

Menu Calendar Nutrient Analysis Report - June, 2017

Generated on: 5/31/2017

Site: ALL
Date: 06/01/2017 - 06/30/2017

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
PK, K-5, Elem Lunch Week 2.4 Thursday 16-17 EOY - ServingDate: 06/01/2017																
Cheese Nachos - TR100595 (1 serving)	390.00	17.00	7.00	0.00	30.00	750.00	43.00	3.00	10.00	13.00	0.36	370.00	300.00	0.00	(M)	(M)
Chili and Cheese Nachos - TR100596 (1 serving)	473.98	21.73	8.84	0.26	43.12	870.73	47.20	3.52	10.00	19.82	1.78	411.99	1087.36	1.26	(M)	(M)
Steamed Broccoli - TR100200 (1/2 c.)	33.00	0.37	0.06	0.00	0.00	30.24	6.02	3.78	(M)	3.54	1.02	70.60	1302.99	71.06	115.24	0.83
Refried Beans - TR100373 (1/2 c.)	140.00	0.50	0.00	0.00(M)	0.00	137.72	25.00	9.00	0.00(M)	9.00	1.80	42.72	0.00	1.20	90.63 (M)	0.09(M)
Mixed Fruit - TR100474 (1/2 c.)	80.70	0.00	0.00	0.00	0.00	5.04	18.16	1.01	15.13	1.01	0.00	0.00	201.75	1.21	(M)	(M)
Raisins - TR100141 (1 ea.)	138.21	0.00	0.00	0.00	0.00	10.63	32.96	2.13	30.83	1.06	0.80	21.26	0.00	0.98	(M)	(M)
Chocolate Fat Free Milk - TR100041 (1 ea.)	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Strawberry Fat Free Milk - TR100042 (1 ea.)	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Unflavored 1% Milk - TR100513 (1 ea.)	110.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Catsup - TR100037 (1 ea.)	15.00	0.00	0.00	0.00	0.00	160.00	4.00	0.00	(M)	0.00	0.00	0.00	300.00	0.00	(M)	(M)
Italian Dressing - TR100098 (1 ea.)	5.00	0.00	0.00	0.00	0.00	120.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayonnaise - TR100104 (1 ea.)	10.00	0.00	0.00	0.00	5.00	100.00	3.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard - TR100120 (1 ea.)	5.00	0.00	0.00	0.00	0.00	70.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Picante Sauce - TR100133 (1 ea.)	0.00	0.00	0.00	0.00	0.00	140.00	1.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Lite Ranch Dressing - TR100393 (1 ea.)	70.00	6.00	1.00	0.00	5.00	130.00	5.00	(M)	3.00	0.00	0.00	20.00	0.00	0.00	(M)	(M)