0.000*	2.750*
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403

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11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/4/2021 - Breakfast - Breakfast Grab-n-Go High School															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/4/2021 - Lunch - Lunch 2022 High School															
Bacon Cheeseburger	1 each	382.999	64.500	899.999	4.000	1.800*	20.000*	0.000*	0.000*	24.999	32.000	16.499	6.500	1.000	5.000
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893
Salad, Chef's Salad	1 Salad	415.653	87.705	1341.741	5.083	3.502*	20.601*	825.727*	12.256*	26.094	46.543	16.145	5.345	0.000*	3.887
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

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		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/5/2021 - Breakfast - Breakfast Grab-n-Go High School															
Mini Pancakes or Waffles	1 PACKAGE	210.000	0.000	270.000	2.000	1.080	40.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000	11.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/5/2021 - Lunch - Lunch 2022 High School															
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
PBJ with Crackers and Cheese Stick	1 combo	491.440	15.000	839.920	5.876	2.879	260.000	200.280	0.000	17.999	53.110	24.999	6.000	0.000	11.000
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/8/2021 - Breakfast - Breakfast Grab-n-Go High School															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/8/2021 - Lunch - Lunch 2022 High School															
Chicken & Waffles	1 portion	491.999	64.000	541.999	3.000	8.180	189.999	10.000*	0.600	22.400	48.100	23.000	7.250	0.000	18.000
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/9/2021 - Breakfast - Breakfast Grab-n-Go High School															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Yogurt Smoothie Comb	1 combo	389.660	5.852*	237.379	3.409	1.027	299.453	481.232	43.738	9.427	73.493	6.975	1.051	0.000*	41.407
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/9/2021 - Lunch - Lunch 2022 High School															
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699
PBJ with Crackers and Cheese Stick	1 combo	491.440	15.000	839.920	5.876	2.879	260.000	200.280	0.000	17.999	53.110	24.999	6.000	0.000	11.000
Salad, Chef's Salad	1 Salad	415.653	87.705	1341.741	5.083	3.502*	20.601*	825.727*	12.256*	26.094	46.543	16.145	5.345	0.000*	3.887
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/10/2021 - Breakfast - Breakfast Grab-n-Go High School															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Parfait Yogurt Fruit Granola	1 parfait	274.089	2.502	25.519	3.440*	0.999*	4.500*	271.795*	1.980*	6.917	53.703	3.251	0.500	0.000	30.138
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/10/2021 - Lunch - Lunch 2022 High School															
Spaghetti w/ Beef and Tomato Sauce	1 cup	120.267	0.880	67.194	1.583	0.372*	8.266*	0.719*	0.904*	4.869	20.051	2.189	0.578	0.000*	3.344*
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Chicken Salad Wrap	1 wrap	406.732	46.036	763.403	3.019	3.000*	39.171*	1706.705*	7.669*	19.227	45.823	16.017	4.247	0.016*	2.465*
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*
Bread-stick	1 each	110.000	0.000	100.000	2.000	1.080	N/A	N/A	N/A	2.000	21.000	2.000	0.000	0.000	1.000
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/11/2021 - Breakfast - Breakfast Grab-n-Go High School															
French Toast	1 EACH	259.852	0.000	208.881	1.999	2.698	39.977	399.772	1.199	7.995	44.974	5.997	0.999	0.000	16.990
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/11/2021 - Lunch - Lunch 2022 High School															
BBQ Pork Sandwich	1 sandwich	314.642	36.000	957.695	3.979	2.390*	19.894*	0.000*	4.002*	16.968	48.858	6.989	2.000	0.000	19.660
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*
Salad, Chef's Salad	1 Salad	415.653	87.705	1341.741	5.083	3.502*	20.601*	825.727*	12.256*	26.094	46.543	16.145	5.345	0.000*	3.887
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/12/2021 - Breakfast - Breakfast Grab-n-Go High School															
Chicken Biscuit	1 each	310.000	24.000	630.000	1.800	7.800	220.000	0.000*	70.000*	13.000	35.000	14.000	5.500	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/12/2021 - Lunch - Lunch 2022 High School															
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
PBJ with Crackers and Cheese Stick	1 combo	491.440	15.000	839.920	5.876	2.879	260.000	200.280	0.000	17.999	53.110	24.999	6.000	0.000	11.000
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/15/2021 - Breakfast - Breakfast Grab-n-Go High School															
Mini Pancakes or Waffles	1 PACKAGE	210.000	0.000	270.000	2.000	1.080	40.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000	11.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/15/2021 - Lunch - Lunch 2022 High School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699
PBJ with Crackers and Cheese Stick	1 combo	491.440	15.000	839.920	5.876	2.879	260.000	200.280	0.000	17.999	53.110	24.999	6.000	0.000	11.000
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/16/2021 - Breakfast - Breakfast Grab-n-Go High School															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Yogurt Smoothie Comb	1 combo	389.660	5.852*	237.379	3.409	1.027	299.453	481.232	43.738	9.427	73.493	6.975	1.051	0.000*	41.407
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/16/2021 - Lunch - Lunch 2022 High School															
Pulled Pork Carnitas	1/2 cup	216.693	70.444	697.808	1.100	0.399*	108.955*	364.110*	1.272*	20.681	4.013	12.240	5.581	0.000*	0.079
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*
Salad, Chef's Salad	1 Salad	415.653	87.705	1341.741	5.083	3.502*	20.601*	825.727*	12.256*	26.094	46.543	16.145	5.345	0.000*	3.887
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/17/2021 - Breakfast - Breakfast Grab-n-Go High School															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Parfait Yogurt Fruit Granola	1 parfait	274.089	2.502	25.519	3.440*	0.999*	4.500*	271.795*	1.980*	6.917	53.703	3.251	0.500	0.000	30.138
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/17/2021 - Lunch - Lunch 2022 High School															
Macaroni & Cheese w/ Texas Toast	2/3 cup	403.163	42.401	584.870	1.858	0.303*	160.504*	340.081*	0.018*	21.899	36.412	20.179	9.542	0.667	4.728
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699
BBQ Chicken Salad Wrap	1 wrap	594.059	62.000	1293.463	11.773	6.391*	93.845*	972.238*	9.298*	33.398	84.435	13.256	5.264	0.000*	15.155*
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/18/2021 - Breakfast - Breakfast Grab-n-Go High School															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/18/2021 - Lunch - Lunch 2022 High School															
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*
Salad, Chef's Salad	1 Salad	415.653	87.705	1341.741	5.083	3.502*	20.601*	825.727*	12.256*	26.094	46.543	16.145	5.345	0.000*	3.887
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/19/2021 - Breakfast - Breakfast Grab-n-Go High School															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/19/2021 - Lunch - Lunch 2022 High School															
Cheesy Breadsticks with tomato dipping sauc	2 stick	170.000	15.000	350.000	2.000	1.440	100.000	N/A	N/A	7.000	18.000	8.000	3.000	0.000	2.000
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
PBJ with Crackers and Cheese Stick	1 combo	491.440	15.000	839.920	5.876	2.879	260.000	200.280	0.000	17.999	53.110	24.999	6.000	0.000	11.000
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/22/2021 - Breakfast - Breakfast Grab-n-Go High School															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/22/2021 - Lunch - Lunch 2022 High School															
Corn Dog (Chicken)	1 EACH	240.000	40.000	390.000	5.000	10.000	8.000	N/A	N/A	9.000	30.000	8.000	2.500	0.000	5.000
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012
Salad, Chef's Salad	1 Salad	415.653	87.705	1341.741	5.083	3.502*	20.601*	825.727*	12.256*	26.094	46.543	16.145	5.345	0.000*	3.887
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mustard pkt	1 pkt	8.4	0.000	154.56	0.56	0.225	8.82	15.26	0.042	0.524	0.816	0.468	0.030	0.001	0.129
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/23/2021 - Breakfast - Breakfast Grab-n-Go High School															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Yogurt Smoothie Comb	1 combo	389.660	5.852*	237.379	3.409	1.027	299.453	481.232	43.738	9.427	73.493	6.975	1.051	0.000*	41.407
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/23/2021 - Lunch - Lunch 2022 High School															
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699
PBJ with Crackers and Cheese Stick	1 combo	491.440	15.000	839.920	5.876	2.879	260.000	200.280	0.000	17.999	53.110	24.999	6.000	0.000	11.000
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*
Refried Beans	1/2 cup	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mustard pkt	1 pkt	8.4	0.000	154.56	0.56	0.225	8.82	15.26	0.042	0.524	0.816	0.468	0.030	0.001	0.129
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/24/2021 - Breakfast - Breakfast Grab-n-Go High School															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Parfait Yogurt Fruit Granola	1 parfait	274.089	2.502	25.519	3.440*	0.999*	4.500*	271.795*	1.980*	6.917	53.703	3.251	0.500	0.000	30.138
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/24/2021 - Lunch - Lunch 2022 High School															
Chicken Fajitas	1/2 cup	283.756	73.425	835.900	1.802	1.645*	21.029*	16.667*	4.068*	22.231	30.033	7.462	2.845	0.000*	2.362*
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Buffalo Ranch Chicken Wrap	1 wrap	344.572	41.500	658.556	2.964	2.917*	60.945*	1625.960*	7.619*	19.104	44.997	9.695	3.267	0.000*	1.181*
Salad, Chef's Salad	1 Salad	415.653	87.705	1341.741	5.083	3.502*	20.601*	825.727*	12.256*	26.094	46.543	16.145	5.345	0.000*	3.887
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mustard pkt	1 pkt	8.4	0.000	154.56	0.56	0.225	8.82	15.26	0.042	0.524	0.816	0.468	0.030	0.001	0.129
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/25/2021 - Breakfast - Breakfast Grab-n-Go High School																
French Toast	1 EACH	259.852	0.000	208.881	1.999	2.698	39.977	399.772	1.199	7.995	44.974	5.997	0.999	0.000	16.990	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/25/2021 - Lunch - Lunch 2022 High School																
BBQ Chicken Sandwich	1 sandwich	401.175	70.000	1208.627	4.000	3.413	20.000	0.000	8.773	25.992	62.882	5.332	0.000	0.000	31.235	
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000	
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000	
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699	
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012	
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*	
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Mustard pkt	1 pkt	8.4	0.000	154.56	0.56	0.225	8.82	15.26	0.042	0.524	0.816	0.468	0.030	0.001	0.129	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/26/2021 - Breakfast - Breakfast Grab-n-Go High School															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/26/2021 - Lunch - Lunch 2022 High School															
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
PBJ with Crackers and Cheese Stick	1 combo	491.440	15.000	839.920	5.876	2.879	260.000	200.280	0.000	17.999	53.110	24.999	6.000	0.000	11.000
Salad, Chef's Salad	1 Salad	415.653	87.705	1341.741	5.083	3.502*	20.601*	825.727*	12.256*	26.094	46.543	16.145	5.345	0.000*	3.887
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mustard pkt	1 pkt	8.4	0.000	154.56	0.56	0.225	8.82	15.26	0.042	0.524	0.816	0.468	0.030	0.001	0.129
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/29/2021 - Breakfast - Breakfast Grab-n-Go High School															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/29/2021 - Lunch - Lunch 2022 High School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699
PBJ with Crackers and Cheese Stick	1 combo	491.440	15.000	839.920	5.876	2.879	260.000	200.280	0.000	17.999	53.110	24.999	6.000	0.000	11.000
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/30/2021 - Breakfast - Breakfast Grab-n-Go High School															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Yogurt Smoothie Comb	1 combo	389.660	5.852*	237.379	3.409	1.027	299.453	481.232	43.738	9.427	73.493	6.975	1.051	0.000*	41.407
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/30/2021 - Lunch - Lunch 2022 High School															
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893
Salad, Chef's Salad	1 Salad	415.653	87.705	1341.741	5.083	3.502*	20.601*	825.727*	12.256*	26.094	46.543	16.145	5.345	0.000*	3.887
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
340: PHMS																
11/1/2021 - Lunch - Lunch 2022 Middle School																
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000	
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012	
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140	
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	
11/2/2021 - Lunch - Lunch 2022 Middle School																
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822	
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489	
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699	
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000	
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	
11/3/2021 - Lunch - Lunch 2022 Middle School																
Chicken Alfredo with a Twist	1 cup	248.546	51.818	495.583	2.130	1.595	147.245	665.482	1.455	23.384	28.958	4.748	1.033	0.0*	3.909*	
Honey Mustard Chicken Wrap	1 wrap	337.049	42.000	505.31	2.496	2.796	38.13	2.1	1.258	18.406	44.271	8.611	1.381	0.000*	2.750*	
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699	
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/4/2021 - Lunch - Lunch 2022 Middle School															
Bacon Cheeseburger	1 each	382.999	64.500	899.999	4.000	1.800*	20.000*	0.000*	0.000*	24.999	32.000	16.499	6.500	1.000	5.000
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/5/2021 - Lunch - Lunch 2022 Middle School															
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/8/2021 - Lunch - Lunch 2022 Middle School															
Chicken & Waffles	1 portion	491.999	64.000	541.999	3.000	8.180	189.999	10.000*	0.600	22.400	48.100	23.000	7.250	0.000	18.000
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/9/2021 - Lunch - Lunch 2022 Middle School																
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012	
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*	
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699	
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000	
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	
11/10/2021 - Lunch - Lunch 2022 Middle School																
Spaghetti w/ Beef and Tomato Sauce	1 cup	120.267	0.880	67.194	1.583	0.372*	8.266*	0.719*	0.904*	4.869	20.051	2.189	0.578	0.000*	3.344*	
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*	
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699	
Bread-stick	1 each	110.000	0.000	100.000	2.000	1.080	N/A	N/A	N/A	2.000	21.000	2.000	0.000	0.000	1.000	
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	
11/11/2021 - Lunch - Lunch 2022 Middle School																
BBQ Pork Sandwich	1 sandwich	314.642	36.000	957.695	3.979	2.390*	19.894*	0.000*	4.002*	16.968	48.858	6.989	2.000	0.000	19.660	
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893	
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140	
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/12/2021 - Lunch - Lunch 2022 Middle School															
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/15/2021 - Lunch - Lunch 2022 Middle School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/16/2021 - Lunch - Lunch 2022 Middle School															
Pulled Pork Carnitas	1/2 cup	216.693	70.444	697.808	1.100	0.399*	108.955*	364.110*	1.272*	20.681	4.013	12.240	5.581	0.000*	0.079
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/17/2021 - Lunch - Lunch 2022 Middle School															
Macaroni & Cheese w/ Texas Toast	2/3 cup	403.163	42.401	584.870	1.858	0.303*	160.504*	340.081*	0.018*	21.899	36.412	20.179	9.542	0.667	4.728
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
BBQ Chicken Salad Wrap	1 wrap	594.059	62.000	1293.463	11.773	6.391*	93.845*	972.238*	9.298*	33.398	84.435	13.256	5.264	0.000*	15.155*
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/18/2021 - Lunch - Lunch 2022 Middle School															
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/19/2021 - Lunch - Lunch 2022 Middle School															
Cheesy Breadsticks with tomato dipping sauc	2 stick	170.000	15.000	350.000	2.000	1.440	100.000	N/A	N/A	7.000	18.000	8.000	3.000	0.000	2.000
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/22/2021 - Lunch - Lunch 2022 Middle School															
Corn Dog (Chicken)	1 EACH	240.000	40.000	390.000	5.000	10.000	8.000	N/A	N/A	9.000	30.000	8.000	2.500	0.000	5.000
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/23/2021 - Lunch - Lunch 2022 Middle School															
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Refried Beans	1/2 cup	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/24/2021 - Lunch - Lunch 2022 Middle School															
Chicken Fajitas	1/2 cup	283.756	73.425	835.900	1.802	1.645*	21.029*	16.667*	4.068*	22.231	30.033	7.462	2.845	0.000*	2.362*
Buffalo Ranch Chicken Wrap	1 wrap	344.572	41.500	658.556	2.964	2.917*	60.945*	1625.960*	7.619*	19.104	44.997	9.695	3.267	0.000*	1.181*
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/25/2021 - Lunch - Lunch 2022 Middle School															
BBQ Chicken Sandwich	1 sandwich	401.175	70.000	1208.627	4.000	3.413	20.000	0.000	8.773	25.992	62.882	5.332	0.000	0.000	31.235
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/26/2021 - Lunch - Lunch 2022 Middle School															
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/29/2021 - Lunch - Lunch 2022 Middle School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/30/2021 - Lunch - Lunch 2022 Middle School															
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
350: UES															
11/1/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/1/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/2/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/2/2021 - Lunch - Lunch 2022 Elementary School															
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/3/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Chicken Biscuit	1 each	310.000	24.000	630.000	1.800	7.800	220.000	0.000*	70.000*	13.000	35.000	14.000	5.500	0.000	3.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/3/2021 - Lunch - Lunch 2022 Elementary School																
Chicken Alfredo with a Twist	1 cup	248.546	51.818	495.583	2.130	1.595	147.245	665.482	1.455	23.384	28.958	4.748	1.033	0.0*	3.909*	
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012	
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
11/4/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/4/2021 - Lunch - Lunch 2022 Elementary School																
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000	
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893	
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/5/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Mini Pancakes or Waffles	1 PACKAGE	210.000	0.000	270.000	2.000	1.080	40.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000	11.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/5/2021 - Lunch - Lunch 2022 Elementary School															
PersonalCheese Pizza	1 each	330.000	30.000	600.000	3.000	1.800	400.000	500.000	12.000	21.000	33.000	12.000	7.000	0.000	2.000
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/8/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/8/2021 - Lunch - Lunch 2022 Elementary School															
Chicken & Waffles	1 portion	491.999	64.000	541.999	3.000	8.180	189.999	10.000*	0.600	22.400	48.100	23.000	7.250	0.000	18.000
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/9/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/9/2021 - Lunch - Lunch 2022 Elementary School																
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012	
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*	
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000	
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
11/10/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/10/2021 - Lunch - Lunch 2022 Elementary School																
Spaghetti w/ Beef and Tomato Sauce	1 cup	120.267	0.880	67.194	1.583	0.372*	8.266*	0.719*	0.904*	4.869	20.051	2.189	0.578	0.000*	3.344*	
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*	
Bread-stick	1 each	110.000	0.000	100.000	2.000	1.080	N/A	N/A	N/A	2.000	21.000	2.000	0.000	0.000	1.000	
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/11/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
French Toast	1 EACH	259.852	0.000	208.881	1.999	2.698	39.977	399.772	1.199	7.995	44.974	5.997	0.999	0.000	16.990	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/11/2021 - Lunch - Lunch 2022 Elementary School																
BBQ Pork Sandwich	1 sandwich	314.642	36.000	957.695	3.979	2.390*	19.894*	0.000*	4.002*	16.968	48.858	6.989	2.000	0.000	19.660	
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*	
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
11/12/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Chicken Biscuit	1 each	310.000	24.000	630.000	1.800	7.800	220.000	0.000*	70.000*	13.000	35.000	14.000	5.500	0.000	3.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/12/2021 - Lunch - Lunch 2022 Elementary School																
Pizza, Pepperoni Pizza (Big Daddy's pork)	1 slice	410.000	40.000	580.000	4.000	2.800	276.000	99.000	0.000	20.000	43.000	18.000	7.000	0.000	7.000	
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000	
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/15/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Mini Pancakes or Waffles	1 PACKAGE	210.000	0.000	270.000	2.000	1.080	40.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000	11.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/15/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/16/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/16/2021 - Lunch - Lunch 2022 Elementary School															
Pulled Pork Carnitas	1/2 cup	216.693	70.444	697.808	1.100	0.399*	108.955*	364.110*	1.272*	20.681	4.013	12.240	5.581	0.000*	0.079
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/17/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/17/2021 - Lunch - Lunch 2022 Elementary School															
Macaroni & Cheese w/ Texas Toast	2/3 cup	403.163	42.401	584.870	1.858	0.303*	160.504*	340.081*	0.018*	21.899	36.412	20.179	9.542	0.667	4.728
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/18/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/18/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/19/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/19/2021 - Lunch - Lunch 2022 Elementary School															
Cheesy Breadsticks with tomato dipping sauc	2 stick	170.000	15.000	350.000	2.000	1.440	100.000	N/A	N/A	7.000	18.000	8.000	3.000	0.000	2.000
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/22/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/22/2021 - Lunch - Lunch 2022 Elementary School															
Corn Dog (Chicken)	1 EACH	240.000	40.000	390.000	5.000	10.000	8.000	N/A	N/A	9.000	30.000	8.000	2.500	0.000	5.000
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/23/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/23/2021 - Lunch - Lunch 2022 Elementary School															
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*
Refried Beans	1/2 cup	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/24/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/24/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Fajitas	1/2 cup	283.756	73.425	835.900	1.802	1.645*	21.029*	16.667*	4.068*	22.231	30.033	7.462	2.845	0.000*	2.362*
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/25/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
French Toast	1 EACH	259.852	0.000	208.881	1.999	2.698	39.977	399.772	1.199	7.995	44.974	5.997	0.999	0.000	16.990	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/25/2021 - Lunch - Lunch 2022 Elementary School																
BBQ Chicken Sandwich	1 sandwich	401.175	70.000	1208.627	4.000	3.413	20.000	0.000	8.773	25.992	62.882	5.332	0.000	0.000	31.235	
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*	
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	
11/26/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/26/2021 - Lunch - Lunch 2022 Elementary School																
Pizza, Pepperoni Pizza (Big Daddy's pork)	1 slice	410.000	40.000	580.000	4.000	2.800	276.000	99.000	0.000	20.000	43.000	18.000	7.000	0.000	7.000	
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000	
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031	
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/29/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/29/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/30/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/30/2021 - Lunch - Lunch 2022 Elementary School															
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
360: GBES																
11/1/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/1/2021 - Lunch - Lunch 2022 Elementary School																
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000	
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489	
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
11/2/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/2/2021 - Lunch - Lunch 2022 Elementary School																
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822	
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*	
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/3/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Chicken Biscuit	1 each	310.000	24.000	630.000	1.800	7.800	220.000	0.000*	70.000*	13.000	35.000	14.000	5.500	0.000	3.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/3/2021 - Lunch - Lunch 2022 Elementary School																
Chicken Alfredo with a Twist	1 cup	248.546	51.818	495.583	2.130	1.595	147.245	665.482	1.455	23.384	28.958	4.748	1.033	0.0*	3.909*	
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012	
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
11/4/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/4/2021 - Lunch - Lunch 2022 Elementary School																
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000	
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893	
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/5/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Mini Pancakes or Waffles	1 PACKAGE	210.000	0.000	270.000	2.000	1.080	40.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000	11.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/5/2021 - Lunch - Lunch 2022 Elementary School															
PersonalCheese Pizza	1 each	330.000	30.000	600.000	3.000	1.800	400.000	500.000	12.000	21.000	33.000	12.000	7.000	0.000	2.000
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/8/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/8/2021 - Lunch - Lunch 2022 Elementary School															
Chicken & Waffles	1 portion	491.999	64.000	541.999	3.000	8.180	189.999	10.000*	0.600	22.400	48.100	23.000	7.250	0.000	18.000
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/9/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/9/2021 - Lunch - Lunch 2022 Elementary School																
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012	
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*	
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000	
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
11/10/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/10/2021 - Lunch - Lunch 2022 Elementary School																
Spaghetti w/ Beef and Tomato Sauce	1 cup	120.267	0.880	67.194	1.583	0.372*	8.266*	0.719*	0.904*	4.869	20.051	2.189	0.578	0.000*	3.344*	
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*	
Bread-stick	1 each	110.000	0.000	100.000	2.000	1.080	N/A	N/A	N/A	2.000	21.000	2.000	0.000	0.000	1.000	
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/11/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
French Toast	1 EACH	259.852	0.000	208.881	1.999	2.698	39.977	399.772	1.199	7.995	44.974	5.997	0.999	0.000	16.990	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/11/2021 - Lunch - Lunch 2022 Elementary School																
BBQ Pork Sandwich	1 sandwich	314.642	36.000	957.695	3.979	2.390*	19.894*	0.000*	4.002*	16.968	48.858	6.989	2.000	0.000	19.660	
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*	
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
11/12/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Chicken Biscuit	1 each	310.000	24.000	630.000	1.800	7.800	220.000	0.000*	70.000*	13.000	35.000	14.000	5.500	0.000	3.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/12/2021 - Lunch - Lunch 2022 Elementary School																
Pizza, Pepperoni Pizza (Big Daddy's pork)	1 slice	410.000	40.000	580.000	4.000	2.800	276.000	99.000	0.000	20.000	43.000	18.000	7.000	0.000	7.000	
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000	
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/15/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Mini Pancakes or Waffles	1 PACKAGE	210.000	0.000	270.000	2.000	1.080	40.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000	11.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/15/2021 - Lunch - Lunch 2022 Elementary School																
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000	
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*	
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
11/16/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/16/2021 - Lunch - Lunch 2022 Elementary School																
Pulled Pork Carnitas	1/2 cup	216.693	70.444	697.808	1.100	0.399*	108.955*	364.110*	1.272*	20.681	4.013	12.240	5.581	0.000*	0.079	
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*	
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/17/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/17/2021 - Lunch - Lunch 2022 Elementary School															
Macaroni & Cheese w/ Texas Toast	2/3 cup	403.163	42.401	584.870	1.858	0.303*	160.504*	340.081*	0.018*	21.899	36.412	20.179	9.542	0.667	4.728
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/18/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/18/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/19/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/19/2021 - Lunch - Lunch 2022 Elementary School																
Cheesy Breadsticks with tomato dipping sauc	2 stick	170.000	15.000	350.000	2.000	1.440	100.000	N/A	N/A	7.000	18.000	8.000	3.000	0.000	2.000	
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*	
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
11/22/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/22/2021 - Lunch - Lunch 2022 Elementary School																
Corn Dog (Chicken)	1 EACH	240.000	40.000	390.000	5.000	10.000	8.000	N/A	N/A	9.000	30.000	8.000	2.500	0.000	5.000	
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012	
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050	
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/23/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/23/2021 - Lunch - Lunch 2022 Elementary School															
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*
Refried Beans	1/2 cup	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/24/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/24/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Fajitas	1/2 cup	283.756	73.425	835.900	1.802	1.645*	21.029*	16.667*	4.068*	22.231	30.033	7.462	2.845	0.000*	2.362*
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/25/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
French Toast	1 EACH	259.852	0.000	208.881	1.999	2.698	39.977	399.772	1.199	7.995	44.974	5.997	0.999	0.000	16.990
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/25/2021 - Lunch - Lunch 2022 Elementary School															
BBQ Chicken Sandwich	1 sandwich	401.175	70.000	1208.627	4.000	3.413	20.000	0.000	8.773	25.992	62.882	5.332	0.000	0.000	31.235
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/26/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/26/2021 - Lunch - Lunch 2022 Elementary School															
Pizza, Pepperoni Pizza (Big Daddy's pork)	1 slice	410.000	40.000	580.000	4.000	2.800	276.000	99.000	0.000	20.000	43.000	18.000	7.000	0.000	7.000
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/29/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/29/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/30/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/30/2021 - Lunch - Lunch 2022 Elementary School															
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
370: OES															
11/1/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/1/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/2/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/2/2021 - Lunch - Lunch 2022 Elementary School															
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/3/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Chicken Biscuit	1 each	310.000	24.000	630.000	1.800	7.800	220.000	0.000*	70.000*	13.000	35.000	14.000	5.500	0.000	3.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/3/2021 - Lunch - Lunch 2022 Elementary School																
Chicken Alfredo with a Twist	1 cup	248.546	51.818	495.583	2.130	1.595	147.245	665.482	1.455	23.384	28.958	4.748	1.033	0.0*	3.909*	
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012	
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
11/4/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/4/2021 - Lunch - Lunch 2022 Elementary School																
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000	
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893	
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/5/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Mini Pancakes or Waffles	1 PACKAGE	210.000	0.000	270.000	2.000	1.080	40.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000	11.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/5/2021 - Lunch - Lunch 2022 Elementary School																
PersonalCheese Pizza	1 each	330.000	30.000	600.000	3.000	1.800	400.000	500.000	12.000	21.000	33.000	12.000	7.000	0.000	2.000	
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000	
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
11/8/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/8/2021 - Lunch - Lunch 2022 Elementary School																
Chicken & Waffles	1 portion	491.999	64.000	541.999	3.000	8.180	189.999	10.000*	0.600	22.400	48.100	23.000	7.250	0.000	18.000	
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012	
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031	
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337	

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/9/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/9/2021 - Lunch - Lunch 2022 Elementary School																
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012	
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*	
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000	
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
11/10/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/10/2021 - Lunch - Lunch 2022 Elementary School																
Spaghetti w/ Beef and Tomato Sauce	1 cup	120.267	0.880	67.194	1.583	0.372*	8.266*	0.719*	0.904*	4.869	20.051	2.189	0.578	0.000*	3.344*	
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*	
Bread-stick	1 each	110.000	0.000	100.000	2.000	1.080	N/A	N/A	N/A	2.000	21.000	2.000	0.000	0.000	1.000	
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/11/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
French Toast	1 EACH	259.852	0.000	208.881	1.999	2.698	39.977	399.772	1.199	7.995	44.974	5.997	0.999	0.000	16.990
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/11/2021 - Lunch - Lunch 2022 Elementary School															
BBQ Pork Sandwich	1 sandwich	314.642	36.000	957.695	3.979	2.390*	19.894*	0.000*	4.002*	16.968	48.858	6.989	2.000	0.000	19.660
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/12/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Chicken Biscuit	1 each	310.000	24.000	630.000	1.800	7.800	220.000	0.000*	70.000*	13.000	35.000	14.000	5.500	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/12/2021 - Lunch - Lunch 2022 Elementary School															
Pizza, Pepperoni Pizza (Big Daddy's pork)	1 slice	410.000	40.000	580.000	4.000	2.800	276.000	99.000	0.000	20.000	43.000	18.000	7.000	0.000	7.000
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/15/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Mini Pancakes or Waffles	1 PACKAGE	210.000	0.000	270.000	2.000	1.080	40.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000	11.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/15/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/16/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/16/2021 - Lunch - Lunch 2022 Elementary School															
Pulled Pork Carnitas	1/2 cup	216.693	70.444	697.808	1.100	0.399*	108.955*	364.110*	1.272*	20.681	4.013	12.240	5.581	0.000*	0.079
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/17/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/17/2021 - Lunch - Lunch 2022 Elementary School															
Macaroni & Cheese w/ Texas Toast	2/3 cup	403.163	42.401	584.870	1.858	0.303*	160.504*	340.081*	0.018*	21.899	36.412	20.179	9.542	0.667	4.728
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/18/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/18/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/19/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/19/2021 - Lunch - Lunch 2022 Elementary School																
Cheesy Breadsticks with tomato dipping sauc	2 stick	170.000	15.000	350.000	2.000	1.440	100.000	N/A	N/A	7.000	18.000	8.000	3.000	0.000	2.000	
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*	
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
11/22/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/22/2021 - Lunch - Lunch 2022 Elementary School																
Corn Dog (Chicken)	1 EACH	240.000	40.000	390.000	5.000	10.000	8.000	N/A	N/A	9.000	30.000	8.000	2.500	0.000	5.000	
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012	
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050	
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/23/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/23/2021 - Lunch - Lunch 2022 Elementary School															
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*
Refried Beans	1/2 cup	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/24/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/24/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Fajitas	1/2 cup	283.756	73.425	835.900	1.802	1.645*	21.029*	16.667*	4.068*	22.231	30.033	7.462	2.845	0.000*	2.362*
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/25/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
French Toast	1 EACH	259.852	0.000	208.881	1.999	2.698	39.977	399.772	1.199	7.995	44.974	5.997	0.999	0.000	16.990	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/25/2021 - Lunch - Lunch 2022 Elementary School																
BBQ Chicken Sandwich	1 sandwich	401.175	70.000	1208.627	4.000	3.413	20.000	0.000	8.773	25.992	62.882	5.332	0.000	0.000	31.235	
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*	
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	
11/26/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/26/2021 - Lunch - Lunch 2022 Elementary School																
Pizza, Pepperoni Pizza (Big Daddy's pork)	1 slice	410.000	40.000	580.000	4.000	2.800	276.000	99.000	0.000	20.000	43.000	18.000	7.000	0.000	7.000	
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000	
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031	
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/29/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/29/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/30/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/30/2021 - Lunch - Lunch 2022 Elementary School															
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
471: LGMS															
11/1/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/1/2021 - Lunch - Lunch 2022 Middle School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/2/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Parfait Yogurt Fruit Granola	1 parfait	274.089	2.502	25.519	3.440*	0.999*	4.500*	271.795*	1.980*	6.917	53.703	3.251	0.500	0.000	30.138
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/2/2021 - Lunch - Lunch 2022 Middle School															
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/3/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
Chicken Biscuit	1 each	310.000	24.000	630.000	1.800	7.800	220.000	0.000*	70.000*	13.000	35.000	14.000	5.500	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/3/2021 - Lunch - Lunch 2022 Middle School															
Chicken Alfredo with a Twist	1 cup	248.546	51.818	495.583	2.130	1.595	147.245	665.482	1.455	23.384	28.958	4.748	1.033	0.0*	3.909*
Honey Mustard Chicken Wrap	1 wrap	337.049	42.000	505.31	2.496	2.796	38.13	2.1	1.258	18.406	44.271	8.611	1.381	0.000*	2.750*
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/4/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/4/2021 - Lunch - Lunch 2022 Middle School															
Bacon Cheeseburger	1 each	382.999	64.500	899.999	4.000	1.800*	20.000*	0.000*	0.000*	24.999	32.000	16.499	6.500	1.000	5.000
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/5/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
Mini Pancakes or Waffles	1 PACKAGE	210.000	0.000	270.000	2.000	1.080	40.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000	11.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/5/2021 - Lunch - Lunch 2022 Middle School															
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/8/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/8/2021 - Lunch - Lunch 2022 Middle School															
Chicken & Waffles	1 portion	491.999	64.000	541.999	3.000	8.180	189.999	10.000*	0.600	22.400	48.100	23.000	7.250	0.000	18.000
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/9/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Parfait Yogurt Fruit Granola	1 parfait	274.089	2.502	25.519	3.440*	0.999*	4.500*	271.795*	1.980*	6.917	53.703	3.251	0.500	0.000	30.138
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/9/2021 - Lunch - Lunch 2022 Middle School															
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/10/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/10/2021 - Lunch - Lunch 2022 Middle School															
Spaghetti w/ Beef and Tomato Sauce	1 cup	120.267	0.880	67.194	1.583	0.372*	8.266*	0.719*	0.904*	4.869	20.051	2.189	0.578	0.000*	3.344*
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699
Bread-stick	1 each	110.000	0.000	100.000	2.000	1.080	N/A	N/A	N/A	2.000	21.000	2.000	0.000	0.000	1.000
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/11/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
French Toast	1 EACH	259.852	0.000	208.881	1.999	2.698	39.977	399.772	1.199	7.995	44.974	5.997	0.999	0.000	16.990
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/11/2021 - Lunch - Lunch 2022 Middle School															
BBQ Pork Sandwich	1 sandwich	314.642	36.000	957.695	3.979	2.390*	19.894*	0.000*	4.002*	16.968	48.858	6.989	2.000	0.000	19.660
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/12/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
Chicken Biscuit	1 each	310.000	24.000	630.000	1.800	7.800	220.000	0.000*	70.000*	13.000	35.000	14.000	5.500	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/12/2021 - Lunch - Lunch 2022 Middle School															
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/15/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
Mini Pancakes or Waffles	1 PACKAGE	210.000	0.000	270.000	2.000	1.080	40.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000	11.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/15/2021 - Lunch - Lunch 2022 Middle School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/16/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Parfait Yogurt Fruit Granola	1 parfait	274.089	2.502	25.519	3.440*	0.999*	4.500*	271.795*	1.980*	6.917	53.703	3.251	0.500	0.000	30.138
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/16/2021 - Lunch - Lunch 2022 Middle School															
Pulled Pork Carnitas	1/2 cup	216.693	70.444	697.808	1.100	0.399*	108.955*	364.110*	1.272*	20.681	4.013	12.240	5.581	0.000*	0.079
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/17/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/17/2021 - Lunch - Lunch 2022 Middle School															
Macaroni & Cheese w/ Texas Toast	2/3 cup	403.163	42.401	584.870	1.858	0.303*	160.504*	340.081*	0.018*	21.899	36.412	20.179	9.542	0.667	4.728
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
BBQ Chicken Salad Wrap	1 wrap	594.059	62.000	1293.463	11.773	6.391*	93.845*	972.238*	9.298*	33.398	84.435	13.256	5.264	0.000*	15.155*
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/18/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/18/2021 - Lunch - Lunch 2022 Middle School															
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/19/2021 - Breakfast - Breakfast Grab-n-Go Middle School																
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/19/2021 - Lunch - Lunch 2022 Middle School																
Cheesy Breadsticks with tomato dipping sauc	2 stick	170.000	15.000	350.000	2.000	1.440	100.000	N/A	N/A	7.000	18.000	8.000	3.000	0.000	2.000	
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000	
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*	
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
11/22/2021 - Breakfast - Breakfast Grab-n-Go Middle School																
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/22/2021 - Lunch - Lunch 2022 Middle School																
Corn Dog (Chicken)	1 EACH	240.000	40.000	390.000	5.000	10.000	8.000	N/A	N/A	9.000	30.000	8.000	2.500	0.000	5.000	
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012	
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140	
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050	
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/23/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Parfait Yogurt Fruit Granola	1 parfait	274.089	2.502	25.519	3.440*	0.999*	4.500*	271.795*	1.980*	6.917	53.703	3.251	0.500	0.000	30.138
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/23/2021 - Lunch - Lunch 2022 Middle School															
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Refried Beans	1/2 cup	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/24/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/24/2021 - Lunch - Lunch 2022 Middle School															
Chicken Fajitas	1/2 cup	283.756	73.425	835.900	1.802	1.645*	21.029*	16.667*	4.068*	22.231	30.033	7.462	2.845	0.000*	2.362*
Buffalo Ranch Chicken Wrap	1 wrap	344.572	41.500	658.556	2.964	2.917*	60.945*	1625.960*	7.619*	19.104	44.997	9.695	3.267	0.000*	1.181*
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/25/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
French Toast	1 EACH	259.852	0.000	208.881	1.999	2.698	39.977	399.772	1.199	7.995	44.974	5.997	0.999	0.000	16.990
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/25/2021 - Lunch - Lunch 2022 Middle School															
BBQ Chicken Sandwich	1 sandwich	401.175	70.000	1208.627	4.000	3.413	20.000	0.000	8.773	25.992	62.882	5.332	0.000	0.000	31.235
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/26/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/26/2021 - Lunch - Lunch 2022 Middle School															
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*
Cheese Pizza	1/8 slice	346.995	49.997	665.998	2.467	0.720*	0.000*	70.000*	0.560*	17.228	30.399	17.500	10.500	0.000	4.699
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/29/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/29/2021 - Lunch - Lunch 2022 Middle School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012
Spicy Chicken on a Bun	1 each	361.280	61.840	601.990	5.640	3.770	42.500	232.560	0.060	27.040	44.800	9.870	1.480	0.000	3.140
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/30/2021 - Breakfast - Breakfast Grab-n-Go Middle School															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Parfait Yogurt Fruit Granola	1 parfait	274.089	2.502	25.519	3.440*	0.999*	4.500*	271.795*	1.980*	6.917	53.703	3.251	0.500	0.000	30.138
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/30/2021 - Lunch - Lunch 2022 Middle School															
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Pepperoni Pizza (pork)	1/8 slice	364.495	54.372	730.998	2.467	0.765*	0.000*	70.000*	0.560*	17.853	30.399	19.125	11.250	0.000	4.699
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
50: LGES																
11/1/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/1/2021 - Lunch - Lunch 2022 Elementary School																
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000	
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489	
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
11/2/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/2/2021 - Lunch - Lunch 2022 Elementary School																
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822	
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*	
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/3/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Chicken Biscuit	1 each	310.000	24.000	630.000	1.800	7.800	220.000	0.000*	70.000*	13.000	35.000	14.000	5.500	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/3/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Alfredo with a Twist	1 cup	248.546	51.818	495.583	2.130	1.595	147.245	665.482	1.455	23.384	28.958	4.748	1.033	0.0*	3.909*
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/4/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/4/2021 - Lunch - Lunch 2022 Elementary School															
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/5/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Mini Pancakes or Waffles	1 PACKAGE	210.000	0.000	270.000	2.000	1.080	40.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000	11.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/5/2021 - Lunch - Lunch 2022 Elementary School															
PersonalCheese Pizza	1 each	330.000	30.000	600.000	3.000	1.800	400.000	500.000	12.000	21.000	33.000	12.000	7.000	0.000	2.000
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/8/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/8/2021 - Lunch - Lunch 2022 Elementary School															
Chicken & Waffles	1 portion	491.999	64.000	541.999	3.000	8.180	189.999	10.000*	0.600	22.400	48.100	23.000	7.250	0.000	18.000
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/9/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/9/2021 - Lunch - Lunch 2022 Elementary School															
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/10/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/10/2021 - Lunch - Lunch 2022 Elementary School															
Spaghetti w/ Beef and Tomato Sauce	1 cup	120.267	0.880	67.194	1.583	0.372*	8.266*	0.719*	0.904*	4.869	20.051	2.189	0.578	0.000*	3.344*
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*
Bread-stick	1 each	110.000	0.000	100.000	2.000	1.080	N/A	N/A	N/A	2.000	21.000	2.000	0.000	0.000	1.000
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/11/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
French Toast	1 EACH	259.852	0.000	208.881	1.999	2.698	39.977	399.772	1.199	7.995	44.974	5.997	0.999	0.000	16.990	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/11/2021 - Lunch - Lunch 2022 Elementary School																
BBQ Pork Sandwich	1 sandwich	314.642	36.000	957.695	3.979	2.390*	19.894*	0.000*	4.002*	16.968	48.858	6.989	2.000	0.000	19.660	
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*	
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
11/12/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Chicken Biscuit	1 each	310.000	24.000	630.000	1.800	7.800	220.000	0.000*	70.000*	13.000	35.000	14.000	5.500	0.000	3.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/12/2021 - Lunch - Lunch 2022 Elementary School																
Pizza, Pepperoni Pizza (Big Daddy's pork)	1 slice	410.000	40.000	580.000	4.000	2.800	276.000	99.000	0.000	20.000	43.000	18.000	7.000	0.000	7.000	
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000	
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/15/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Mini Pancakes or Waffles	1 PACKAGE	210.000	0.000	270.000	2.000	1.080	40.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000	11.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/15/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/16/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/16/2021 - Lunch - Lunch 2022 Elementary School															
Pulled Pork Carnitas	1/2 cup	216.693	70.444	697.808	1.100	0.399*	108.955*	364.110*	1.272*	20.681	4.013	12.240	5.581	0.000*	0.079
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/17/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/17/2021 - Lunch - Lunch 2022 Elementary School															
Macaroni & Cheese w/ Texas Toast	2/3 cup	403.163	42.401	584.870	1.858	0.303*	160.504*	340.081*	0.018*	21.899	36.412	20.179	9.542	0.667	4.728
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/18/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/18/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/19/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/19/2021 - Lunch - Lunch 2022 Elementary School																
Cheesy Breadsticks with tomato dipping sauc	2 stick	170.000	15.000	350.000	2.000	1.440	100.000	N/A	N/A	7.000	18.000	8.000	3.000	0.000	2.000	
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*	
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
11/22/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/22/2021 - Lunch - Lunch 2022 Elementary School																
Corn Dog (Chicken)	1 EACH	240.000	40.000	390.000	5.000	10.000	8.000	N/A	N/A	9.000	30.000	8.000	2.500	0.000	5.000	
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012	
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050	
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/23/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/23/2021 - Lunch - Lunch 2022 Elementary School															
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*
Refried Beans	1/2 cup	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/24/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/24/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Fajitas	1/2 cup	283.756	73.425	835.900	1.802	1.645*	21.029*	16.667*	4.068*	22.231	30.033	7.462	2.845	0.000*	2.362*
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/25/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
French Toast	1 EACH	259.852	0.000	208.881	1.999	2.698	39.977	399.772	1.199	7.995	44.974	5.997	0.999	0.000	16.990
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/25/2021 - Lunch - Lunch 2022 Elementary School															
BBQ Chicken Sandwich	1 sandwich	401.175	70.000	1208.627	4.000	3.413	20.000	0.000	8.773	25.992	62.882	5.332	0.000	0.000	31.235
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/26/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/26/2021 - Lunch - Lunch 2022 Elementary School															
Pizza, Pepperoni Pizza (Big Daddy's pork)	1 slice	410.000	40.000	580.000	4.000	2.800	276.000	99.000	0.000	20.000	43.000	18.000	7.000	0.000	7.000
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/29/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/29/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/30/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/30/2021 - Lunch - Lunch 2022 Elementary School															
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
51: LGPS																
11/1/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/1/2021 - Lunch - Lunch 2022 Elementary School																
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000	
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489	
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
11/2/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/2/2021 - Lunch - Lunch 2022 Elementary School																
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822	
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*	
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/3/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Chicken Biscuit	1 each	310.000	24.000	630.000	1.800	7.800	220.000	0.000*	70.000*	13.000	35.000	14.000	5.500	0.000	3.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/3/2021 - Lunch - Lunch 2022 Elementary School																
Chicken Alfredo with a Twist	1 cup	248.546	51.818	495.583	2.130	1.595	147.245	665.482	1.455	23.384	28.958	4.748	1.033	0.0*	3.909*	
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012	
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
11/4/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/4/2021 - Lunch - Lunch 2022 Elementary School																
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000	
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893	
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/5/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Mini Pancakes or Waffles	1 PACKAGE	210.000	0.000	270.000	2.000	1.080	40.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000	11.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/5/2021 - Lunch - Lunch 2022 Elementary School															
PersonalCheese Pizza	1 each	330.000	30.000	600.000	3.000	1.800	400.000	500.000	12.000	21.000	33.000	12.000	7.000	0.000	2.000
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/8/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/8/2021 - Lunch - Lunch 2022 Elementary School															
Chicken & Waffles	1 portion	491.999	64.000	541.999	3.000	8.180	189.999	10.000*	0.600	22.400	48.100	23.000	7.250	0.000	18.000
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/9/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/9/2021 - Lunch - Lunch 2022 Elementary School																
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012	
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*	
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000	
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
11/10/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/10/2021 - Lunch - Lunch 2022 Elementary School																
Spaghetti w/ Beef and Tomato Sauce	1 cup	120.267	0.880	67.194	1.583	0.372*	8.266*	0.719*	0.904*	4.869	20.051	2.189	0.578	0.000*	3.344*	
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*	
Bread-stick	1 each	110.000	0.000	100.000	2.000	1.080	N/A	N/A	N/A	2.000	21.000	2.000	0.000	0.000	1.000	
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/11/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
French Toast	1 EACH	259.852	0.000	208.881	1.999	2.698	39.977	399.772	1.199	7.995	44.974	5.997	0.999	0.000	16.990	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/11/2021 - Lunch - Lunch 2022 Elementary School																
BBQ Pork Sandwich	1 sandwich	314.642	36.000	957.695	3.979	2.390*	19.894*	0.000*	4.002*	16.968	48.858	6.989	2.000	0.000	19.660	
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*	
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
11/12/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Chicken Biscuit	1 each	310.000	24.000	630.000	1.800	7.800	220.000	0.000*	70.000*	13.000	35.000	14.000	5.500	0.000	3.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/12/2021 - Lunch - Lunch 2022 Elementary School																
Pizza, Pepperoni Pizza (Big Daddy's pork)	1 slice	410.000	40.000	580.000	4.000	2.800	276.000	99.000	0.000	20.000	43.000	18.000	7.000	0.000	7.000	
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000	
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/15/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Mini Pancakes or Waffles	1 PACKAGE	210.000	0.000	270.000	2.000	1.080	40.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000	11.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/15/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/16/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/16/2021 - Lunch - Lunch 2022 Elementary School															
Pulled Pork Carnitas	1/2 cup	216.693	70.444	697.808	1.100	0.399*	108.955*	364.110*	1.272*	20.681	4.013	12.240	5.581	0.000*	0.079
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/17/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/17/2021 - Lunch - Lunch 2022 Elementary School															
Macaroni & Cheese w/ Texas Toast	2/3 cup	403.163	42.401	584.870	1.858	0.303*	160.504*	340.081*	0.018*	21.899	36.412	20.179	9.542	0.667	4.728
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/18/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/18/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/19/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/19/2021 - Lunch - Lunch 2022 Elementary School																
Cheesy Breadsticks with tomato dipping sauc	2 stick	170.000	15.000	350.000	2.000	1.440	100.000	N/A	N/A	7.000	18.000	8.000	3.000	0.000	2.000	
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*	
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
11/22/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/22/2021 - Lunch - Lunch 2022 Elementary School																
Corn Dog (Chicken)	1 EACH	240.000	40.000	390.000	5.000	10.000	8.000	N/A	N/A	9.000	30.000	8.000	2.500	0.000	5.000	
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012	
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050	
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/23/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/23/2021 - Lunch - Lunch 2022 Elementary School																
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012	
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*	
Refried Beans	1/2 cup	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
11/24/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/24/2021 - Lunch - Lunch 2022 Elementary School																
Chicken Fajitas	1/2 cup	283.756	73.425	835.900	1.802	1.645*	21.029*	16.667*	4.068*	22.231	30.033	7.462	2.845	0.000*	2.362*	
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*	
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/25/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
French Toast	1 EACH	259.852	0.000	208.881	1.999	2.698	39.977	399.772	1.199	7.995	44.974	5.997	0.999	0.000	16.990
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/25/2021 - Lunch - Lunch 2022 Elementary School															
BBQ Chicken Sandwich	1 sandwich	401.175	70.000	1208.627	4.000	3.413	20.000	0.000	8.773	25.992	62.882	5.332	0.000	0.000	31.235
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750
11/26/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/26/2021 - Lunch - Lunch 2022 Elementary School															
Pizza, Pepperoni Pizza (Big Daddy's pork)	1 slice	410.000	40.000	580.000	4.000	2.800	276.000	99.000	0.000	20.000	43.000	18.000	7.000	0.000	7.000
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/29/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/29/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/30/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/30/2021 - Lunch - Lunch 2022 Elementary School															
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
70: LES															
11/1/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/1/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/2/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/2/2021 - Lunch - Lunch 2022 Elementary School															
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/3/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Chicken Biscuit	1 each	310.000	24.000	630.000	1.800	7.800	220.000	0.000*	70.000*	13.000	35.000	14.000	5.500	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/3/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Alfredo with a Twist	1 cup	248.546	51.818	495.583	2.130	1.595	147.245	665.482	1.455	23.384	28.958	4.748	1.033	0.0*	3.909*
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/4/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/4/2021 - Lunch - Lunch 2022 Elementary School															
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/5/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Mini Pancakes or Waffles	1 PACKAGE	210.000	0.000	270.000	2.000	1.080	40.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000	11.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/5/2021 - Lunch - Lunch 2022 Elementary School															
PersonalCheese Pizza	1 each	330.000	30.000	600.000	3.000	1.800	400.000	500.000	12.000	21.000	33.000	12.000	7.000	0.000	2.000
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/8/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/8/2021 - Lunch - Lunch 2022 Elementary School															
Chicken & Waffles	1 portion	491.999	64.000	541.999	3.000	8.180	189.999	10.000*	0.600	22.400	48.100	23.000	7.250	0.000	18.000
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/9/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/9/2021 - Lunch - Lunch 2022 Elementary School															
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/10/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/10/2021 - Lunch - Lunch 2022 Elementary School															
Spaghetti w/ Beef and Tomato Sauce	1 cup	120.267	0.880	67.194	1.583	0.372*	8.266*	0.719*	0.904*	4.869	20.051	2.189	0.578	0.000*	3.344*
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*
Bread-stick	1 each	110.000	0.000	100.000	2.000	1.080	N/A	N/A	N/A	2.000	21.000	2.000	0.000	0.000	1.000
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/11/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
French Toast	1 EACH	259.852	0.000	208.881	1.999	2.698	39.977	399.772	1.199	7.995	44.974	5.997	0.999	0.000	16.990	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/11/2021 - Lunch - Lunch 2022 Elementary School																
BBQ Pork Sandwich	1 sandwich	314.642	36.000	957.695	3.979	2.390*	19.894*	0.000*	4.002*	16.968	48.858	6.989	2.000	0.000	19.660	
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*	
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
11/12/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Chicken Biscuit	1 each	310.000	24.000	630.000	1.800	7.800	220.000	0.000*	70.000*	13.000	35.000	14.000	5.500	0.000	3.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/12/2021 - Lunch - Lunch 2022 Elementary School																
Pizza, Pepperoni Pizza (Big Daddy's pork)	1 slice	410.000	40.000	580.000	4.000	2.800	276.000	99.000	0.000	20.000	43.000	18.000	7.000	0.000	7.000	
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000	
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/15/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Mini Pancakes or Waffles	1 PACKAGE	210.000	0.000	270.000	2.000	1.080	40.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000	11.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/15/2021 - Lunch - Lunch 2022 Elementary School																
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000	
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*	
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
11/16/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/16/2021 - Lunch - Lunch 2022 Elementary School																
Pulled Pork Carnitas	1/2 cup	216.693	70.444	697.808	1.100	0.399*	108.955*	364.110*	1.272*	20.681	4.013	12.240	5.581	0.000*	0.079	
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*	
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/17/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/17/2021 - Lunch - Lunch 2022 Elementary School															
Macaroni & Cheese w/ Texas Toast	2/3 cup	403.163	42.401	584.870	1.858	0.303*	160.504*	340.081*	0.018*	21.899	36.412	20.179	9.542	0.667	4.728
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/18/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/18/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/19/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/19/2021 - Lunch - Lunch 2022 Elementary School																
Cheesy Breadsticks with tomato dipping sauc	2 stick	170.000	15.000	350.000	2.000	1.440	100.000	N/A	N/A	7.000	18.000	8.000	3.000	0.000	2.000	
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*	
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
11/22/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/22/2021 - Lunch - Lunch 2022 Elementary School																
Corn Dog (Chicken)	1 EACH	240.000	40.000	390.000	5.000	10.000	8.000	N/A	N/A	9.000	30.000	8.000	2.500	0.000	5.000	
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012	
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050	
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/23/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/23/2021 - Lunch - Lunch 2022 Elementary School																
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012	
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*	
Refried Beans	1/2 cup	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
11/24/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/24/2021 - Lunch - Lunch 2022 Elementary School																
Chicken Fajitas	1/2 cup	283.756	73.425	835.900	1.802	1.645*	21.029*	16.667*	4.068*	22.231	30.033	7.462	2.845	0.000*	2.362*	
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*	
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/25/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
French Toast	1 EACH	259.852	0.000	208.881	1.999	2.698	39.977	399.772	1.199	7.995	44.974	5.997	0.999	0.000	16.990	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/25/2021 - Lunch - Lunch 2022 Elementary School																
BBQ Chicken Sandwich	1 sandwich	401.175	70.000	1208.627	4.000	3.413	20.000	0.000	8.773	25.992	62.882	5.332	0.000	0.000	31.235	
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*	
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	
11/26/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/26/2021 - Lunch - Lunch 2022 Elementary School																
Pizza, Pepperoni Pizza (Big Daddy's pork)	1 slice	410.000	40.000	580.000	4.000	2.800	276.000	99.000	0.000	20.000	43.000	18.000	7.000	0.000	7.000	
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000	
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031	
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/29/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/29/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/30/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/30/2021 - Lunch - Lunch 2022 Elementary School															
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
714: TEAC																
11/1/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/1/2021 - Lunch - Lunch 2022 Elementary School																
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000	
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489	
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
11/2/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/2/2021 - Lunch - Lunch 2022 Elementary School																
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822	
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*	
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/3/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Chicken Biscuit	1 each	310.000	24.000	630.000	1.800	7.800	220.000	0.000*	70.000*	13.000	35.000	14.000	5.500	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/3/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Alfredo with a Twist	1 cup	248.546	51.818	495.583	2.130	1.595	147.245	665.482	1.455	23.384	28.958	4.748	1.033	0.0*	3.909*
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/4/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/4/2021 - Lunch - Lunch 2022 Elementary School															
Cheeseburger on a Bun	1 each	322.999	44.500	599.999	4.000	1.800*	20.000*	0.000*	0.000*	19.999	31.000	12.499	5.500	1.000	4.000
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/5/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Mini Pancakes or Waffles	1 PACKAGE	210.000	0.000	270.000	2.000	1.080	40.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000	11.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/5/2021 - Lunch - Lunch 2022 Elementary School																
PersonalCheese Pizza	1 each	330.000	30.000	600.000	3.000	1.800	400.000	500.000	12.000	21.000	33.000	12.000	7.000	0.000	2.000	
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000	
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
11/8/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/8/2021 - Lunch - Lunch 2022 Elementary School																
Chicken & Waffles	1 portion	491.999	64.000	541.999	3.000	8.180	189.999	10.000*	0.600	22.400	48.100	23.000	7.250	0.000	18.000	
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012	
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031	
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337	

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/9/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/9/2021 - Lunch - Lunch 2022 Elementary School																
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012	
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*	
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000	
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
11/10/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/10/2021 - Lunch - Lunch 2022 Elementary School																
Spaghetti w/ Beef and Tomato Sauce	1 cup	120.267	0.880	67.194	1.583	0.372*	8.266*	0.719*	0.904*	4.869	20.051	2.189	0.578	0.000*	3.344*	
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*	
Bread-stick	1 each	110.000	0.000	100.000	2.000	1.080	N/A	N/A	N/A	2.000	21.000	2.000	0.000	0.000	1.000	
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/11/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
French Toast	1 EACH	259.852	0.000	208.881	1.999	2.698	39.977	399.772	1.199	7.995	44.974	5.997	0.999	0.000	16.990
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/11/2021 - Lunch - Lunch 2022 Elementary School															
BBQ Pork Sandwich	1 sandwich	314.642	36.000	957.695	3.979	2.390*	19.894*	0.000*	4.002*	16.968	48.858	6.989	2.000	0.000	19.660
Chicken Caesar Salad	1 salad	356.383	46.938	468.278	4.381	3.299	118.081	2584.790	14.453	22.693	47.516	7.866	2.095	0.000*	1.119*
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/12/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Chicken Biscuit	1 each	310.000	24.000	630.000	1.800	7.800	220.000	0.000*	70.000*	13.000	35.000	14.000	5.500	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/12/2021 - Lunch - Lunch 2022 Elementary School															
Pizza, Pepperoni Pizza (Big Daddy's pork)	1 slice	410.000	40.000	580.000	4.000	2.800	276.000	99.000	0.000	20.000	43.000	18.000	7.000	0.000	7.000
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/15/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Mini Pancakes or Waffles	1 PACKAGE	210.000	0.000	270.000	2.000	1.080	40.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000	11.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/15/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/16/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/16/2021 - Lunch - Lunch 2022 Elementary School															
Pulled Pork Carnitas	1/2 cup	216.693	70.444	697.808	1.100	0.399*	108.955*	364.110*	1.272*	20.681	4.013	12.240	5.581	0.000*	0.079
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*
Baked Beans Vegetarian	1/2 cup	110.000	0.000	140.000	5.000	N/A	N/A	N/A	N/A	7.000	20.000	1.000	0.000	0.000	5.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/17/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/17/2021 - Lunch - Lunch 2022 Elementary School															
Macaroni & Cheese w/ Texas Toast	2/3 cup	403.163	42.401	584.870	1.858	0.303*	160.504*	340.081*	0.018*	21.899	36.412	20.179	9.542	0.667	4.728
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/18/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/18/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Sandwich	1 each	361.000	62.000	253.300	4.000	2.800	39.000	220.000	0.000	6.000*	31.000	13.200	1.500	0.000	19.000
Sub Sandwich	1 sandwich	293.129	43.496	841.797	2.972	1.527*	10.980*	555.570*	7.173*	22.716	33.818	9.639	3.519	0.000	4.893
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Ketchup pkt	1 pt	33.482	0.000	73.549	0.382	0.085	2.804	N/A	N/A	0.292	7.525	0.027	0.000	0.000	6.337

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Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/19/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/19/2021 - Lunch - Lunch 2022 Elementary School																
Cheesy Breadsticks with tomato dipping sauc	2 stick	170.000	15.000	350.000	2.000	1.440	100.000	N/A	N/A	7.000	18.000	8.000	3.000	0.000	2.000	
Taco Salad	1 salad	357.231	42.482	401.816	3.920	1.946*	129.742*	784.621*	9.721*	18.101	50.269	9.851	3.311	0.000*	0.494*	
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000	
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
11/22/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/22/2021 - Lunch - Lunch 2022 Elementary School																
Corn Dog (Chicken)	1 EACH	240.000	40.000	390.000	5.000	10.000	8.000	N/A	N/A	9.000	30.000	8.000	2.500	0.000	5.000	
Turkey and Cheese Sandwich	1 sandwich	270.687	45.347	840.714	4.000	1.800*	20.000*	0.000*	0.000*	25.816	32.109	6.628	1.519	0.000	4.012	
Broccoli, Steamed Broccoli	1/2 cup	1.300	0.000	1.100	0.150	0.030	1.650	50.550	2.005	0.150	0.250	0.000	0.000	0.000	0.050	
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/23/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Sausage Biscuit	1 each	294.972	21.495	529.965	0.900	2.340	239.994	0.000*	0.000*	10.998	28.500	15.498	6.999	0.000	3.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/23/2021 - Lunch - Lunch 2022 Elementary School															
Turkey Tacos	2 tacos	407.852	94.380	1410.962	3.498	2.601*	154.080*	656.598*	4.682*	28.245	31.028	20.197	8.200	0.046*	4.012
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*
Refried Beans	1/2 cup	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Fresh Tomatoes	1/2 cup	16.2	0.000	4.5	1.08	0.243	9.000	749.7	12.33	0.792	3.501	0.18	0.025	0.000	2.367
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
11/24/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/24/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Fajitas	1/2 cup	283.756	73.425	835.900	1.802	1.645*	21.029*	16.667*	4.068*	22.231	30.033	7.462	2.845	0.000*	2.362*
All American BLT Wrap	1 wrap	464.620	50.000	1248.210	3.132	2.572*	35.820*	465.210*	6.669*	23.822	47.317	19.227	8.272	0.000*	6.539*
Seasoned Corn	1/2 cup	65.000	0.000	15.000	2.000	N/A	N/A	N/A	N/A	2.000	15.000	1.000	0.000	0.000	3.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit Ice Treat	1/2 cup	90.000	0.000	30.000	0.000	0.000	80.000	1000.000	60.000	0.000	22.000	0.000	0.000	0.000	18.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars	
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
11/25/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
French Toast	1 EACH	259.852	0.000	208.881	1.999	2.698	39.977	399.772	1.199	7.995	44.974	5.997	0.999	0.000	16.990	
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/25/2021 - Lunch - Lunch 2022 Elementary School																
BBQ Chicken Sandwich	1 sandwich	401.175	70.000	1208.627	4.000	3.413	20.000	0.000	8.773	25.992	62.882	5.332	0.000	0.000	31.235	
Popcorn Chicken Salad	1 salad	314.279	40.000	689.372	4.074	2.898	16.341	793.010	11.064	19.040	34.203	12.244	1.541	0.000*	0.880*	
Seasoned Green Beans	1/2 cup	0.727	0.000	6.364	0.091	N/A	N/A	N/A	N/A	0.045	0.136	0.000	0.000	0.000	0.045	
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
Mayo Pkt	1 pkt	35.000	2.66	91.42	0.000	0.017	0.7	4.06	0.000	0.091	2.069	3.024	0.475	0.011	1.403	
Dressing pkt	1 pkt	68.8	4.16	144.16	0.000	0.048	4.48	11.04	0.000	0.211	0.944	7.126	1.114	0.029	0.750	
11/26/2021 - Breakfast - Breakfast Grab-n-Go Elementary																
Pancake Sausage Wrap	1 Each	198.029	24.754	306.945	2.970	1.782	19.803	N/A	N/A	6.931	16.832	9.901	2.475	0.000	3.961	
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995	
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	
11/26/2021 - Lunch - Lunch 2022 Elementary School																
Pizza, Pepperoni Pizza (Big Daddy's pork)	1 slice	410.000	40.000	580.000	4.000	2.800	276.000	99.000	0.000	20.000	43.000	18.000	7.000	0.000	7.000	
Wowbutter & Jelly Sandwich w/ Crackers anc	1 combo	415.720	15.000	569.960	4.938	2.720	321.000	200.140*	0.000*	16.000	37.555	21.499	6.500	0.000	12.000	
Potato Wedges	1/2 cup	86.595	0.000	103.089	2.062	N/A	N/A	0.000	N/A	2.062	19.587	0.000	0.000	0.000	1.031	
Veggie Cup - Fresh	1/2 cup	10.605	0.000	2.382	0.577	0.174	7.885	337.592	5.831	0.497	2.393	0.103	0.020	0.000	1.414	
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A	
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250	
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000	
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000	

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Simple Average

11/1/2021 to 11/30/2021

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
11/29/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Cinnamon Roll	1 package	240.000	0.000	270.000	3.000	0.288	300.000	N/A	N/A	4.000	40.000	7.000	1.500	0.000	14.000
Cereal, Low Sugar Cereals	2 each	219.926	N/A	319.893	3.999	7.198	159.946	799.731	9.597	1.999	43.985	5.998	1.000	0.000	15.995
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/29/2021 - Lunch - Lunch 2022 Elementary School															
Chicken Nuggets & Dinner Roll	1 portion	369.999	45.000	619.997	5.000	2.440	35.000	186.999	0.000	24.000	45.000	10.000	1.500	0.000	4.000
Three Cheese BLT Salad (turkey)	1 salad	295.421	60.247	912.051	1.853	0.935*	8.021*	738.267*	10.352*	19.751	16.017	17.724	9.071	0.000	4.489
Mashed Potatoes	1/2 cup	80.109	0.0	315.157	1.001	0.360	23.579	0.0	3.605	2.003	17.023	1.001	0.0	0.0	1.001
Fresh Baby Carrots	1 package	35.000	0.000	78.000	2.900	0.890	32.000	13790.000	2.600	0.640	8.240	0.130	0.023	0.000	4.760
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
11/30/2021 - Breakfast - Breakfast Grab-n-Go Elementary															
Breakfast Pizza	1 SLICE	210.000	15.000	350.000	3.000	0.342	1460.000	0.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Baked Breakfast Bread or Muffin	1 each	270.000	0.000	250.000	2.000	1.000	46.000	N/A	N/A	5.000	46.000	1.5	1.5	0.000	24.000
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Orange Juice Cup	1/2 cup	67.241	0.000	2.205	0.000	N/A	N/A	N/A	N/A	1.102	15.432	0.000	0.000	0.000	11.023
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
11/30/2021 - Lunch - Lunch 2022 Elementary School															
Nachos Beef & Cheese	1/4 cup	431.408	47.461	530.160	3.904	0.901*	336.118*	428.998*	0.035*	20.115	38.283	22.182	7.587	0.033*	1.822
Turkey Ham & Cheese Wrap	1 wrap	414.000	75.000	1174.160	2.376	3.096*	48.080*	0.000*	1.200*	27.264	43.032	14.612	5.756	0.000*	2.000*
Seasoned Black Beans	1/2 cup	205.999	0.000	264.581	15.105	5.103	75.591	0.000	0.000	13.222	37.784	0.000	0.000	0.000	0.000
Tossed Salad - side salad	1 cup	12.347	0.000	21.613	0.960	0.626	24.788	3269.419	14.761	0.843	2.517	0.138	0.024	0.000	1.054
Fruit, Fresh Fruit	1 each	95.004	0.000	2.002	4.404	0.218	10.993	98.007	8.408	0.473	25.134	0.309	0.055	0.000	N/A
Fruit Cup	1/2 cup	60.000	0.000	5.000	1.600	0.310	5.000	302.000	2.200	0.460	14.650	0.000	0.000	0.000	11.250
Milk, 1% low fat white half pint	1 cup	110.000	10.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	13.000	2.500	1.500	0.000	12.000
Fat Free Chocolate Milk half pint	1 cup	120.000	180.000	130.000	0.000	0.000	250.000	750.000	N/A	8.000	20.000	0.000	0.000	5.000	18.000

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data