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| **Friday - 12/01/2023** |

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| **HS Nutritional Information Dec 23** |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 990163 Bosco Sticks | Serv(3EA) | 1 | 450 | 7.50 | 660 | 3 | \*N/A\* | 15.00 | 0.00 | 45 | 51.00 | 6.00 | 30.00 | 0 | 666.0 | 0.00 | 3.00 |
| 990223 Celery Sticks | Sticks | 1 | 9 | 0.02 | 32 | 1 | \*N/A\* | 0.10 | 0.00 | 0 | 1.50 | 0.80 | 0.40 | 50 | 20.0 | 1.40 | 0.12 |
| 990124 CARROTS, BABY (1/2 CUP) | 1/2 CUP | 1 | 36 | 0.03 | 61 | 4 | \*N/A\* | 0.21 | 0.00 | 0 | 8.42 | 2.46 | 0.82 | 14682 | 29.0 | 5.18 | 0.26 |
| 000352 CHIPS, SUN | EACH | 1 | 140 | 1.00 | 120 | \*N/A\* | \*N/A\* | 6.00 | 0.00 | 0 | 18.00 | 2.00 | 2.00 | 0 | 0.0 | 0.00 | 0.36 |
| 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 |
| 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 990239 PB & J Homemade | each | 1 | 595 | 5.98 | 605 | \*10 | \*N/A\* | 33.90 | 0.00 | 0 | 56.64 | 6.20 | 19.98 | 1 | 55.5 | 0.19 | 3.48 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| Weighted Daily Average |  |  | 1841 | 18.94 | 2055 | \*49 | \*0 | 79.76 | 0.00 | 53 | 208.22 | 21.46 | 85.04 | \*15458 | 1153.0 | 9.17 | 10.31 |
| % of Calories |  |  |  | 9.26% |  | \*10.6% | \*0% | 39.0% | 0.0% |  | 45.2% |  | 18.5% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Monday - 12/04/2023** |

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| **HS Nutritional Information Dec 23** |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000171 SALISBURY STEAK | EACH | 1 | 170 | 4.50 | 600 | 1 | \*N/A\* | 12.00 | 0.50 | 55 | 3.00 | 1.00 | 14.00 | 0 | 0.0 | 4.20 | 1.98 |
| 990165 ROLL, DINNER, POG | Each | 1 | 80 | 0.00 | 130 | 3 | \*N/A\* | 1.00 | 0.00 | 0 | 14.00 | 2.00 | 3.00 | 0 | 20.0 | 0.00 | 0.72 |
| 000440 POTATOES, MASHED | 1/2 CUP | 1 | 70 | 0.00 | 281 | \*1 | \*N/A\* | 0.70 | 0.00 | 0 | 13.94 | 1.39 | 1.39 | 0 | 9.6 | 6.27 | 0.21 |
| 000089 GRAVY, BEEF (1 OZ) | OZ | 1 | 10 | 0.00 | 135 | \*0 | \*N/A\* | 0.26 | 0.00 | 0 | 1.55 | 0.00 | 0.00 | 0 | 0.8 | 0.00 | 0.00 |
| 990041 CORN (1/2 CUP) | 1/2 CUP | 1 | 66 | 0.08 | 1 | \*N/A\* | \*N/A\* | 0.55 | 0.00 | 0 | 15.83 | 2.00 | 2.09 | 163 | 2.0 | 2.90 | 0.39 |
| 990040 PEACHES (1/2 CUP) | 1/2 CUP | 1 | 45 | 0.00 | 0 | 9 | \*N/A\* | 0.00 | 0.00 | 0 | 10.80 | 0.90 | 0.90 | 14 | 8.1 | 5.40 | 0.00 |
| 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 |
| Weighted Daily Average |  |  | 1342 | 12.50 | 2129 | \*54 | \*0 | 55.06 | 0.50 | 63 | 159.78 | 14.30 | 62.22 | \*1002 | 461.1 | \*21.18 | 7.39 |
| % of Calories |  |  |  | 8.38% |  | \*16.1% | \*0% | 36.9% | 0.3% |  | 47.6% |  | 18.5% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Tuesday - 12/05/2023** |

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| **HS Nutritional Information Dec 23** |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000020 FRENCH TOAST STICKS (M/HS) | SERVING (4 PC) | 1 | 277 | 1.66 | 332 | 8 | \*N/A\* | 9.96 | 0.00 | 0 | 40.94 | 3.32 | 6.64 | 332 | 44.3 | 5.31 | 2.10 |
| 000349 SYRUP,MAPLE | TBSP | 1 | 56 | 0.00 | 24 | 9 | \*N/A\* | 0.02 | 0.00 | 0 | 13.92 | 0.00 | 0.00 | 2 | 0.0 | 0.36 | 0.00 |
| 990046 SAUSAGE PATTY (2 EACH) | 2 EACH | 1 | 140 | 3.00 | 520 | 0 | \*N/A\* | 10.00 | 0.00 | 50 | 0.00 | 0.00 | 14.00 | 0 | 0.0 | 0.00 | 0.72 |
| 000447 POTATO, TRI-TATER | EACH | 1 | 100 | 0.50 | 280 | 1 | \*N/A\* | 4.50 | 0.00 | 0 | 14.00 | 1.00 | 1.00 | 0 | 0.0 | 1.80 | 0.00 |
| 000639 FRUITABLES | EACH | 1 | 60 | 0.00 | 15 | 12 | \*N/A\* | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 0.00 | 500 | 0.0 | 60.00 | 0.00 |
| 000105 BANANA  | EACH | 1 | 105 | 0.00 | 1 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 27.00 | 3.00 | 1.00 | 100 | 10.0 | 10.20 | 0.36 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 |
| Weighted Daily Average |  |  | 1613 | 13.07 | 2148 | \*78 | \*0 | 65.03 | 0.00 | 58 | 202.52 | 13.32 | 63.48 | \*1759 | 469.8 | \*78.87 | 7.27 |
| % of Calories |  |  |  | 7.29% |  | \*19.3% | \*0% | 36.3% | 0.0% |  | 50.2% |  | 15.7% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Wednesday - 12/06/2023** |

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| **HS Nutritional Information Dec 23** |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000188 CHICKEN, MANDARIN ORANGE | 1/2 CUP | 1 | 170 | 0.50 | 361 | 13 | \*N/A\* | 3.00 | 0.00 | 40 | 23.00 | 0.00 | 11.00 | \*N/A\* | 0.0 | 1.20 | 0.72 |
| 990091 RICE, STIR FRIED | 1/3 CUP | 1 | 108 | 0.29 | 200 | \*1 | \*N/A\* | 2.54 | 0.00 | 0 | 18.53 | 0.87 | 2.06 | 342 | 1.9 | 0.00 | 0.33 |
| 990097 BROCCOLI, STEAMED (1/2 CUP) | 1/2 CUP | 1 | 20 | 0.03 | 19 | \*N/A\* | \*N/A\* | 0.23 | 0.00 | 0 | 3.73 | 2.34 | 2.19 | 807 | 43.7 | 43.99 | 0.63 |
| 000339 MANDARIN ORANGES (1 CUP) | CUP | 1 | 146 | 0.00 | 16 | 36 | \*N/A\* | 0.00 | 0.00 | 0 | 37.26 | 1.62 | 1.62 | 0 | 0.0 | 0.00 | 0.81 |
| 990124 CARROTS, BABY (1/2 CUP) | 1/2 CUP | 1 | 36 | 0.03 | 61 | 4 | \*N/A\* | 0.21 | 0.00 | 0 | 8.42 | 2.46 | 0.82 | 14682 | 29.0 | 5.18 | 0.26 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| Weighted Daily Average |  |  | 1341 | 8.76 | 1494 | \*88 | \*0 | 46.53 | 0.00 | 48 | 179.60 | 13.29 | 58.53 | \*16555 | 490.2 | \*50.38 | 6.85 |
| % of Calories |  |  |  | 5.88% |  | \*26.2% | \*0% | 31.2% | 0.0% |  | 53.6% |  | 17.5% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Thursday - 12/07/2023** |

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| **HS Nutritional Information Dec 23** |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000215 TACO BEEF, WALKING | 1/3 CUP | 1 | 232 | 4.06 | 401 | \*2 | \*N/A\* | 14.28 | 2.03 | 53 | 9.10 | 2.19 | 19.18 | 615 | 45.7 | 2.00 | 0.72 |
| 990145 CHIPS, DORITOS | BAG | 1 | 130 | 1.00 | 200 | 1 | \*N/A\* | 5.00 | 0.00 | 0 | 20.00 | 2.00 | 2.00 | \*N/A\* | 38.0 | \*N/A\* | 0.00 |
| 990061 TACO CHEESE | OZ | 1 | 91 | 4.05 | 213 | 0 | \*N/A\* | 6.07 | 0.00 | 20 | 1.01 | 0.00 | 7.09 | 0 | 0.0 | 0.00 | 0.00 |
| 000343 TOMATOES, DICED | 1/8 CUP | 1 | 5 | 0.01 | 1 | \*N/A\* | \*N/A\* | 0.06 | 0.00 | 0 | 1.10 | 0.34 | 0.25 | 236 | 2.8 | 3.88 | 0.08 |
| 001051 SALSA | TBSP | 1 | 5 | 0.00 | 16 | \*N/A\* | \*N/A\* | 0.03 | 0.00 | 0 | 0.99 | 0.19 | 0.21 | 78 | 1.7 | 0.57 | 0.32 |
| 000103 TACO LETTUCE (ROMAINE) | 1/4 CUP | 1 | 9 | 0.00 | 0 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 0.00 | 9.45 | 0.00 | 4725 | 0.0 | 11.34 | 0.00 |
| 000172 BEANS, REFRIED (1/2 CUP) | 1/2 CUP | 1 | 118 | 0.60 | 140 | \*N/A\* | \*N/A\* | 1.60 | 0.00 | 10 | 19.57 | 6.70 | 6.92 | 0 | 44.0 | 7.60 | 2.09 |
| 000478 POTATO, ROUNDS (LUNCH) | SERVING(10) | 1 | 156 | 2.30 | 304 | \*N/A\* | \*N/A\* | 8.28 | \*N/A\* | \*N/A\* | 18.40 | 1.84 | 1.84 | 0 | 0.0 | 3.31 | 0.66 |
| 990101 ORANGE, FRESH (WHOLE) | WHOLE | 1 | 180 | 0.08 | 0 | \*N/A\* | \*N/A\* | 0.46 | 0.00 | 0 | 45.12 | 9.22 | 3.61 | 864 | 153.6 | 204.29 | 0.38 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| Weighted Daily Average |  |  | 1789 | 20.02 | 2112 | \*37 | \*0 | 76.33 | \*2.03 | \*91 | 203.96 | 37.93 | 81.93 | \*7243 | 701.4 | \*232.98 | 8.34 |
| % of Calories |  |  |  | 10.07% |  | \*8.3% | \*0% | 38.4% | \*1.0% |  | 45.6% |  | 18.3% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Friday - 12/08/2023** |

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| **HS Nutritional Information Dec 23** |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000611 PIZZA CRUCHER (MS/HS) | SERVING (5) | 1 | 525 | 10.00 | 962 | 5 | \*N/A\* | 25.00 | 0.62 | 38 | 51.25 | 6.25 | 25.00 | 625 | 525.0 | 3.00 | 3.00 |
| 990224 Fresh Green Beans | 3/4 Cup | 1 | 23 | 0.00 | 4 | 2 | \*N/A\* | 0.30 | 0.00 | \*N/A\* | 5.20 | 2.00 | 1.40 | \*N/A\* | 28.0 | \*N/A\* | 0.80 |
| 990086 COOK'S CHOICE VEGETABLE (1/2 CUP) | 1/2 CUP | 1 | 12 | 0.00 | 174 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 2.40 | 1.20 | 0.60 | 120 | 24.0 | 0.72 | 0.65 |
| 990262 Chips, SUn, Harvest Cheddar | Bag | 1 | 140 | 0.50 | 170 | 2 | 0 | 6.00 | 0.00 | 0 | 19.00 | 2.00 | 2.00 | 0 | 10.0 | 0.00 | 0.60 |
| 000278 SIDEKICKS FROZEN FRUIT JUICE | EACH | 1 | 80 | 0.00 | 45 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 20.00 | \*N/A\* | \*N/A\* | 1000 | 80.0 | 60.00 | 0.36 |
| 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 990239 PB & J Homemade | each | 1 | 595 | 5.98 | 605 | \*10 | \*N/A\* | 33.90 | 0.00 | 0 | 56.64 | 6.20 | 19.98 | 1 | 55.5 | 0.19 | 3.48 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| Weighted Daily Average |  |  | 1961 | 20.89 | 2533 | \*45 | \*0 | 89.75 | 0.62 | \*46 | 219.15 | \*20.65 | \*80.82 | \*2471 | 1100.0 | \*65.11 | 11.97 |
| % of Calories |  |  |  | 9.59% |  | \*9.2% | \*0% | 41.2% | 0.3% |  | 44.7% |  | \*16.5% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Monday - 12/11/2023** |

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| **HS Nutritional Information Dec 23** |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000457 CHICKEN & GRAVY (HS) | 1/2 CUP | 1 | 213 | 2.22 | 763 | \*1 | \*N/A\* | 8.85 | 0.00 | 99 | 1.77 | 0.02 | 31.23 | 59 | 18.6 | 0.00 | 1.29 |
| 000458 NOODLES, BUTTER (HS) | CUP | 1 | 214 | 5.31 | 76 | \*N/A\* | \*N/A\* | 9.36 | 0.00 | 52 | 27.09 | 1.25 | 5.46 | 260 | 15.6 | 0.00 | 1.53 |
| 990165 ROLL, DINNER, POG | Each | 1 | 80 | 0.00 | 130 | 3 | \*N/A\* | 1.00 | 0.00 | 0 | 14.00 | 2.00 | 3.00 | 0 | 20.0 | 0.00 | 0.72 |
| 990058 PEAS (3/4 CUP) | 3/4 CUP | 1 | 88 | 0.08 | 279 | \*N/A\* | \*N/A\* | 0.51 | 0.00 | 0 | 16.06 | 5.23 | 5.61 | 979 | 25.5 | 11.60 | 1.21 |
| 990032 PEARS (1/2 CUP) | 1/2 CUP | 1 | 50 | 0.00 | 10 | 12 | \*N/A\* | 0.00 | 0.00 | 0 | 16.00 | 2.00 | 0.00 | \*N/A\* | 10.0 | 2.40 | 0.00 |
| 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| Weighted Daily Average |  |  | 1531 | 15.52 | 2100 | \*56 | \*0 | 60.27 | 0.00 | 159 | 171.58 | 17.51 | 86.14 | \*2023 | 510.3 | \*15.20 | 8.84 |
| % of Calories |  |  |  | 9.12% |  | \*14.6% | \*0% | 35.4% | 0.0% |  | 44.8% |  | 22.5% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Tuesday - 12/12/2023** |

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| **HS Nutritional Information Dec 23** |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 990179 Pub Burger w/cheese | 1 Each | 1 | 220 | 7.50 | 450 | 1 | \*N/A\* | 16.25 | 0.00 | 62 | 1.00 | 0.00 | 18.00 | 100 | 75.0 | 0.00 | 1.08 |
| 990156 BUN, HAMBURGER, POG | EACH | 1 | 150 | 0.00 | 250 | 5 | \*N/A\* | 2.00 | 0.00 | 0 | 29.00 | 3.00 | 6.00 | 0 | 60.0 | 0.00 | 1.80 |
| 000142 ROMAINE (2oz) & TOMATO (1oz) | OZ | 1 | 4 | 0.00 | 19 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 0.29 | 2.42 | 0.06 | 1199 | 2.3 | 3.71 | 0.00 |
| 000487 POTATOES, FRENCH FRIES, BAKED | 1/2 CUP | 1 | 120 | 0.50 | 40 | 0 | \*N/A\* | 3.50 | 0.00 | 0 | 20.00 | 1.00 | 2.00 | 0 | 10.0 | 0.00 | 0.60 |
| 990124 CARROTS, BABY (1/2 CUP) | 1/2 CUP | 1 | 36 | 0.03 | 61 | 4 | \*N/A\* | 0.21 | 0.00 | 0 | 8.42 | 2.46 | 0.82 | 14682 | 29.0 | 5.18 | 0.26 |
| 990029 FRUIT MIX, CND (1/2 CUP) | 1/2 CUP | 1 | 70 | 0.00 | 0 | 15 | \*N/A\* | 0.00 | 0.00 | 0 | 17.00 | 1.00 | 0.00 | 5 | 5.0 | 4.00 | 0.00 |
| 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 |
| 000451 MUSTARD, YELLOW | TBSP | 1 | 11 | 0.03 | 188 | \*N/A\* | \*N/A\* | 0.66 | 0.00 | 0 | 0.96 | 0.15 | 0.70 | 0 | 12.6 | 0.00 | 0.30 |
| 990045 PICKLES, SLICED | 4 EACH | 1 | 1 | 0.00 | 50 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 1 | 0.4 | 0.00 | 0.00 |
| Weighted Daily Average |  |  | 1512 | 15.97 | 2040 | \*65 | \*0 | 63.17 | 0.00 | 70 | 177.34 | 17.03 | 68.42 | \*16812 | 614.9 | \*15.30 | 8.14 |
| % of Calories |  |  |  | 9.51% |  | \*17.2% | \*0% | 37.6% | 0.0% |  | 46.9% |  | 18.1% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Wednesday - 12/13/2023** |

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| **HS Nutritional Information Dec 23** |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000117 SPAGHETTI NOODLES (HS) | CUP | 1 | 180 | 0.00 | 0 | 2 | \*N/A\* | 1.50 | 0.00 | 0 | 39.00 | 6.00 | 8.00 | 0 | 0.0 | 0.00 | 3.60 |
| 990070 SPAGHETTI SAUCE (MS/HS) | 1/2 CUP | 1 | 211 | 4.10 | 435 | \*0 | \*N/A\* | 13.71 | 2.05 | 53 | 6.50 | 0.04 | 14.35 | 570 | 13.2 | 0.13 | 0.63 |
| 990268 Garlic Knot | each | 1 | 170 | 1.50 | 190 | 3 | 0 | 6.00 | 0.00 | 0 | 27.00 | 3.00 | 5.00 | \*N/A\* | 12.0 | \*N/A\* | 2.00 |
| 990124 CARROTS, BABY (1/2 CUP) | 1/2 CUP | 1 | 36 | 0.03 | 61 | 4 | \*N/A\* | 0.21 | 0.00 | 0 | 8.42 | 2.46 | 0.82 | 14682 | 29.0 | 5.18 | 0.26 |
| 000199 SALAD, SIDE | CUP | 1 | 38 | 0.00 | 0 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 0.00 | 37.80 | 0.00 | 18900 | 0.0 | 45.36 | 0.00 |
| 000036 SALAD DRESSING | 1 TBSP | 1 | 37 | 0.53 | 148 | 0 | \*N/A\* | 3.70 | 0.00 | 5 | 0.53 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 |
| 990072 APPLES, CINNAMON (1/2 CUP) | 1/2 CUP | 1 | 68 | 0.00 | 0 | \*11 | \*N/A\* | 0.02 | 0.00 | 0 | 17.28 | 3.73 | 0.05 | 7 | 20.1 | 5.11 | 0.11 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| Weighted Daily Average |  |  | 1626 | 14.07 | 1676 | \*61 | \*0 | 65.69 | 2.05 | 67 | 195.40 | 60.02 | 69.06 | \*34883 | 494.9 | \*56.98 | 10.69 |
| % of Calories |  |  |  | 7.79% |  | \*15.0% | \*0% | 36.4% | 1.1% |  | 48.1% |  | 17.0% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Thursday - 12/14/2023** |

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| **HS Nutritional Information Dec 23** |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 990250 Chicken Wings, Wayne Farms New | 5 | 1 | 140 | 2.50 | 530 | 0 | 0 | 8.00 | 0.00 | 60 | 3.00 | 0.00 | 13.00 | 0 | 12.0 | 0.00 | 1.00 |
| 000487 POTATOES, FRENCH FRIES, BAKED | 1/2 CUP | 1 | 120 | 0.50 | 40 | 0 | \*N/A\* | 3.50 | 0.00 | 0 | 20.00 | 1.00 | 2.00 | 0 | 10.0 | 0.00 | 0.60 |
| 990086 COOK'S CHOICE VEGETABLE (1/2 CUP) | 1/2 CUP | 1 | 12 | 0.00 | 174 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 2.40 | 1.20 | 0.60 | 120 | 24.0 | 0.72 | 0.65 |
| 990029 FRUIT MIX, CND (1/2 CUP) | 1/2 CUP | 1 | 70 | 0.00 | 0 | 15 | \*N/A\* | 0.00 | 0.00 | 0 | 17.00 | 1.00 | 0.00 | 5 | 5.0 | 4.00 | 0.00 |
| 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 |
| 000106 OATMEAL CHOCOLATE CHIP COOKIE | EACH | 1 | 172 | 1.77 | 237 | \*N/A\* | \*N/A\* | 8.34 | 0.00 | 0 | 22.75 | 0.93 | 2.16 | 325 | 13.5 | 0.02 | 0.70 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 |
| 000476 RANCH,CONDIMENT | TBSP | 1 | 35 | 0.50 | 140 | 0 | \*N/A\* | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average |  |  | 1450 | 13.18 | 2103 | \*55 | \*0 | 63.90 | 0.00 | 73 | 166.31 | 11.13 | 58.60 | \*1275 | 485.0 | \*7.14 | 7.04 |
| % of Calories |  |  |  | 8.18% |  | \*15.2% | \*0% | 39.7% | 0.0% |  | 45.9% |  | 16.2% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Friday - 12/15/2023** |

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| **HS Nutritional Information Dec 23** |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000576 BREADSTIX,CHEESE FILLED(3) | SERVING(3EA) | 1 | 435 | 9.00 | 735 | 8 | \*N/A\* | 16.50 | 0.00 | 45 | 45.00 | 3.00 | 28.50 | 600 | 540.0 | 0.00 | 2.85 |
| 000656 MARINARA SAUCE | OZ | 1 | 11 | 0.00 | 86 | 1 | \*N/A\* | 0.33 | 0.00 | 0 | 1.77 | 0.00 | 0.44 | 0 | 4.7 | 0.00 | 0.22 |
| 000628 CHIP, CHEETOS Baked  | BAG | 1 | 120 | 1.00 | 200 | 1 | \*N/A\* | 4.50 | 0.00 | 0 | 16.00 | 1.00 | 2.00 | 0 | 20.0 | 0.00 | 0.40 |
| 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 |
| 990253 Broccoli Littles | 5 | 1 | 130 | 1.00 | 290 | 1 | 0 | 7.00 | 0.00 | 0 | 14.00 | 2.00 | 3.00 | \*N/A\* | 20.0 | \*N/A\* | 0.20 |
| 990086 COOK'S CHOICE VEGETABLE (1/2 CUP) | 1/2 CUP | 1 | 12 | 0.00 | 174 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 2.40 | 1.20 | 0.60 | 120 | 24.0 | 0.72 | 0.65 |
| 000002 YOGURT CUP, VANILLA, FRZ (4OZ) | EACH | 1 | 100 | 1.50 | 75 | 17 | \*N/A\* | 2.00 | 0.00 | 5 | 17.00 | 0.00 | 3.00 | 100 | 100.0 | 0.00 | 0.36 |
| 990077 STRAWBERRIES, FRZ (1/2 CUP) | 1/2 CUP | 1 | 73 | 0.00 | 1 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 18.63 | 1.62 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| Weighted Daily Average |  |  | 1767 | 20.41 | 2403 | \*82 | \*0 | 70.88 | 0.00 | 58 | 211.46 | 15.82 | 78.38 | \*1545 | 1129.2 | \*1.92 | 8.77 |
| % of Calories |  |  |  | 10.40% |  | \*18.6% | \*0% | 36.1% | 0.0% |  | 47.9% |  | 17.7% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Monday - 12/18/2023** |

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| **HS Nutritional Information Dec 23** |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 990269 Chicken Strips Whole Muscle | 3 | 1 | 230 | 1.50 | 460 | 1 | 0 | 8.00 | 0.00 | 55 | 20.00 | 3.00 | 21.00 | \*N/A\* | 20.0 | \*N/A\* | 1.20 |
| 990165 ROLL, DINNER, POG | Each | 1 | 80 | 0.00 | 130 | 3 | \*N/A\* | 1.00 | 0.00 | 0 | 14.00 | 2.00 | 3.00 | 0 | 20.0 | 0.00 | 0.72 |
| 000440 POTATOES, MASHED | 1/2 CUP | 1 | 70 | 0.00 | 281 | \*1 | \*N/A\* | 0.70 | 0.00 | 0 | 13.94 | 1.39 | 1.39 | 0 | 9.6 | 6.27 | 0.21 |
| 990041 CORN (1/2 CUP) | 1/2 CUP | 1 | 66 | 0.08 | 1 | \*N/A\* | \*N/A\* | 0.55 | 0.00 | 0 | 15.83 | 2.00 | 2.09 | 163 | 2.0 | 2.90 | 0.39 |
| 990040 PEACHES (1/2 CUP) | 1/2 CUP | 1 | 45 | 0.00 | 0 | 9 | \*N/A\* | 0.00 | 0.00 | 0 | 10.80 | 0.90 | 0.90 | 14 | 8.1 | 5.40 | 0.00 |
| 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 000338 BBQ SAUCE | TBSP | 1 | 30 | 0.00 | 115 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 7.00 | 0.00 | 0.00 | 50 | 0.0 | 0.60 | 0.00 |
| 000476 RANCH,CONDIMENT | TBSP | 1 | 35 | 0.50 | 140 | 0 | \*N/A\* | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 |
| Weighted Daily Average |  |  | 1457 | 10.00 | 2109 | \*60 | \*0 | 54.30 | 0.00 | 68 | 182.73 | 16.30 | 69.22 | \*1052 | 480.3 | \*17.58 | 6.61 |
| % of Calories |  |  |  | 6.18% |  | \*16.5% | \*0% | 33.5% | 0.0% |  | 50.2% |  | 19.0% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Tuesday - 12/19/2023** |

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| **HS Nutritional Information Dec 23** |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000360 McRIB | 1 EACH | 1 | 160 | 3.50 | 390 | 5 | \*N/A\* | 10.00 | 0.00 | 30 | 8.00 | 1.00 | 12.00 | 100 | 40.0 | 1.10 | 1.08 |
| 990171 Bun, Hoagie, POG | Each | 1 | 160 | 0.00 | 260 | 5 | \*N/A\* | 2.00 | 0.00 | 0 | 29.00 | 4.00 | 6.00 | \*N/A\* | 70.0 | \*N/A\* | 2.00 |
| 001065 PEAS (1/2 CUP) | 1/2 CUP | 1 | 59 | 0.05 | 186 | \*N/A\* | \*N/A\* | 0.34 | 0.00 | 0 | 10.71 | 3.48 | 3.74 | 653 | 17.0 | 7.74 | 0.81 |
| 990048 BEANS, BAKED (1/2 CUP) | 1/2 CUP | 1 | 198 | 0.00 | 234 | \*7 | \*N/A\* | 0.99 | 0.00 | 0 | 39.29 | 4.83 | 4.86 | 64 | 8.5 | 0.97 | 0.08 |
| 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 |
| 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 |
| 000338 BBQ SAUCE | TBSP | 1 | 30 | 0.00 | 115 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 7.00 | 0.00 | 0.00 | 50 | 0.0 | 0.60 | 0.00 |
| Weighted Daily Average |  |  | 1533 | 11.47 | 2172 | \*69 | \*0 | 53.88 | 0.00 | 38 | 202.67 | 21.32 | 67.44 | \*1692 | 561.1 | \*14.00 | 8.06 |
| % of Calories |  |  |  | 6.73% |  | \*18.0% | \*0% | 31.6% | 0.0% |  | 52.9% |  | 17.6% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Wednesday - 12/20/2023** |

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| **HS Nutritional Information Dec 23** |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 990177 Louisiana Chicken Fillet | each | 1 | 210 | 1.00 | 590 | 0 | \*N/A\* | 6.00 | 0.00 | 50 | 19.00 | 1.00 | 18.00 | 0 | \*N/A\* | \*N/A\* | 1.44 |
| 990156 BUN, HAMBURGER, POG | EACH | 1 | 150 | 0.00 | 250 | 5 | \*N/A\* | 2.00 | 0.00 | 0 | 29.00 | 3.00 | 6.00 | 0 | 60.0 | 0.00 | 1.80 |
| 990124 CARROTS, BABY (1/2 CUP) | 1/2 CUP | 1 | 36 | 0.03 | 61 | 4 | \*N/A\* | 0.21 | 0.00 | 0 | 8.42 | 2.46 | 0.82 | 14682 | 29.0 | 5.18 | 0.26 |
| 990049 POTATO, CURLY | 1/2 CUP | 1 | 107 | 1.33 | 280 | 1 | \*N/A\* | 5.33 | 0.00 | 0 | 13.33 | 1.33 | 1.33 | 0 | 13.3 | 3.20 | 0.73 |
| 000133 APPLESAUCE CUP | EACH (4 OZ) | 1 | 44 | 0.00 | 13 | 11 | \*N/A\* | 0.00 | 0.00 | 0 | 12.44 | 0.89 | 0.89 | 53 | 888.9 | 0.00 | 0.00 |
| 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 |
| 000476 RANCH,CONDIMENT | TBSP | 1 | 35 | 0.50 | 140 | 0 | \*N/A\* | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990045 PICKLES, SLICED | 4 EACH | 1 | 1 | 0.00 | 50 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 1 | 0.4 | 0.00 | 0.00 |
| Weighted Daily Average |  |  | 1484 | 10.78 | 2366 | \*61 | \*0 | 57.60 | 0.00 | 63 | 183.36 | 15.68 | 67.88 | \*15561 | \*1412.2 | \*10.78 | 8.33 |
| % of Calories |  |  |  | 6.54% |  | \*16.4% | \*0% | 34.9% | 0.0% |  | 49.4% |  | 18.3% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Thursday - 12/21/2023** |

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| **HS Nutritional Information Dec 23** |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000218 COOK'S CHOICE | EACH | 1 | \*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\* | \*N/A\* |
| 000352 CHIPS, SUN | EACH | 1 | 140 | 1.00 | 120 | \*N/A\* | \*N/A\* | 6.00 | 0.00 | 0 | 18.00 | 2.00 | 2.00 | 0 | 0.0 | 0.00 | 0.36 |
| 990086 COOK'S CHOICE VEGETABLE (1/2 CUP) | 1/2 CUP | 1 | 12 | 0.00 | 174 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 2.40 | 1.20 | 0.60 | 120 | 24.0 | 0.72 | 0.65 |
| 990086 COOK'S CHOICE VEGETABLE (1/2 CUP) | 1/2 CUP | 1 | 12 | 0.00 | 174 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 2.40 | 1.20 | 0.60 | 120 | 24.0 | 0.72 | 0.65 |
| 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 |
| 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 990239 PB & J Homemade | each | 1 | 595 | 5.98 | 605 | \*10 | \*N/A\* | 33.90 | 0.00 | 0 | 56.64 | 6.20 | 19.98 | 1 | 55.5 | 0.19 | 3.48 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| Weighted Daily Average |  |  | 1370 | 11.39 | 1650 | \*41 | \*0 | 64.45 | 0.00 | 8 | 152.10 | 14.60 | 55.02 | \*966 | 486.0 | 4.03 | 8.22 |
| % of Calories |  |  |  | 7.48% |  | \*12.0% | \*0% | 42.3% | 0.0% |  | 44.4% |  | 16.1% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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|  |  | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| Weighted Averages |  | 1574 | 14 | 2073 | \*60 | \*0 | 64.44 | \*0.35 | \*64 | 187.75 | \*20.69 | \*70.15 | \*8020 | \*703.3 | \*40.04 | 8.46 |
| % of Calories |  |  | 8.27% |  | \*15.2% | \*0% | 36.8% | \*0.2% |  | 47.7% |  | \*17.8% |  |  |  |  |

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| ***\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient\* - denotes combined nutrient totals with either missing or incomplete nutrient data¹ - denotes required nutrient values******² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.******NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*** |

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