

Charleston County Schools
Simple Average
8/15/2016 to 8/31/2016

		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
040: Mary Ford Elementary															
8/15/2016 - Lunch - 16-17 Elementary Ala Carte															
Apple Jacks Cereal Pouch(16-17 R- 2339)	1 Pouch	110.000	0.000	170.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	1.000	0.500	0.000	8.000
Birthday Cake Cup	1 Serving	60.000	0.00	65.000	0.00	0.00	100.000	0.00	0.00	3.000	12.000	0.00	0.00	0.00	12.000
Blue Raspbry Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Cereal Bar, Apple, Nutrigrain Bar	1 1/3 oz Bar	160.212	0.000	130.172	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	14.019
Cereal Bar, Bluberry, Nutrigrain Bar	1 Bar	160.212	0.000	135.179	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	15.020
Cereal Bar, Strawbry, Nutrigrain Bar	1 Bar	120.000	0.000	125.000	3.000	1.800	200.000	750.000	0.000	2.000	24.000	3.000	0.500	*	11.000
Cheetos Crunchy Baked	1 Pouch	120.002	0.000	200.003	1.000	0.720	100.002	0.000	0.000	2.000	17.000	4.500	0.500	0.000	1.000
Cheetos Puffs	1 Bag	90.000	0.00	135.000	1.000	0.720	100.000	*	*	2.000	14.00	305.000	0.00	0.00	*
Cheetos, Hot Baked	1 oz	496.00	4.00	458.00	5.200	1.840	72.00	33.00	54.102	8.50	57.700	27.200	8.600	*	*
Chip, Baked Regular Lay's	1 Bag	130.567	0.000	150.654	2.009	0.362	0.000	0.000	2.410	2.009	26.113	2.009	0.000	0.000	2.009
Chip, Nacho Doritos 1z	1 Bag	140.000	0.000	199.998	1.000	0.428	41.068	9.800	0.000	1.999	16.999	7.000	1.000	*	*
Chip,Baked BBQ Lay's 1.125z	1 Bag	110.000	0.000	190.000	2.000	0.000	20.000	0.000	1.200	2.000	19.000	2.500	0.000	0.000	2.000
Chip,Cool Ranch Dorito 1z	1 Bag	140.000	0.000	169.999	1.000	0.428	41.068	9.800	0.000	1.999	17.998	7.000	1.000	*	*
Choc/Van TwisterCone	1 Cone	150.000	0.00	95.000	0.00	0.00	100.000	300.000	0.00	3.000	30.000	2.000	1.500	0.00	20.000
Chocolate Scooter Bar	1 Bar	140.000	0.00	100.000	0.00	1.080	100.000	750.000	0.00	2.000	22.000	5.000	1.500	0.00	17.000
Chocolate Chip Cookie, WG (Bonzer)	1 Cookie	140.002	5.000	110.002	5.000	0.720	0.000	100.002	0.000	1.000	18.000	6.000	3.000	0.000	10.000
Chocolate Cup	1 Serving	70.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Chocolate Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.360	100.000	200.000	0.00	2.000	16.000	1.000	0.500	0.00	13.00
Cookie & Crm Cone	1 Cone	120.000	5.000	100.000	1.000	0.720	100.000	100.000	0.00	2.000	25.000	1.500	1.000	0.00	14.000
Cookie&Crm Sandwich	1 Serving	150.000	5.000	150.000	0.00	0.360	60.000	300.000	0.00	3.000	29.000	2.500	1.500	0.00	13.00
Cotton Candy Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Crazy Cone	1 Cone	120.000	5.000	80.00	0.00	0.00	60.000	300.000	0.00	2.000	24.000	2.000	1.000	0.00	10.000
Dasani Water 16.9 ounces	1 bottle	0.000	*	0.000	0.000	*	*	*	*	0.000	0.000	0.000	*	*	0.000
Fantastix, Hot	1 Pouch	130.000	0.000	210.000	1.000	0.360	0.000	500.000	0.000	2.000	20.000	5.000	1.000	0.000	0.000
Frosted Flakes Cereal Pouch	1 Pouch	100.000	0.000	160.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	0.000	0.000	0.000	7.000
Fruit Loop Cereal Pouch(R-2338)	1 Pouch	110.000	*	170.000	3.000	3.600	*	400.000	12.000	2.000	24.000	1.000	0.500	*	8.000
Fudge-O Bar	1 Bar	80.000	*	80.000	*	*	*	*	*	*	16.000	0.000	0.000	0.000	15.000
Goldfish Pretzels	1 Bag	88.890	0.000	197.534	0.988	0.711	0.000	0.000	0.000	1.975	15.803	1.482	0.000	*	*
Goldfish, Cheddar WG	1 Pack	100.000	1.000	170.000	1.000	0.360	20.000	0.000	0.000	3.000	14.000	3.500	1.000	0.000	0.000
Ice Cream Sandwich	1 Sandwich	180.000	10.000	150.000	*	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Kids Mix	1 Bag	31.130	0.000	56.600	0.283	0.509	0.000	141.500	1.698	0.566	5.094	1.132	0.141	0.000	1.132
Minty Mint Sandwich	1 Serving	180.000	10.000	150.000	0.00	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Orange Blossom Bar	1 Bar	70.000	0.000	50.000	0.000	0.000	0.000	0.000	0.000	0.000	14.000	1.000	0.500	0.000	13.000
Parfaits - Strawberry Yogurt	1 4 oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Parfaits - Vanilla Yogurt	1 4oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Polar Blast Bar	1 Bar	70.000	0.00	5.000	0.00	0.00	0.00	0.00	72.000	0.00	16.000	0.00	0.00	0.00	12.000
Rice Krispy Minis	1 Treat	45.000	0.000	52.500	0.000	0.180	0.000	100.000	0.000	0.250	8.500	1.125	0.375	0.000	3.750
Rice Krispy, WG	1 Bar	160.00	*	140.00	1.000	1.800	*	300.00	*	2.00	30.00	4.00	1.000	*	11.000
Sour Apple Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Spicy Sweet Chili Doritos	1 Bag	130.000	0.000	180.000	2.000	0.360	20.000	0.000	0.000	2.000	20.000	5.000	0.500	0.000	1.000
Straw Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000

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		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
Straw. Scooter Bar	1 Bar	140.000	0.00	50.000	0.00	0.00	80.000	500.000	0.00	1.000	22.000	5.000	1.500	0.00	17.000
Switch Tropical Pineapple	1 Can	119.997	0.000	10.000	0.000	0.000	0.000	0.000	59.998	0.000	29.999	0.000	0.000	0.000	29.999
Switch, Apple	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Berry Kiwi	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Black Cherry	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Fruit Punch	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Grape	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Lemon Lime	8 fl oz	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Orange Tangerine	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Strawberry Watermelon	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Tostitos Scoops Chip	1 bag	110.000	0.000	125.000	2.000	0.360	20.000	0.000	0.000	2.000	19.000	2.500	0.000	0.000	0.000
Vanilla Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Welch's Fruit Snacks	1 Bag	130.000	0.00	20.000	3.000	4.500	0.00	1250.000	60.000	1.000	33.000	0.00	0.00	0.00	15.000
8/15/2016 - Lunch - August 2016 Lunch (Elementary)															
Confetti Brown Rice (R-2171)	1/2 Cup	144.399	0.000	11.903	2.187	0.674	4.124	360.956	0.740	3.776	29.432	1.175	0.000	0.000*	0.835*
Ham & Cheese on WG Bun- ES & MS Altern	1 Sandwiches	290.543	42.500*	744.423	4.975	6.623	291.914	973.122*	42.024*	17.975	35.610	8.750	3.250*	0.000*	7.416
Mandarin Oranges (Canned)R-0546	1/2 CUP	70.000	0.000	10.000	1.000	0.360	0.000	400.000	15.000	1.000	17.000	0.000	0.000	0.000	14.000
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
PB & J w/ Cheese Stick K-8 (R 2532)	1 KIT	500.000	15.000	650.000	7.000	1.800	310.000	14150.000	1.800	17.000	54.510	25.500	7.000	0.000	19.000
Peas Green (Steamed)R-1540	1/2 Cup	82.920	0.000	8.800	4.281	1.156	0.000	468.117	6.422	5.351	12.844	0.880	0.320	0.000	4.281
Popcorn Chicken Smackers(R-2115)	1 Pcs	49.138	13.230	103.946	0.567	0.272	0.000	18.899	0.000	3.591	3.024	2.457	0.472	0.000	0.000
Red Apple (R-1666)	1 Apple	95.000	0.000	2.000	4.000	0.180	10.000	100.000	8.400	0.000	25.000	0.000	0.000	0.000	19.000
Romaine Garden Salad w/ Cheese (Elem/1	1 serving	422.271	54.938	818.789	3.098	5.016	428.049	1168.230	30.118	20.147	24.119	27.611	11.005	0.000*	2.208*
Romaine Garden Salad w/ Chicken (Elem	1 Serving	325.310	54.697	691.347	3.098	5.016	128.049	718.230	30.118	19.367	22.619	17.351	5.125	0.000*	2.208*
Sunbutter Pocket & Cheese Stick (R-2160)	1 Sandwich	390.000	15.000	450.000	5.000	2.700	240.000	200.000	0.000	16.000	33.510	23.000	5.500	0.000	14.000
8/15/2016 - Lunch - August 2016 PM Snack															
Bug Bites(R-1871)	1 Bag	120.000	0.000	115.000	1.000	0.720	100.000	500.000	0.000	2.000	21.000	3.500	1.000	0.000	8.000
Juice, Apple (6oz)(R-1875)	1 Carton	79.954	0.000	14.991	0.000	0.360	19.989	0.000	59.966	0.000	19.989	0.000	0.000	0.000	16.990
8/15/2016 - Lunch - August 2016 Supper															
Carrots l/W with Dressing Pouch	1 Bag	30.106	0.000	169.234	2.011	0.362	30.053	100.531	0.603	0.000	5.011	0.000	0.000	0.000	3.011
Ham & Cheese Sandwich on WG Bun(Supp	1 Sandwich	262.242	42.353*	723.674	3.000	2.337	275.000	150.000*	0.896*	15.963	29.500	8.739	3.246*	0.000*	4.000
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
Pineapple, Tidbits (R 0483)	1/2 Cup	84.000	0.000	1.400	1.120	0.393	19.600	53.200	13.297	0.560	21.980	0.112	0.008	0.000	20.230

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		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
8/16/2016 - Lunch - 16-17 Elementary Ala Carte															
Apple Jacks Cereal Pouch(16-17 R- 2339)	1 Pouch	110.000	0.000	170.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	1.000	0.500	0.000	8.000
Birthday Cake Cup	1 Serving	60.000	0.00	65.000	0.00	0.00	100.000	0.00	0.00	3.000	12.000	0.00	0.00	0.00	12.000
Blue Raspbry Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Cereal Bar, Apple, Nutrigrain Bar	1 1/3 oz Bar	160.212	0.000	130.172	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	14.019
Cereal Bar, Bluberry, Nutrigrain Bar	1 Bar	160.212	0.000	135.179	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	15.020
Cereal Bar, Strawbry, Nutrigrain Bar	1 Bar	120.000	0.000	125.000	3.000	1.800	200.000	750.000	0.000	2.000	24.000	3.000	0.500	*	11.000
Cheetos Crunchy Baked	1 Pouch	120.002	0.000	200.003	1.000	0.720	100.002	0.000	0.000	2.000	17.000	4.500	0.500	0.000	1.000
Cheetos Puffs	1 Bag	90.000	0.00	135.000	1.000	0.720	100.000	*	*	2.000	14.00	305.000	0.00	0.00	*
Cheetos, Hot Baked	1 oz	496.00	4.00	458.00	5.200	1.840	72.00	33.00	54.102	8.50	57.700	27.200	8.600	*	*
Chip, Baked Regular Lay's	1 Bag	130.567	0.000	150.654	2.009	0.362	0.000	0.000	2.410	2.009	26.113	2.009	0.000	0.000	2.009
Chip, Nacho Doritos 1z	1 Bag	140.000	0.000	199.998	1.000	0.428	41.068	9.800	0.000	1.999	16.999	7.000	1.000	*	*
Chip,Baked BBQ Lay's 1.125z	1 Bag	110.000	0.000	190.000	2.000	0.000	20.000	0.000	1.200	2.000	19.000	2.500	0.000	0.000	2.000
Chip,Cool Ranch Dorito 1z	1 Bag	140.000	0.000	169.999	1.000	0.428	41.068	9.800	0.000	1.999	17.998	7.000	1.000	*	*
Choc/Van TwisterCone	1 Cone	150.000	0.00	95.000	0.00	0.00	100.000	300.000	0.00	3.000	30.000	2.000	1.500	0.00	20.000
Chocolate Scooter Bar	1 Bar	140.000	0.00	100.000	0.00	1.080	100.000	750.000	0.00	2.000	22.000	5.000	1.500	0.00	17.000
Chocolate Chip Cookie, WG (Bonzer)	1 Cookie	140.002	5.000	110.002	5.000	0.720	0.000	100.002	0.000	1.000	18.000	6.000	3.000	0.000	10.000
Chocolate Cup	1 Serving	70.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Chocolate Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.360	100.000	200.000	0.00	2.000	16.000	1.000	0.500	0.00	13.00
Cookie & Crm Cone	1 Cone	120.000	5.000	100.000	1.000	0.720	100.000	100.000	0.00	2.000	25.000	1.500	1.000	0.00	14.000
Cookie&Crm Sandwich	1 Serving	150.000	5.000	150.000	0.00	0.360	60.000	300.000	0.00	3.000	29.000	2.500	1.500	0.00	13.00
Cotton Candy Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Crazy Cone	1 Cone	120.000	5.000	80.00	0.00	0.00	60.000	300.000	0.00	2.000	24.000	2.000	1.000	0.00	10.000
Dasani Water 16.9 ounces	1 bottle	0.000	*	0.000	0.000	*	*	*	*	0.000	0.000	0.000	*	*	0.000
Fantastix, Hot	1 Pouch	130.000	0.000	210.000	1.000	0.360	0.000	500.000	0.000	2.000	20.000	5.000	1.000	0.000	0.000
Frosted Flakes Cereal Pouch	1 Pouch	100.000	0.000	160.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	0.000	0.000	0.000	7.000
Fruit Loop Cereal Pouch(R-2338)	1 Pouch	110.000	*	170.000	3.000	3.600	*	400.000	12.000	2.000	24.000	1.000	0.500	*	8.000
Fudge-O Bar	1 Bar	80.000	*	80.000	*	*	*	*	*	*	16.000	0.000	0.000	0.000	15.000
Goldfish Pretzels	1 Bag	88.890	0.000	197.534	0.988	0.711	0.000	0.000	0.000	1.975	15.803	1.482	0.000	*	*
Goldfish, Cheddar WG	1 Pack	100.000	1.000	170.000	1.000	0.360	20.000	0.000	0.000	3.000	14.000	3.500	1.000	0.000	0.000
Ice Cream Sandwich	1 Sandwich	180.000	10.000	150.000	*	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Kids Mix	1 Bag	31.130	0.000	56.600	0.283	0.509	0.000	141.500	1.698	0.566	5.094	1.132	0.141	0.000	1.132
Minty Mint Sandwich	1 Serving	180.000	10.000	150.000	0.00	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Orange Blossom Bar	1 Bar	70.000	0.000	50.000	0.000	0.000	0.000	0.000	0.000	0.000	14.000	1.000	0.500	0.000	13.000
Parfaits - Strawberry Yogurt	1 4 oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Parfaits - Vanilla Yogurt	1 4oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Polar Blast Bar	1 Bar	70.000	0.00	5.000	0.00	0.00	0.00	0.00	72.000	0.00	16.000	0.00	0.00	0.00	12.000
Rice Krispy Minis	1 Treat	45.000	0.000	52.500	0.000	0.180	0.000	100.000	0.000	0.250	8.500	1.125	0.375	0.000	3.750
Rice Krispy, WG	1 Bar	160.00	*	140.00	1.000	1.800	*	300.00	*	2.00	30.00	4.00	1.000	*	11.000
Sour Apple Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Spicy Sweet Chili Doritos	1 Bag	130.000	0.000	180.000	2.000	0.360	20.000	0.000	0.000	2.000	20.000	5.000	0.500	0.000	1.000
Straw Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Straw. Scooter Bar	1 Bar	140.000	0.00	50.000	0.00	0.00	80.000	500.000	0.00	1.000	22.000	5.000	1.500	0.00	17.000

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		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
Switch Tropical Pineapple	1 Can	119.997	0.000	10.000	0.000	0.000	0.000	0.000	59.998	0.000	29.999	0.000	0.000	0.000	29.999
Switch, Apple	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Berry Kiwi	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Black Cherry	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Fruit Punch	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Grape	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Lemon Lime	8 fl oz	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Orange Tangerine	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Strawberry Watermelon	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Tostitos Scoops Chip	1 bag	110.000	0.000	125.000	2.000	0.360	20.000	0.000	0.000	2.000	19.000	2.500	0.000	0.000	0.000
Vanilla Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Welch's Fruit Snacks	1 Bag	130.000	0.00	20.000	3.000	4.500	0.00	1250.000	60.000	1.000	33.000	0.00	0.00	0.00	15.000
8/16/2016 - Lunch - August 2016 Lunch (Elementary)															
Fiesta Corn	1/2 Cup	76.091	0.000	137.215	1.451	0.414	7.888	896.363	26.132	1.360	9.358	4.797	0.217	0.000	4.645
Gala Apples Fresh (DOD)R-1046	1 Apple	80.000	0.000	0.000	4.000	0.000	0.000	0.000	0.000	0.000	22.000	1.000	0.000	0.000	0.000
Ham & Cheese on WG Bun- ES & MS Altern	1 Sandwiches	290.543	42.500*	744.423	4.975	6.623	291.914	973.122*	42.024*	17.975	35.610	8.750	3.250*	0.000*	7.416
Lettuce & Cheddar Cheese Topping(R-219	1/4 Cup	57.818	12.000	88.909	0.627	1.882	97.255	195.439	11.919	3.987	1.735	4.320	2.400	0.000	0.627
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
PB & J w/ Cheese Stick K-8 (R 2532)	1 KIT	500.000	15.000	650.000	7.000	1.800	310.000	14150.000	1.800	17.000	54.510	25.500	7.000	0.000	19.000
Pico de Gallo(R-1922)	1/4 Cup	17.843	0.000	50.032	0.365	0.057	5.464	370.709	6.687	0.251	4.669	0.089	0.000	0.000	2.847
Rice, Spanish R-2542	1/2 Cup	184.915	0.000	64.101	2.685	0.981	13.124	258.860	8.198	4.402	35.773	2.570	0.089	0.000*	1.907*
Romaine Garden Salad w/ Cheese (Elem/1	1 serving	422.271	54.938	818.789	3.098	5.016	428.049	1168.230	30.118	20.147	24.119	27.611	11.005	0.000*	2.208*
Romaine Garden Salad w/ Chicken (Elem	1 Serving	325.310	54.697	691.347	3.098	5.016	128.049	718.230	30.118	19.367	22.619	17.351	5.125	0.000*	2.208*
Seasonal Grapes-Red/Green/White (R-095	1/2 Cup	76.000	0.000	4.000	0.000	0.720	0.000	0.000	12.000	0.000	8.000	0.000	0.000	0.000	16.000
Sour Cream, Low Fat 1oz Packet(R-2392)	1 Packet	25.000	0.000	30.000	0.000	0.000	60.000	200.000	0.000	2.000	4.000	0.000	0.000	0.000	2.000
Sunbutter Pocket & Cheese Stick (R-2160)	1 Sandwich	390.000	15.000	450.000	5.000	2.700	240.000	200.000	0.000	16.000	33.510	23.000	5.500	0.000	14.000
Turkey Nachos w/ Scoops	1 each	356.876	136.684	676.254	4.392	2.686	97.421	340.876	6.819	25.379	31.739	14.132	3.417	0.000	1.846
8/16/2016 - Lunch - August 2016 PM Snack															
Juice, Grape 6oz Crt(R-1865)	1 Carton	119.931	0.000	0.000	0.000	0.899	19.989	0.000	59.966	0.000	28.983	0.000	0.000	0.000	26.985
Strawberry Yogurt Danimals (R-1657)	1 Container	80.000	5.000	65.000	0.000	0.000	150.000	0.000	0.000	4.000	16.000	0.000	0.000	0.000	13.000
8/16/2016 - Lunch - August 2016 Supper															
Macaroni & Cheese (R-2180) SY16-17	1 serving	352.200	51.200	417.020	1.680	0.756	451.220	820.000	0.288	17.900	20.540	22.450	11.460	0.000*	2.160*
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
Peas Green (Steamed)R-1540	1/2 Cup	82.920	0.000	8.800	4.281	1.156	0.000	468.117	6.422	5.351	12.844	0.880	0.320	0.000	4.281
Raisins Individual Box(R-0489)	1 Box	130.000	0.000	0.000	2.000	0.720	20.000	0.000	1.200	1.000	34.000	0.000	0.000	0.000	25.000

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		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
8/17/2016 - Lunch - 16-17 Elementary Ala Carte															
Apple Jacks Cereal Pouch(16-17 R- 2339)	1 Pouch	110.000	0.000	170.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	1.000	0.500	0.000	8.000
Birthday Cake Cup	1 Serving	60.000	0.00	65.000	0.00	0.00	100.000	0.00	0.00	3.000	12.000	0.00	0.00	0.00	12.000
Blue Raspbry Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Cereal Bar, Apple, Nutrigrain Bar	1 1/3 oz Bar	160.212	0.000	130.172	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	14.019
Cereal Bar, Bluberry, Nutrigrain Bar	1 Bar	160.212	0.000	135.179	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	15.020
Cereal Bar, Strawbry, Nutrigrain Bar	1 Bar	120.000	0.000	125.000	3.000	1.800	200.000	750.000	0.000	2.000	24.000	3.000	0.500	*	11.000
Cheetos Crunchy Baked	1 Pouch	120.002	0.000	200.003	1.000	0.720	100.002	0.000	0.000	2.000	17.000	4.500	0.500	0.000	1.000
Cheetos Puffs	1 Bag	90.000	0.00	135.000	1.000	0.720	100.000	*	*	2.000	14.00	305.000	0.00	0.00	*
Cheetos, Hot Baked	1 oz	496.00	4.00	458.00	5.200	1.840	72.00	33.00	54.102	8.50	57.700	27.200	8.600	*	*
Chip, Baked Regular Lay's	1 Bag	130.567	0.000	150.654	2.009	0.362	0.000	0.000	2.410	2.009	26.113	2.009	0.000	0.000	2.009
Chip, Nacho Doritos 1z	1 Bag	140.000	0.000	199.998	1.000	0.428	41.068	9.800	0.000	1.999	16.999	7.000	1.000	*	*
Chip,Baked BBQ Lay's 1.125z	1 Bag	110.000	0.000	190.000	2.000	0.000	20.000	0.000	1.200	2.000	19.000	2.500	0.000	0.000	2.000
Chip,Cool Ranch Dorito 1z	1 Bag	140.000	0.000	169.999	1.000	0.428	41.068	9.800	0.000	1.999	17.998	7.000	1.000	*	*
Choc/Van TwisterCone	1 Cone	150.000	0.00	95.000	0.00	0.00	100.000	300.000	0.00	3.000	30.000	2.000	1.500	0.00	20.000
Chocolate Scooter Bar	1 Bar	140.000	0.00	100.000	0.00	1.080	100.000	750.000	0.00	2.000	22.000	5.000	1.500	0.00	17.000
Chocolate Chip Cookie, WG (Bonzer)	1 Cookie	140.002	5.000	110.002	5.000	0.720	0.000	100.002	0.000	1.000	18.000	6.000	3.000	0.000	10.000
Chocolate Cup	1 Serving	70.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Chocolate Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.360	100.000	200.000	0.00	2.000	16.000	1.000	0.500	0.00	13.00
Cookie & Crm Cone	1 Cone	120.000	5.000	100.000	1.000	0.720	100.000	100.000	0.00	2.000	25.000	1.500	1.000	0.00	14.000
Cookie&Crm Sandwich	1 Serving	150.000	5.000	150.000	0.00	0.360	60.000	300.000	0.00	3.000	29.000	2.500	1.500	0.00	13.00
Cotton Candy Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Crazy Cone	1 Cone	120.000	5.000	80.00	0.00	0.00	60.000	300.000	0.00	2.000	24.000	2.000	1.000	0.00	10.000
Dasani Water 16.9 ounces	1 bottle	0.000	*	0.000	0.000	*	*	*	*	0.000	0.000	0.000	*	*	0.000
Fantastix, Hot	1 Pouch	130.000	0.000	210.000	1.000	0.360	0.000	500.000	0.000	2.000	20.000	5.000	1.000	0.000	0.000
Frosted Flakes Cereal Pouch	1 Pouch	100.000	0.000	160.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	0.000	0.000	0.000	7.000
Fruit Loop Cereal Pouch(R-2338)	1 Pouch	110.000	*	170.000	3.000	3.600	*	400.000	12.000	2.000	24.000	1.000	0.500	*	8.000
Fudge-O Bar	1 Bar	80.000	*	80.000	*	*	*	*	*	*	16.000	0.000	0.000	0.000	15.000
Goldfish Pretzels	1 Bag	88.890	0.000	197.534	0.988	0.711	0.000	0.000	0.000	1.975	15.803	1.482	0.000	*	*
Goldfish, Cheddar WG	1 Pack	100.000	1.000	170.000	1.000	0.360	20.000	0.000	0.000	3.000	14.000	3.500	1.000	0.000	0.000
Ice Cream Sandwich	1 Sandwich	180.000	10.000	150.000	*	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Kids Mix	1 Bag	31.130	0.000	56.600	0.283	0.509	0.000	141.500	1.698	0.566	5.094	1.132	0.141	0.000	1.132
Minty Mint Sandwich	1 Serving	180.000	10.000	150.000	0.00	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Orange Blossom Bar	1 Bar	70.000	0.000	50.000	0.000	0.000	0.000	0.000	0.000	0.000	14.000	1.000	0.500	0.000	13.000
Parfaits - Strawberry Yogurt	1 4 oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Parfaits - Vanilla Yogurt	1 4oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Polar Blast Bar	1 Bar	70.000	0.00	5.000	0.00	0.00	0.00	0.00	72.000	0.00	16.000	0.00	0.00	0.00	12.000
Rice Krispy Minis	1 Treat	45.000	0.000	52.500	0.000	0.180	0.000	100.000	0.000	0.250	8.500	1.125	0.375	0.000	3.750
Rice Krispy, WG	1 Bar	160.00	*	140.00	1.000	1.800	*	300.00	*	2.00	30.00	4.00	1.000	*	11.000
Sour Apple Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Spicy Sweet Chili Doritos	1 Bag	130.000	0.000	180.000	2.000	0.360	20.000	0.000	0.000	2.000	20.000	5.000	0.500	0.000	1.000
Straw Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Straw. Scooter Bar	1 Bar	140.000	0.00	50.000	0.00	0.00	80.000	500.000	0.00	1.000	22.000	5.000	1.500	0.00	17.000

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		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
Switch Tropical Pineapple	1 Can	119.997	0.000	10.000	0.000	0.000	0.000	0.000	59.998	0.000	29.999	0.000	0.000	0.000	29.999
Switch, Apple	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Berry Kiwi	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Black Cherry	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Fruit Punch	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Grape	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Lemon Lime	8 fl oz	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Orange Tangerine	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Strawberry Watermelon	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Tostitos Scoops Chip	1 bag	110.000	0.000	125.000	2.000	0.360	20.000	0.000	0.000	2.000	19.000	2.500	0.000	0.000	0.000
Vanilla Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Welch's Fruit Snacks	1 Bag	130.000	0.00	20.000	3.000	4.500	0.00	1250.000	60.000	1.000	33.000	0.00	0.00	0.00	15.000
8/17/2016 - Lunch - August 2016 Lunch (Elementary)															
Banana Petite (Limehouse)R-1661	1 Each	90.000	0.000	1.000	3.000	0.180	10.000	50.000	9.000	1.000	23.000	0.000	0.000	0.000	12.000
BBQ Beef Sloppy Joe(R-2615)	1 Serving	201.317	1.400	270.282	3.466	1.866	193.375	100.250	6.427	7.916	38.888	2.497	0.158	0.018*	9.246*
Ham & Cheese on WG Bun- ES & MS Altern	1 Sandwiches	290.543	42.500*	744.423	4.975	6.623	291.914	973.122*	42.024*	17.975	35.610	8.750	3.250*	0.000*	7.416
Homemade Dill Pickles (R-2188)	1/4 Cup	26.070	0.000	141.600	0.028	0.010	0.566	5.657	0.170	0.028	4.089	1.185	0.085	0.000	4.060
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
PB & J w/ Cheese Stick K-8 (R 2532)	1 KIT	500.000	15.000	650.000	7.000	1.800	310.000	14150.000	1.800	17.000	54.510	25.500	7.000	0.000	19.000
Pear, Fresh Raw DOD (R-2135)	1 Each	103.000	0.000	2.000	6.000	0.360	20.000	50.000	7.200	1.000	28.000	0.000	0.000	0.000	17.000
Romaine Garden Salad w/ Cheese (Elem/1	1 serving	422.271	54.938	818.789	3.098	5.016	428.049	1168.230	30.118	20.147	24.119	27.611	11.005	0.000*	2.208*
Romaine Garden Salad w/ Chicken (Elem	1 Serving	325.310	54.697	691.347	3.098	5.016	128.049	718.230	30.118	19.367	22.619	17.351	5.125	0.000*	2.208*
Sunbutter Pocket & Cheese Stick (R-2160)	1 Sandwich	390.000	15.000	450.000	5.000	2.700	240.000	200.000	0.000	16.000	33.510	23.000	5.500	0.000	14.000
Sweet Potato Wedges	1/2 Cup	133.087	0.000	159.131	3.547	0.798	35.469	16714.709	2.660	1.773	24.241	3.556	0.254	0.000	5.320
8/17/2016 - Lunch - August 2016 PM Snack															
Cereal Bar, Apple Cinnamon WG(R-1620)	1 Cereal Bar	140.000	0.000	170.000	1.000	0.360	40.000	0.000	15.000	2.000	27.000	3.000	1.000	0.000	14.000
Juice, Fruit Punch(6oz) Carton (R-1650)	1 Container	89.949	0.000	24.986	0.000	0.360	19.989	0.000	1.199	0.000	21.987	0.000	0.000	0.000	20.988
8/17/2016 - Lunch - August 2016 Supper															
Banana Petite (Limehouse)R-1661	1 Each	90.000	0.000	1.000	3.000	0.180	10.000	50.000	9.000	1.000	23.000	0.000	0.000	0.000	12.000
Brown Rice (Oven or Steamer) R-1259	1/2 Cup	133.124	0.000	284.905	1.566	0.564	1.705	0.000	0.000	3.132	27.408	1.175	0.000	0.000*	0.000*
Green Beans, (Steamed) (R-1359)	1/2 CUP	35.716	0.000	8.910	1.841	0.331	36.821	500.762	11.046	1.841	5.523	0.891	0.324	0.000	1.841
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
Teriyaki Chicken(Yang's) (R-1775)	1 Serving	130.002	70.001	480.008	0.000	0.720	0.000	0.000	0.000	16.000	10.000	3.500	1.000	0.000	9.000

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8/15/2016 to 8/31/2016

		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
8/18/2016 - Lunch - 16-17 Elementary Ala Carte															
Apple Jacks Cereal Pouch(16-17 R- 2339)	1 Pouch	110.000	0.000	170.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	1.000	0.500	0.000	8.000
Birthday Cake Cup	1 Serving	60.000	0.00	65.000	0.00	0.00	100.000	0.00	0.00	3.000	12.000	0.00	0.00	0.00	12.000
Blue Raspbry Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Cereal Bar, Apple, Nutrigrain Bar	1 1/3 oz Bar	160.212	0.000	130.172	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	14.019
Cereal Bar, Bluberry, Nutrigrain Bar	1 Bar	160.212	0.000	135.179	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	15.020
Cereal Bar, Strawbry, Nutrigrain Bar	1 Bar	120.000	0.000	125.000	3.000	1.800	200.000	750.000	0.000	2.000	24.000	3.000	0.500	*	11.000
Cheetos Crunchy Baked	1 Pouch	120.002	0.000	200.003	1.000	0.720	100.002	0.000	0.000	2.000	17.000	4.500	0.500	0.000	1.000
Cheetos Puffs	1 Bag	90.000	0.00	135.000	1.000	0.720	100.000	*	*	2.000	14.00	305.000	0.00	0.00	*
Cheetos, Hot Baked	1 oz	496.00	4.00	458.00	5.200	1.840	72.00	33.00	54.102	8.50	57.700	27.200	8.600	*	*
Chip, Baked Regular Lay's	1 Bag	130.567	0.000	150.654	2.009	0.362	0.000	0.000	2.410	2.009	26.113	2.009	0.000	0.000	2.009
Chip, Nacho Doritos 1z	1 Bag	140.000	0.000	199.998	1.000	0.428	41.068	9.800	0.000	1.999	16.999	7.000	1.000	*	*
Chip,Baked BBQ Lay's 1.125z	1 Bag	110.000	0.000	190.000	2.000	0.000	20.000	0.000	1.200	2.000	19.000	2.500	0.000	0.000	2.000
Chip,Cool Ranch Dorito 1z	1 Bag	140.000	0.000	169.999	1.000	0.428	41.068	9.800	0.000	1.999	17.998	7.000	1.000	*	*
Choc/Van TwisterCone	1 Cone	150.000	0.00	95.000	0.00	0.00	100.000	300.000	0.00	3.000	30.000	2.000	1.500	0.00	20.000
Chocolate Scooter Bar	1 Bar	140.000	0.00	100.000	0.00	1.080	100.000	750.000	0.00	2.000	22.000	5.000	1.500	0.00	17.000
Chocolate Chip Cookie, WG (Bonzer)	1 Cookie	140.002	5.000	110.002	5.000	0.720	0.000	100.002	0.000	1.000	18.000	6.000	3.000	0.000	10.000
Chocolate Cup	1 Serving	70.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Chocolate Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.360	100.000	200.000	0.00	2.000	16.000	1.000	0.500	0.00	13.00
Cookie & Crm Cone	1 Cone	120.000	5.000	100.000	1.000	0.720	100.000	100.000	0.00	2.000	25.000	1.500	1.000	0.00	14.000
Cookie&Crm Sandwich	1 Serving	150.000	5.000	150.000	0.00	0.360	60.000	300.000	0.00	3.000	29.000	2.500	1.500	0.00	13.00
Cotton Candy Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Crazy Cone	1 Cone	120.000	5.000	80.00	0.00	0.00	60.000	300.000	0.00	2.000	24.000	2.000	1.000	0.00	10.000
Dasani Water 16.9 ounces	1 bottle	0.000	*	0.000	0.000	*	*	*	*	0.000	0.000	0.000	*	*	0.000
Fantastix, Hot	1 Pouch	130.000	0.000	210.000	1.000	0.360	0.000	500.000	0.000	2.000	20.000	5.000	1.000	0.000	0.000
Frosted Flakes Cereal Pouch	1 Pouch	100.000	0.000	160.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	0.000	0.000	0.000	7.000
Fruit Loop Cereal Pouch(R-2338)	1 Pouch	110.000	*	170.000	3.000	3.600	*	400.000	12.000	2.000	24.000	1.000	0.500	*	8.000
Fudge-O Bar	1 Bar	80.000	*	80.000	*	*	*	*	*	*	16.000	0.000	0.000	0.000	15.000
Goldfish Pretzels	1 Bag	88.890	0.000	197.534	0.988	0.711	0.000	0.000	0.000	1.975	15.803	1.482	0.000	*	*
Goldfish, Cheddar WG	1 Pack	100.000	1.000	170.000	1.000	0.360	20.000	0.000	0.000	3.000	14.000	3.500	1.000	0.000	0.000
Ice Cream Sandwich	1 Sandwich	180.000	10.000	150.000	*	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Kids Mix	1 Bag	31.130	0.000	56.600	0.283	0.509	0.000	141.500	1.698	0.566	5.094	1.132	0.141	0.000	1.132
Minty Mint Sandwich	1 Serving	180.000	10.000	150.000	0.00	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Orange Blossom Bar	1 Bar	70.000	0.000	50.000	0.000	0.000	0.000	0.000	0.000	0.000	14.000	1.000	0.500	0.000	13.000
Parfaits - Strawberry Yogurt	1 4 oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Parfaits - Vanilla Yogurt	1 4oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Polar Blast Bar	1 Bar	70.000	0.00	5.000	0.00	0.00	0.00	0.00	72.000	0.00	16.000	0.00	0.00	0.00	12.000
Rice Krispy Minis	1 Treat	45.000	0.000	52.500	0.000	0.180	0.000	100.000	0.000	0.250	8.500	1.125	0.375	0.000	3.750
Rice Krispy, WG	1 Bar	160.00	*	140.00	1.000	1.800	*	300.00	*	2.00	30.00	4.00	1.000	*	11.000
Sour Apple Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Spicy Sweet Chili Doritos	1 Bag	130.000	0.000	180.000	2.000	0.360	20.000	0.000	0.000	2.000	20.000	5.000	0.500	0.000	1.000
Straw Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Straw. Scooter Bar	1 Bar	140.000	0.00	50.000	0.00	0.00	80.000	500.000	0.00	1.000	22.000	5.000	1.500	0.00	17.000

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		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
Switch Tropical Pineapple	1 Can	119.997	0.000	10.000	0.000	0.000	0.000	0.000	59.998	0.000	29.999	0.000	0.000	0.000	29.999
Switch, Apple	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Berry Kiwi	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Black Cherry	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Fruit Punch	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Grape	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Lemon Lime	8 fl oz	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Orange Tangerine	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Strawberry Watermelon	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Tostitos Scoops Chip	1 bag	110.000	0.000	125.000	2.000	0.360	20.000	0.000	0.000	2.000	19.000	2.500	0.000	0.000	0.000
Vanilla Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Welch's Fruit Snacks	1 Bag	130.000	0.00	20.000	3.000	4.500	0.00	1250.000	60.000	1.000	33.000	0.00	0.00	0.00	15.000
8/18/2016 - Lunch - August 2016 Lunch (Elementary)															
Chicken & Waffles w/ Maple Syrup	1 Serving	512.880	53.630	888.390	3.730	2.119	232.400	6525.000	0.582	24.120	69.030	10.810	1.690	0.000	18.100
Ham & Cheese on WG Bun- ES & MS Altern	1 Sandwiches	290.543	42.500*	744.423	4.975	6.623	291.914	973.122*	42.024*	17.975	35.610	8.750	3.250*	0.000*	7.416
Homefries(16-17)	1/4 Cup	188.169	0.000	255.440	4.860	6.123	48.599	100.000	20.412	4.860	24.925	8.889	0.635	0.000	0.000
Hot Cinnamon Apples (R-2654)	1/2 Cup	55.234	0.000	6.871	1.051	1.561*	4.061*	0.000*	1.880*	1.030*	14.201	0.004	0.001	0.000*	11.556*
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
PB & J w/ Cheese Stick K-8 (R 2532)	1 KIT	500.000	15.000	650.000	7.000	1.800	310.000	14150.000	1.800	17.000	54.510	25.500	7.000	0.000	19.000
Pineapple, Tidbits (R 0483)	1/2 Cup	84.000	0.000	1.400	1.120	0.393	19.600	53.200	13.297	0.560	21.980	0.112	0.008	0.000	20.230
Romaine Garden Salad w/ Cheese (Elem/1	1 serving	422.271	54.938	818.789	3.098	5.016	428.049	1168.230	30.118	20.147	24.119	27.611	11.005	0.000*	2.208*
Romaine Garden Salad w/ Chicken (Elem	1 Serving	325.310	54.697	691.347	3.098	5.016	128.049	718.230	30.118	19.367	22.619	17.351	5.125	0.000*	2.208*
Sunbutter Pocket & Cheese Stick (R-2160)	1 Sandwich	390.000	15.000	450.000	5.000	2.700	240.000	200.000	0.000	16.000	33.510	23.000	5.500	0.000	14.000
8/18/2016 - Lunch - August 2016 PM Snack															
Juice, Apple (6oz)(R-1875)	1 Carton	79.954	0.000	14.991	0.000	0.360	19.989	0.000	59.966	0.000	19.989	0.000	0.000	0.000	16.990
Mini Cornbread Loaf(R-1761)	1 Loaf	160.000	35.000	105.000	1.000	0.720	20.000	0.000	0.000	3.000	25.000	6.000	0.500	0.000	10.000
8/18/2016 - Lunch - August 2016 Supper															
Broccoli, Steamed Frozen (16-17 R-0250)	1/2 cup	44.216	0.000	45.836	3.362	0.403	22.413	80.999	40.343	3.362	4.483	1.782	0.648	0.000	1.121
Garlic Breadstick	1 Stick	110.000	0.000	195.000	1.000	0.900	10.000	50.000	1.200	2.500	15.500	4.000	1.000	0.000	0.500
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
Pear, Fresh Raw DOD (R-2135)	1 Each	103.000	0.000	2.000	6.000	0.360	20.000	50.000	7.200	1.000	28.000	0.000	0.000	0.000	17.000
Spaghetti W/Meat Sauce (R-2336)	1 Cup	176.037	1.360	21.366	3.728	1.634	38.369	127.030	1.524	6.278	34.265	1.531	0.153	0.017*	2.950*

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		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
8/19/2016 - Lunch - 16-17 Elementary Ala Carte															
Apple Jacks Cereal Pouch(16-17 R- 2339)	1 Pouch	110.000	0.000	170.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	1.000	0.500	0.000	8.000
Birthday Cake Cup	1 Serving	60.000	0.00	65.000	0.00	0.00	100.000	0.00	0.00	3.000	12.000	0.00	0.00	0.00	12.000
Blue Raspbry Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Cereal Bar, Apple, Nutrigrain Bar	1 1/3 oz Bar	160.212	0.000	130.172	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	14.019
Cereal Bar, Bluberry, Nutrigrain Bar	1 Bar	160.212	0.000	135.179	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	15.020
Cereal Bar, Strawbry, Nutrigrain Bar	1 Bar	120.000	0.000	125.000	3.000	1.800	200.000	750.000	0.000	2.000	24.000	3.000	0.500	*	11.000
Cheetos Crunchy Baked	1 Pouch	120.002	0.000	200.003	1.000	0.720	100.002	0.000	0.000	2.000	17.000	4.500	0.500	0.000	1.000
Cheetos Puffs	1 Bag	90.000	0.00	135.000	1.000	0.720	100.000	*	*	2.000	14.00	305.000	0.00	0.00	*
Cheetos, Hot Baked	1 oz	496.00	4.00	458.00	5.200	1.840	72.00	33.00	54.102	8.50	57.700	27.200	8.600	*	*
Chip, Baked Regular Lay's	1 Bag	130.567	0.000	150.654	2.009	0.362	0.000	0.000	2.410	2.009	26.113	2.009	0.000	0.000	2.009
Chip, Nacho Doritos 1z	1 Bag	140.000	0.000	199.998	1.000	0.428	41.068	9.800	0.000	1.999	16.999	7.000	1.000	*	*
Chip,Baked BBQ Lay's 1.125z	1 Bag	110.000	0.000	190.000	2.000	0.000	20.000	0.000	1.200	2.000	19.000	2.500	0.000	0.000	2.000
Chip,Cool Ranch Dorito 1z	1 Bag	140.000	0.000	169.999	1.000	0.428	41.068	9.800	0.000	1.999	17.998	7.000	1.000	*	*
Choc/Van TwisterCone	1 Cone	150.000	0.00	95.000	0.00	0.00	100.000	300.000	0.00	3.000	30.000	2.000	1.500	0.00	20.000
Chocolate Scooter Bar	1 Bar	140.000	0.00	100.000	0.00	1.080	100.000	750.000	0.00	2.000	22.000	5.000	1.500	0.00	17.000
Chocolate Chip Cookie, WG (Bonzer)	1 Cookie	140.002	5.000	110.002	5.000	0.720	0.000	100.002	0.000	1.000	18.000	6.000	3.000	0.000	10.000
Chocolate Cup	1 Serving	70.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Chocolate Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.360	100.000	200.000	0.00	2.000	16.000	1.000	0.500	0.00	13.00
Cookie & Crm Cone	1 Cone	120.000	5.000	100.000	1.000	0.720	100.000	100.000	0.00	2.000	25.000	1.500	1.000	0.00	14.000
Cookie&Crm Sandwich	1 Serving	150.000	5.000	150.000	0.00	0.360	60.000	300.000	0.00	3.000	29.000	2.500	1.500	0.00	13.00
Cotton Candy Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Crazy Cone	1 Cone	120.000	5.000	80.00	0.00	0.00	60.000	300.000	0.00	2.000	24.000	2.000	1.000	0.00	10.000
Dasani Water 16.9 ounces	1 bottle	0.000	*	0.000	0.000	*	*	*	*	0.000	0.000	0.000	*	*	0.000
Fantastix, Hot	1 Pouch	130.000	0.000	210.000	1.000	0.360	0.000	500.000	0.000	2.000	20.000	5.000	1.000	0.000	0.000
Frosted Flakes Cereal Pouch	1 Pouch	100.000	0.000	160.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	0.000	0.000	0.000	7.000
Fruit Loop Cereal Pouch(R-2338)	1 Pouch	110.000	*	170.000	3.000	3.600	*	400.000	12.000	2.000	24.000	1.000	0.500	*	8.000
Fudge-O Bar	1 Bar	80.000	*	80.000	*	*	*	*	*	*	16.000	0.000	0.000	0.000	15.000
Goldfish Pretzels	1 Bag	88.890	0.000	197.534	0.988	0.711	0.000	0.000	0.000	1.975	15.803	1.482	0.000	*	*
Goldfish, Cheddar WG	1 Pack	100.000	1.000	170.000	1.000	0.360	20.000	0.000	0.000	3.000	14.000	3.500	1.000	0.000	0.000
Ice Cream Sandwich	1 Sandwich	180.000	10.000	150.000	*	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Kids Mix	1 Bag	31.130	0.000	56.600	0.283	0.509	0.000	141.500	1.698	0.566	5.094	1.132	0.141	0.000	1.132
Minty Mint Sandwich	1 Serving	180.000	10.000	150.000	0.00	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Orange Blossom Bar	1 Bar	70.000	0.000	50.000	0.000	0.000	0.000	0.000	0.000	0.000	14.000	1.000	0.500	0.000	13.000
Parfaits - Strawberry Yogurt	1 4 oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Parfaits - Vanilla Yogurt	1 4oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Polar Blast Bar	1 Bar	70.000	0.00	5.000	0.00	0.00	0.00	0.00	72.000	0.00	16.000	0.00	0.00	0.00	12.000
Rice Krispy Minis	1 Treat	45.000	0.000	52.500	0.000	0.180	0.000	100.000	0.000	0.250	8.500	1.125	0.375	0.000	3.750
Rice Krispy, WG	1 Bar	160.00	*	140.00	1.000	1.800	*	300.00	*	2.00	30.00	4.00	1.000	*	11.000
Sour Apple Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Spicy Sweet Chili Doritos	1 Bag	130.000	0.000	180.000	2.000	0.360	20.000	0.000	0.000	2.000	20.000	5.000	0.500	0.000	1.000
Straw Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Straw. Scooter Bar	1 Bar	140.000	0.00	50.000	0.00	0.00	80.000	500.000	0.00	1.000	22.000	5.000	1.500	0.00	17.000

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		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
Switch Tropical Pineapple	1 Can	119.997	0.000	10.000	0.000	0.000	0.000	0.000	59.998	0.000	29.999	0.000	0.000	0.000	29.999
Switch, Apple	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Berry Kiwi	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Black Cherry	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Fruit Punch	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Grape	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Lemon Lime	8 fl oz	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Orange Tangerine	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Strawberry Watermelon	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Tostitos Scoops Chip	1 bag	110.000	0.000	125.000	2.000	0.360	20.000	0.000	0.000	2.000	19.000	2.500	0.000	0.000	0.000
Vanilla Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Welch's Fruit Snacks	1 Bag	130.000	0.00	20.000	3.000	4.500	0.00	1250.000	60.000	1.000	33.000	0.00	0.00	0.00	15.000
8/19/2016 - Lunch - August 2016 Lunch (Elementary)															
Apples, Granny, Fresh (R-0518)	1 Apple	72.000	0.000	1.000	3.300	0.180	10.000	50.000	6.600	0.000	19.060	0.230	0.000	0.000	14.340
Broccoli Cup Fresh w/ Ranch Dressing	1/2 Cup	20.068	0.049	20.983	1.474	0.414	26.847	353.235	50.576	1.609	3.785	0.279	0.033	0.000*	0.010*
Carrots I/W with Dressing Pouch	1 Bag	30.106	0.000	169.234	2.011	0.362	30.053	100.531	0.603	0.000	5.011	0.000	0.000	0.000	3.011
Ham & Cheese on WG Bun- ES & MS Altern	1 Sandwiches	290.543	42.500*	744.423	4.975	6.623	291.914	973.122*	42.024*	17.975	35.610	8.750	3.250*	0.000*	7.416
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
Oranges, Fresh (R-0475)	1 Orange	62.000	0.000	0.000	3.100	0.180	50.000	300.000	69.600	1.230	215.390	0.160	0.020	0.000	12.250
PB & J w/ Cheese Stick K-8 (R 2532)	1 KIT	500.000	15.000	650.000	7.000	1.800	310.000	14150.000	1.800	17.000	54.510	25.500	7.000	0.000	19.000
Pizza(Nardone) Pepperoni Wedge (R-238	1 Slice	350.000	40.000	580.000	3.000	2.700	350.000	400.000	9.000	22.000	29.000	17.000	7.000	0.000	6.000
Pizza,(Nardone) Cheese Wedge(R-0536)	1 Slice	310.000	30.000	360.000	3.000	2.700	450.000	500.000	9.000	22.000	30.000	12.000	6.000	0.000	6.000
Romaine Garden Salad w/ Cheese (Elem/1	1 serving	422.271	54.938	818.789	3.098	5.016	428.049	1168.230	30.118	20.147	24.119	27.611	11.005	0.000*	2.208*
Romaine Garden Salad w/ Chicken (Elem	1 Serving	325.310	54.697	691.347	3.098	5.016	128.049	718.230	30.118	19.367	22.619	17.351	5.125	0.000*	2.208*
Sunbutter Pocket & Cheese Stick (R-2160)	1 Sandwich	390.000	15.000	450.000	5.000	2.700	240.000	200.000	0.000	16.000	33.510	23.000	5.500	0.000	14.000
8/19/2016 - Lunch - August 2016 PM Snack															
Animal Crackers (Keebler)R-2089	1 Bag	130.000	0.000	110.000	2.000	1.080	100.000	0.000	0.000	2.000	21.000	4.000	1.000	0.000	8.000
Juice, Orange 6oz	1 Carton	89.949	0.000	0.000	0.000	0.360	0.000	0.000	93.547	0.000	18.989	0.000	0.000	0.000	17.990
8/19/2016 - Lunch - August 2016 Supper															
Beans, Baked (16-17 R-0008)	1/2 Cup	129.000	0.000	545.769	4.962	1.786	39.692	0.000	0.000	6.946	28.777	0.000	0.000	0.000	9.923
Mandarin Oranges (Canned)R-0546	1/2 CUP	70.000	0.000	10.000	1.000	0.360	0.000	400.000	15.000	1.000	17.000	0.000	0.000	0.000	14.000
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
Turkey (Hot Dog) on WG Bun(R-1279)	1 Sandwich	293.000	35.000	971.000	3.327	2.160	240.000	0.000	2.400	14.200	38.390	11.160	3.008	0.000	8.140

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		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
8/22/2016 - Lunch - 16-17 Elementary Ala Carte															
Apple Jacks Cereal Pouch(16-17 R- 2339)	1 Pouch	110.000	0.000	170.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	1.000	0.500	0.000	8.000
Birthday Cake Cup	1 Serving	60.000	0.00	65.000	0.00	0.00	100.000	0.00	0.00	3.000	12.000	0.00	0.00	0.00	12.000
Blue Raspbry Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Cereal Bar, Apple, Nutrigrain Bar	1 1/3 oz Bar	160.212	0.000	130.172	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	14.019
Cereal Bar, Bluberry, Nutrigrain Bar	1 Bar	160.212	0.000	135.179	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	15.020
Cereal Bar, Strawbry, Nutrigrain Bar	1 Bar	120.000	0.000	125.000	3.000	1.800	200.000	750.000	0.000	2.000	24.000	3.000	0.500	*	11.000
Cheetos Crunchy Baked	1 Pouch	120.002	0.000	200.003	1.000	0.720	100.002	0.000	0.000	2.000	17.000	4.500	0.500	0.000	1.000
Cheetos Puffs	1 Bag	90.000	0.00	135.000	1.000	0.720	100.000	*	*	2.000	14.00	305.000	0.00	0.00	*
Cheetos, Hot Baked	1 oz	496.00	4.00	458.00	5.200	1.840	72.00	33.00	54.102	8.50	57.700	27.200	8.600	*	*
Chip, Baked Regular Lay's	1 Bag	130.567	0.000	150.654	2.009	0.362	0.000	0.000	2.410	2.009	26.113	2.009	0.000	0.000	2.009
Chip, Nacho Doritos 1z	1 Bag	140.000	0.000	199.998	1.000	0.428	41.068	9.800	0.000	1.999	16.999	7.000	1.000	*	*
Chip,Baked BBQ Lay's 1.125z	1 Bag	110.000	0.000	190.000	2.000	0.000	20.000	0.000	1.200	2.000	19.000	2.500	0.000	0.000	2.000
Chip,Cool Ranch Dorito 1z	1 Bag	140.000	0.000	169.999	1.000	0.428	41.068	9.800	0.000	1.999	17.998	7.000	1.000	*	*
Choc/Van TwisterCone	1 Cone	150.000	0.00	95.000	0.00	0.00	100.000	300.000	0.00	3.000	30.000	2.000	1.500	0.00	20.000
Chocolate Scooter Bar	1 Bar	140.000	0.00	100.000	0.00	1.080	100.000	750.000	0.00	2.000	22.000	5.000	1.500	0.00	17.000
Chocolate Chip Cookie, WG (Bonzer)	1 Cookie	140.002	5.000	110.002	5.000	0.720	0.000	100.002	0.000	1.000	18.000	6.000	3.000	0.000	10.000
Chocolate Cup	1 Serving	70.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Chocolate Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.360	100.000	200.000	0.00	2.000	16.000	1.000	0.500	0.00	13.00
Cookie & Crm Cone	1 Cone	120.000	5.000	100.000	1.000	0.720	100.000	100.000	0.00	2.000	25.000	1.500	1.000	0.00	14.000
Cookie&Crm Sandwich	1 Serving	150.000	5.000	150.000	0.00	0.360	60.000	300.000	0.00	3.000	29.000	2.500	1.500	0.00	13.00
Cotton Candy Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Crazy Cone	1 Cone	120.000	5.000	80.00	0.00	0.00	60.000	300.000	0.00	2.000	24.000	2.000	1.000	0.00	10.000
Dasani Water 16.9 ounces	1 bottle	0.000	*	0.000	0.000	*	*	*	*	0.000	0.000	0.000	*	*	0.000
Fantastix, Hot	1 Pouch	130.000	0.000	210.000	1.000	0.360	0.000	500.000	0.000	2.000	20.000	5.000	1.000	0.000	0.000
Frosted Flakes Cereal Pouch	1 Pouch	100.000	0.000	160.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	0.000	0.000	0.000	7.000
Fruit Loop Cereal Pouch(R-2338)	1 Pouch	110.000	*	170.000	3.000	3.600	*	400.000	12.000	2.000	24.000	1.000	0.500	*	8.000
Fudge-O Bar	1 Bar	80.000	*	80.000	*	*	*	*	*	*	16.000	0.000	0.000	0.000	15.000
Goldfish Pretzels	1 Bag	88.890	0.000	197.534	0.988	0.711	0.000	0.000	0.000	1.975	15.803	1.482	0.000	*	*
Goldfish, Cheddar WG	1 Pack	100.000	1.000	170.000	1.000	0.360	20.000	0.000	0.000	3.000	14.000	3.500	1.000	0.000	0.000
Ice Cream Sandwich	1 Sandwich	180.000	10.000	150.000	*	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Kids Mix	1 Bag	31.130	0.000	56.600	0.283	0.509	0.000	141.500	1.698	0.566	5.094	1.132	0.141	0.000	1.132
Minty Mint Sandwich	1 Serving	180.000	10.000	150.000	0.00	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Orange Blossom Bar	1 Bar	70.000	0.000	50.000	0.000	0.000	0.000	0.000	0.000	0.000	14.000	1.000	0.500	0.000	13.000
Parfaits - Strawberry Yogurt	1 4 oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Parfaits - Vanilla Yogurt	1 4oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Polar Blast Bar	1 Bar	70.000	0.00	5.000	0.00	0.00	0.00	0.00	72.000	0.00	16.000	0.00	0.00	0.00	12.000
Rice Krispy Minis	1 Treat	45.000	0.000	52.500	0.000	0.180	0.000	100.000	0.000	0.250	8.500	1.125	0.375	0.000	3.750
Rice Krispy, WG	1 Bar	160.00	*	140.00	1.000	1.800	*	300.00	*	2.00	30.00	4.00	1.000	*	11.000
Sour Apple Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Spicy Sweet Chili Doritos	1 Bag	130.000	0.000	180.000	2.000	0.360	20.000	0.000	0.000	2.000	20.000	5.000	0.500	0.000	1.000
Straw Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Straw. Scooter Bar	1 Bar	140.000	0.00	50.000	0.00	0.00	80.000	500.000	0.00	1.000	22.000	5.000	1.500	0.00	17.000

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		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
Switch Tropical Pineapple	1 Can	119.997	0.000	10.000	0.000	0.000	0.000	0.000	59.998	0.000	29.999	0.000	0.000	0.000	29.999
Switch, Apple	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Berry Kiwi	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Black Cherry	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Fruit Punch	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Grape	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Lemon Lime	8 fl oz	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Orange Tangerine	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Strawberry Watermelon	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Tostitos Scoops Chip	1 bag	110.000	0.000	125.000	2.000	0.360	20.000	0.000	0.000	2.000	19.000	2.500	0.000	0.000	0.000
Vanilla Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Welch's Fruit Snacks	1 Bag	130.000	0.00	20.000	3.000	4.500	0.00	1250.000	60.000	1.000	33.000	0.00	0.00	0.00	15.000
8/22/2016 - Lunch - August 2016 Lunch (Elementary)															
Brown Rice (Oven or Steamer) R-1259	1/2 Cup	133.124	0.000	284.905	1.566	0.564	1.705	0.000	0.000	3.132	27.408	1.175	0.000	0.000*	0.000*
Fortune Cookie(R-2391)	1 Cookie	35.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	7.000	0.000	0.000	0.000	3.000
Ham & Cheese on WG Bun- ES & MS Altern	1 Sandwiches	290.543	42.500*	744.423	4.975	6.623	291.914	973.122*	42.024*	17.975	35.610	8.750	3.250*	0.000*	7.416
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
Orange Popcorn Chicken w/ Pineapple(R-24	oz	164.424	45.113	309.963	0.098	1.848	0.880	109.042	9.665	12.079	22.028	3.021	0.503	0.000	11.891
PB & J w/ Cheese Stick K-8 (R 2532)	1 KIT	500.000	15.000	650.000	7.000	1.800	310.000	14150.000	1.800	17.000	54.510	25.500	7.000	0.000	19.000
Pineapple, Tidbits (R 0483)	1/2 Cup	84.000	0.000	1.400	1.120	0.393	19.600	53.200	13.297	0.560	21.980	0.112	0.008	0.000	20.230
Romaine Garden Salad w/ Cheese (Elem/1	1 serving	422.271	54.938	818.789	3.098	5.016	428.049	1168.230	30.118	20.147	24.119	27.611	11.005	0.000*	2.208*
Romaine Garden Salad w/ Chicken (Elem 1	1 Serving	325.310	54.697	691.347	3.098	5.016	128.049	718.230	30.118	19.367	22.619	17.351	5.125	0.000*	2.208*
Seasonal Grapes-Red/Green/White (R-095	1/2 Cup	76.000	0.000	4.000	0.000	0.720	0.000	0.000	12.000	0.000	8.000	0.000	0.000	0.000	16.000
Sesame Garlic Green Beans (sy16-17)	1/2 Cup	63.130	0.000	0.000	2.135	0.384	42.691	533.638	12.807	2.135	7.154	3.556	0.402	0.000	2.135
Sunbutter Pocket & Cheese Stick (R-2160)	1 Sandwich	390.000	15.000	450.000	5.000	2.700	240.000	200.000	0.000	16.000	33.510	23.000	5.500	0.000	14.000
8/22/2016 - Lunch - August 2016 PM Snack															
Fruit Loop Cereal Pouch(R-2338)	1 Pouch	110.000	*	170.000	3.000	3.600	*	400.000	12.000	2.000	24.000	1.000	0.500	*	8.000
Juice, Apple (6oz)(R-1875)	1 Carton	79.954	0.000	14.991	0.000	0.360	19.989	0.000	59.966	0.000	19.989	0.000	0.000	0.000	16.990
8/22/2016 - Lunch - August 2016 Supper															
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
Pizza,(Nardone) Cheese Wedge(R-0536)	1 Slice	310.000	30.000	360.000	3.000	2.700	450.000	500.000	9.000	22.000	30.000	12.000	6.000	0.000	6.000
Raisins Individual Box(R-0489)	1/2 Box	65.000	0.000	0.000	1.000	0.360	10.000	0.000	0.600	0.500	17.000	0.000	0.000	0.000	12.500
Romaine Garden side Salad with Lt Rancl	3/4 cup	156.453	17.594	331.403	2.084	5.571	130.546	597.096	41.095	6.616	7.546	11.470	3.519	0.000	3.669

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		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
8/23/2016 - Lunch - 16-17 Elementary Ala Carte															
Apple Jacks Cereal Pouch(16-17 R- 2339)	1 Pouch	110.000	0.000	170.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	1.000	0.500	0.000	8.000
Birthday Cake Cup	1 Serving	60.000	0.00	65.000	0.00	0.00	100.000	0.00	0.00	3.000	12.000	0.00	0.00	0.00	12.000
Blue Raspbry Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Cereal Bar, Apple, Nutrigrain Bar	1 1/3 oz Bar	160.212	0.000	130.172	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	14.019
Cereal Bar, Bluberry, Nutrigrain Bar	1 Bar	160.212	0.000	135.179	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	15.020
Cereal Bar, Strawbry, Nutrigrain Bar	1 Bar	120.000	0.000	125.000	3.000	1.800	200.000	750.000	0.000	2.000	24.000	3.000	0.500	*	11.000
Cheetos Crunchy Baked	1 Pouch	120.002	0.000	200.003	1.000	0.720	100.002	0.000	0.000	2.000	17.000	4.500	0.500	0.000	1.000
Cheetos Puffs	1 Bag	90.000	0.00	135.000	1.000	0.720	100.000	*	*	2.000	14.00	305.000	0.00	0.00	*
Cheetos, Hot Baked	1 oz	496.00	4.00	458.00	5.200	1.840	72.00	33.00	54.102	8.50	57.700	27.200	8.600	*	*
Chip, Baked Regular Lay's	1 Bag	130.567	0.000	150.654	2.009	0.362	0.000	0.000	2.410	2.009	26.113	2.009	0.000	0.000	2.009
Chip, Nacho Doritos 1z	1 Bag	140.000	0.000	199.998	1.000	0.428	41.068	9.800	0.000	1.999	16.999	7.000	1.000	*	*
Chip,Baked BBQ Lay's 1.125z	1 Bag	110.000	0.000	190.000	2.000	0.000	20.000	0.000	1.200	2.000	19.000	2.500	0.000	0.000	2.000
Chip,Cool Ranch Dorito 1z	1 Bag	140.000	0.000	169.999	1.000	0.428	41.068	9.800	0.000	1.999	17.998	7.000	1.000	*	*
Choc/Van TwisterCone	1 Cone	150.000	0.00	95.000	0.00	0.00	100.000	300.000	0.00	3.000	30.000	2.000	1.500	0.00	20.000
Chocolate Scooter Bar	1 Bar	140.000	0.00	100.000	0.00	1.080	100.000	750.000	0.00	2.000	22.000	5.000	1.500	0.00	17.000
Chocolate Chip Cookie, WG (Bonzer)	1 Cookie	140.002	5.000	110.002	5.000	0.720	0.000	100.002	0.000	1.000	18.000	6.000	3.000	0.000	10.000
Chocolate Cup	1 Serving	70.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Chocolate Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.360	100.000	200.000	0.00	2.000	16.000	1.000	0.500	0.00	13.00
Cookie & Crm Cone	1 Cone	120.000	5.000	100.000	1.000	0.720	100.000	100.000	0.00	2.000	25.000	1.500	1.000	0.00	14.000
Cookie&Crm Sandwich	1 Serving	150.000	5.000	150.000	0.00	0.360	60.000	300.000	0.00	3.000	29.000	2.500	1.500	0.00	13.00
Cotton Candy Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Crazy Cone	1 Cone	120.000	5.000	80.00	0.00	0.00	60.000	300.000	0.00	2.000	24.000	2.000	1.000	0.00	10.000
Dasani Water 16.9 ounces	1 bottle	0.000	*	0.000	0.000	*	*	*	*	0.000	0.000	0.000	*	*	0.000
Fantastix, Hot	1 Pouch	130.000	0.000	210.000	1.000	0.360	0.000	500.000	0.000	2.000	20.000	5.000	1.000	0.000	0.000
Frosted Flakes Cereal Pouch	1 Pouch	100.000	0.000	160.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	0.000	0.000	0.000	7.000
Fruit Loop Cereal Pouch(R-2338)	1 Pouch	110.000	*	170.000	3.000	3.600	*	400.000	12.000	2.000	24.000	1.000	0.500	*	8.000
Fudge-O Bar	1 Bar	80.000	*	80.000	*	*	*	*	*	*	16.000	0.000	0.000	0.000	15.000
Goldfish Pretzels	1 Bag	88.890	0.000	197.534	0.988	0.711	0.000	0.000	0.000	1.975	15.803	1.482	0.000	*	*
Goldfish, Cheddar WG	1 Pack	100.000	1.000	170.000	1.000	0.360	20.000	0.000	0.000	3.000	14.000	3.500	1.000	0.000	0.000
Ice Cream Sandwich	1 Sandwich	180.000	10.000	150.000	*	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Kids Mix	1 Bag	31.130	0.000	56.600	0.283	0.509	0.000	141.500	1.698	0.566	5.094	1.132	0.141	0.000	1.132
Minty Mint Sandwich	1 Serving	180.000	10.000	150.000	0.00	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Orange Blossom Bar	1 Bar	70.000	0.000	50.000	0.000	0.000	0.000	0.000	0.000	0.000	14.000	1.000	0.500	0.000	13.000
Parfaits - Strawberry Yogurt	1 4 oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Parfaits - Vanilla Yogurt	1 4oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Polar Blast Bar	1 Bar	70.000	0.00	5.000	0.00	0.00	0.00	0.00	72.000	0.00	16.000	0.00	0.00	0.00	12.000
Rice Krispy Minis	1 Treat	45.000	0.000	52.500	0.000	0.180	0.000	100.000	0.000	0.250	8.500	1.125	0.375	0.000	3.750
Rice Krispy, WG	1 Bar	160.00	*	140.00	1.000	1.800	*	300.00	*	2.00	30.00	4.00	1.000	*	11.000
Sour Apple Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Spicy Sweet Chili Doritos	1 Bag	130.000	0.000	180.000	2.000	0.360	20.000	0.000	0.000	2.000	20.000	5.000	0.500	0.000	1.000
Straw Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Straw. Scooter Bar	1 Bar	140.000	0.00	50.000	0.00	0.00	80.000	500.000	0.00	1.000	22.000	5.000	1.500	0.00	17.000

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		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
Switch Tropical Pineapple	1 Can	119.997	0.000	10.000	0.000	0.000	0.000	0.000	59.998	0.000	29.999	0.000	0.000	0.000	29.999
Switch, Apple	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Berry Kiwi	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Black Cherry	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Fruit Punch	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Grape	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Lemon Lime	8 fl oz	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Orange Tangerine	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Strawberry Watermelon	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Tostitos Scoops Chip	1 bag	110.000	0.000	125.000	2.000	0.360	20.000	0.000	0.000	2.000	19.000	2.500	0.000	0.000	0.000
Vanilla Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Welch's Fruit Snacks	1 Bag	130.000	0.00	20.000	3.000	4.500	0.00	1250.000	60.000	1.000	33.000	0.00	0.00	0.00	15.000
8/23/2016 - Lunch - August 2016 Lunch (Elementary)															
Apples, Gold, Fresh (R-0471)	1 APPLE	80.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	22.000	0.000	0.000	0.000	0.000
Grilled American Cheese on WG White Loa	1 Sandwich	420.000	50.000	1308.000	2.000	1.440	340.000	1000.000	0.000	16.000	30.000	27.800	13.200	0.000	4.000
Ham & Cheese on WG Bun- ES & MS Altern	1 Sandwiches	290.543	42.500*	744.423	4.975	6.623	291.914	973.122*	42.024*	17.975	35.610	8.750	3.250*	0.000*	7.416
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
Oranges, Fresh (R-0475)	1 Orange	62.000	0.000	0.000	3.100	0.180	50.000	300.000	69.600	1.230	215.390	0.160	0.020	0.000	12.250
PB & J w/ Cheese Stick K-8 (R 2532)	1 KIT	500.000	15.000	650.000	7.000	1.800	310.000	14150.000	1.800	17.000	54.510	25.500	7.000	0.000	19.000
Romaine Garden Salad w/ Cheese (Elem/1	1 serving	422.271	54.938	818.789	3.098	5.016	428.049	1168.230	30.118	20.147	24.119	27.611	11.005	0.000*	2.208*
Romaine Garden Salad w/ Chicken (Elem	1 Serving	325.310	54.697	691.347	3.098	5.016	128.049	718.230	30.118	19.367	22.619	17.351	5.125	0.000*	2.208*
Rosemary Roasted Potato Wedges (R-1608	1/2 CUP	104.987	0.000	6.560	3.280	0.590	0.000	0.000	17.712	3.280	17.900	4.741	0.339	0.000	0.000
Sunbutter Pocket & Cheese Stick (R-2160)	1 Sandwich	390.000	15.000	450.000	5.000	2.700	240.000	200.000	0.000	16.000	33.510	23.000	5.500	0.000	14.000
Tomato Basil Soup(Homemade) R-1591	1 Cup	130.944	5.670	461.491	4.298	2.431	120.864	637.790	10.871	7.444	20.223	4.021	1.371	0.000*	6.273*
8/23/2016 - Lunch - August 2016 PM Snack															
Juice, Grape 6oz Crt(R-1865)	1 Carton	119.931	0.000	0.000	0.000	0.899	19.989	0.000	59.966	0.000	28.983	0.000	0.000	0.000	26.985
8/23/2016 - Lunch - August 2016 Supper															
Banana Petite (Limehouse)R-1661	1 Each	90.000	0.000	1.000	3.000	0.180	10.000	50.000	9.000	1.000	23.000	0.000	0.000	0.000	12.000
Beans, Baked (16-17 R-0008)	1/2 Cup	129.000	0.000	545.769	4.962	1.786	39.692	0.000	0.000	6.946	28.777	0.000	0.000	0.000	9.923
Hamburger on WG Bun(R-1289)	1 Burger	302.508	25.000	567.885	4.003	3.482	226.885	100.000	0.000	17.741	34.357	12.029	4.008	0.000	5.878
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000

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		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
8/24/2016 - Lunch - 16-17 Elementary Ala Carte															
Apple Jacks Cereal Pouch(16-17 R- 2339)	1 Pouch	110.000	0.000	170.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	1.000	0.500	0.000	8.000
Birthday Cake Cup	1 Serving	60.000	0.00	65.000	0.00	0.00	100.000	0.00	0.00	3.000	12.000	0.00	0.00	0.00	12.000
Blue Raspbry Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Cereal Bar, Apple, Nutrigrain Bar	1 1/3 oz Bar	160.212	0.000	130.172	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	14.019
Cereal Bar, Bluberry, Nutrigrain Bar	1 Bar	160.212	0.000	135.179	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	15.020
Cereal Bar, Strawbry, Nutrigrain Bar	1 Bar	120.000	0.000	125.000	3.000	1.800	200.000	750.000	0.000	2.000	24.000	3.000	0.500	*	11.000
Cheetos Crunchy Baked	1 Pouch	120.002	0.000	200.003	1.000	0.720	100.002	0.000	0.000	2.000	17.000	4.500	0.500	0.000	1.000
Cheetos Puffs	1 Bag	90.000	0.00	135.000	1.000	0.720	100.000	*	*	2.000	14.00	305.000	0.00	0.00	*
Cheetos, Hot Baked	1 oz	496.00	4.00	458.00	5.200	1.840	72.00	33.00	54.102	8.50	57.700	27.200	8.600	*	*
Chip, Baked Regular Lay's	1 Bag	130.567	0.000	150.654	2.009	0.362	0.000	0.000	2.410	2.009	26.113	2.009	0.000	0.000	2.009
Chip, Nacho Doritos 1z	1 Bag	140.000	0.000	199.998	1.000	0.428	41.068	9.800	0.000	1.999	16.999	7.000	1.000	*	*
Chip,Baked BBQ Lay's 1.125z	1 Bag	110.000	0.000	190.000	2.000	0.000	20.000	0.000	1.200	2.000	19.000	2.500	0.000	0.000	2.000
Chip,Cool Ranch Dorito 1z	1 Bag	140.000	0.000	169.999	1.000	0.428	41.068	9.800	0.000	1.999	17.998	7.000	1.000	*	*
Choc/Van TwisterCone	1 Cone	150.000	0.00	95.000	0.00	0.00	100.000	300.000	0.00	3.000	30.000	2.000	1.500	0.00	20.000
Chocolate Scooter Bar	1 Bar	140.000	0.00	100.000	0.00	1.080	100.000	750.000	0.00	2.000	22.000	5.000	1.500	0.00	17.000
Chocolate Chip Cookie, WG (Bonzer)	1 Cookie	140.002	5.000	110.002	5.000	0.720	0.000	100.002	0.000	1.000	18.000	6.000	3.000	0.000	10.000
Chocolate Cup	1 Serving	70.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Chocolate Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.360	100.000	200.000	0.00	2.000	16.000	1.000	0.500	0.00	13.00
Cookie & Crm Cone	1 Cone	120.000	5.000	100.000	1.000	0.720	100.000	100.000	0.00	2.000	25.000	1.500	1.000	0.00	14.000
Cookie&Crm Sandwich	1 Serving	150.000	5.000	150.000	0.00	0.360	60.000	300.000	0.00	3.000	29.000	2.500	1.500	0.00	13.00
Cotton Candy Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Crazy Cone	1 Cone	120.000	5.000	80.00	0.00	0.00	60.000	300.000	0.00	2.000	24.000	2.000	1.000	0.00	10.000
Dasani Water 16.9 ounces	1 bottle	0.000	*	0.000	0.000	*	*	*	*	0.000	0.000	0.000	*	*	0.000
Fantastix, Hot	1 Pouch	130.000	0.000	210.000	1.000	0.360	0.000	500.000	0.000	2.000	20.000	5.000	1.000	0.000	0.000
Frosted Flakes Cereal Pouch	1 Pouch	100.000	0.000	160.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	0.000	0.000	0.000	7.000
Fruit Loop Cereal Pouch(R-2338)	1 Pouch	110.000	*	170.000	3.000	3.600	*	400.000	12.000	2.000	24.000	1.000	0.500	*	8.000
Fudge-O Bar	1 Bar	80.000	*	80.000	*	*	*	*	*	*	16.000	0.000	0.000	0.000	15.000
Goldfish Pretzels	1 Bag	88.890	0.000	197.534	0.988	0.711	0.000	0.000	0.000	1.975	15.803	1.482	0.000	*	*
Goldfish, Cheddar WG	1 Pack	100.000	1.000	170.000	1.000	0.360	20.000	0.000	0.000	3.000	14.000	3.500	1.000	0.000	0.000
Ice Cream Sandwich	1 Sandwich	180.000	10.000	150.000	*	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Kids Mix	1 Bag	31.130	0.000	56.600	0.283	0.509	0.000	141.500	1.698	0.566	5.094	1.132	0.141	0.000	1.132
Minty Mint Sandwich	1 Serving	180.000	10.000	150.000	0.00	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Orange Blossom Bar	1 Bar	70.000	0.000	50.000	0.000	0.000	0.000	0.000	0.000	0.000	14.000	1.000	0.500	0.000	13.000
Parfaits - Strawberry Yogurt	1 4 oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Parfaits - Vanilla Yogurt	1 4oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Polar Blast Bar	1 Bar	70.000	0.00	5.000	0.00	0.00	0.00	0.00	72.000	0.00	16.000	0.00	0.00	0.00	12.000
Rice Krispy Minis	1 Treat	45.000	0.000	52.500	0.000	0.180	0.000	100.000	0.000	0.250	8.500	1.125	0.375	0.000	3.750
Rice Krispy, WG	1 Bar	160.00	*	140.00	1.000	1.800	*	300.00	*	2.00	30.00	4.00	1.000	*	11.000
Sour Apple Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Spicy Sweet Chili Doritos	1 Bag	130.000	0.000	180.000	2.000	0.360	20.000	0.000	0.000	2.000	20.000	5.000	0.500	0.000	1.000
Straw Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Straw. Scooter Bar	1 Bar	140.000	0.00	50.000	0.00	0.00	80.000	500.000	0.00	1.000	22.000	5.000	1.500	0.00	17.000

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		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
Switch Tropical Pineapple	1 Can	119.997	0.000	10.000	0.000	0.000	0.000	0.000	59.998	0.000	29.999	0.000	0.000	0.000	29.999
Switch, Apple	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Berry Kiwi	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Black Cherry	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Fruit Punch	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Grape	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Lemon Lime	8 fl oz	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Orange Tangerine	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Strawberry Watermelon	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Tostitos Scoops Chip	1 bag	110.000	0.000	125.000	2.000	0.360	20.000	0.000	0.000	2.000	19.000	2.500	0.000	0.000	0.000
Vanilla Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Welch's Fruit Snacks	1 Bag	130.000	0.00	20.000	3.000	4.500	0.00	1250.000	60.000	1.000	33.000	0.00	0.00	0.00	15.000
8/24/2016 - Lunch - August 2016 Lunch (Elementary)															
Broccoli, Steamed Frozen (16-17 R-0250)	1/2 cup	44.216	0.000	45.836	3.362	0.403	22.413	80.999	40.343	3.362	4.483	1.782	0.648	0.000	1.121
Garlic Breadstick	1 Stick	110.000	0.000	195.000	1.000	0.900	10.000	50.000	1.200	2.500	15.500	4.000	1.000	0.000	0.500
Ham & Cheese on WG Bun- ES & MS Altern	1 Sandwiches	290.543	42.500*	744.423	4.975	6.623	291.914	973.122*	42.024*	17.975	35.610	8.750	3.250*	0.000*	7.416
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
PB & J w/ Cheese Stick K-8 (R 2532)	1 KIT	500.000	15.000	650.000	7.000	1.800	310.000	14150.000	1.800	17.000	54.510	25.500	7.000	0.000	19.000
Pear, Fresh Raw DOD (R-2135)	1 Each	103.000	0.000	2.000	6.000	0.360	20.000	50.000	7.200	1.000	28.000	0.000	0.000	0.000	17.000
Romaine Garden Salad w/ Cheese (Elem/1	1 serving	422.271	54.938	818.789	3.098	5.016	428.049	1168.230	30.118	20.147	24.119	27.611	11.005	0.000*	2.208*
Romaine Garden Salad w/ Chicken (Elem	1 Serving	325.310	54.697	691.347	3.098	5.016	128.049	718.230	30.118	19.367	22.619	17.351	5.125	0.000*	2.208*
Spaghetti W/Meat Sauce (R-2336)	1 Cup	176.037	1.360	21.366	3.728	1.634	38.369	127.030	1.524	6.278	34.265	1.531	0.153	0.017*	2.950*
Sunbutter Pocket & Cheese Stick (R-2160)	1 Sandwich	390.000	15.000	450.000	5.000	2.700	240.000	200.000	0.000	16.000	33.510	23.000	5.500	0.000	14.000
8/24/2016 - Lunch - August 2016 PM Snack															
Bug Bites(R-1871)	1 Bag	120.000	0.000	115.000	1.000	0.720	100.000	500.000	0.000	2.000	21.000	3.500	1.000	0.000	8.000
Juice, Fruit Punch(6oz) Carton (R-1650)	1 Container	89.949	0.000	24.986	0.000	0.360	19.989	0.000	1.199	0.000	21.987	0.000	0.000	0.000	20.988
8/24/2016 - Lunch - August 2016 Supper															
Chicken and Brown Rice(R-1723)	3/4 cup	204.012	37.259	427.369	1.682	0.580*	1.137	221.437	2.722	12.897	28.328	4.415	1.620	0.000*	0.255*
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
Peas Green (Steamed)R-1540	1/2 Cup	82.920	0.000	8.800	4.281	1.156	0.000	468.117	6.422	5.351	12.844	0.880	0.320	0.000	4.281
Pineapple, Tidbits (R 0483)	1/2 Cup	84.000	0.000	1.400	1.120	0.393	19.600	53.200	13.297	0.560	21.980	0.112	0.008	0.000	20.230

Charleston County Schools
Simple Average
8/15/2016 to 8/31/2016

		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
8/25/2016 - Lunch - 16-17 Elementary Ala Carte															
Apple Jacks Cereal Pouch(16-17 R- 2339)	1 Pouch	110.000	0.000	170.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	1.000	0.500	0.000	8.000
Birthday Cake Cup	1 Serving	60.000	0.00	65.000	0.00	0.00	100.000	0.00	0.00	3.000	12.000	0.00	0.00	0.00	12.000
Blue Raspbry Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Cereal Bar, Apple, Nutrigrain Bar	1 1/3 oz Bar	160.212	0.000	130.172	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	14.019
Cereal Bar, Bluberry, Nutrigrain Bar	1 Bar	160.212	0.000	135.179	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	15.020
Cereal Bar, Strawbry, Nutrigrain Bar	1 Bar	120.000	0.000	125.000	3.000	1.800	200.000	750.000	0.000	2.000	24.000	3.000	0.500	*	11.000
Cheetos Crunchy Baked	1 Pouch	120.002	0.000	200.003	1.000	0.720	100.002	0.000	0.000	2.000	17.000	4.500	0.500	0.000	1.000
Cheetos Puffs	1 Bag	90.000	0.00	135.000	1.000	0.720	100.000	*	*	2.000	14.00	305.000	0.00	0.00	*
Cheetos, Hot Baked	1 oz	496.00	4.00	458.00	5.200	1.840	72.00	33.00	54.102	8.50	57.700	27.200	8.600	*	*
Chip, Baked Regular Lay's	1 Bag	130.567	0.000	150.654	2.009	0.362	0.000	0.000	2.410	2.009	26.113	2.009	0.000	0.000	2.009
Chip, Nacho Doritos 1z	1 Bag	140.000	0.000	199.998	1.000	0.428	41.068	9.800	0.000	1.999	16.999	7.000	1.000	*	*
Chip,Baked BBQ Lay's 1.125z	1 Bag	110.000	0.000	190.000	2.000	0.000	20.000	0.000	1.200	2.000	19.000	2.500	0.000	0.000	2.000
Chip,Cool Ranch Dorito 1z	1 Bag	140.000	0.000	169.999	1.000	0.428	41.068	9.800	0.000	1.999	17.998	7.000	1.000	*	*
Choc/Van TwisterCone	1 Cone	150.000	0.00	95.000	0.00	0.00	100.000	300.000	0.00	3.000	30.000	2.000	1.500	0.00	20.000
Chocolate Scooter Bar	1 Bar	140.000	0.00	100.000	0.00	1.080	100.000	750.000	0.00	2.000	22.000	5.000	1.500	0.00	17.000
Chocolate Chip Cookie, WG (Bonzer)	1 Cookie	140.002	5.000	110.002	5.000	0.720	0.000	100.002	0.000	1.000	18.000	6.000	3.000	0.000	10.000
Chocolate Cup	1 Serving	70.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Chocolate Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.360	100.000	200.000	0.00	2.000	16.000	1.000	0.500	0.00	13.00
Cookie & Crm Cone	1 Cone	120.000	5.000	100.000	1.000	0.720	100.000	100.000	0.00	2.000	25.000	1.500	1.000	0.00	14.000
Cookie&Crm Sandwich	1 Serving	150.000	5.000	150.000	0.00	0.360	60.000	300.000	0.00	3.000	29.000	2.500	1.500	0.00	13.00
Cotton Candy Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Crazy Cone	1 Cone	120.000	5.000	80.00	0.00	0.00	60.000	300.000	0.00	2.000	24.000	2.000	1.000	0.00	10.000
Dasani Water 16.9 ounces	1 bottle	0.000	*	0.000	0.000	*	*	*	*	0.000	0.000	0.000	*	*	0.000
Fantastix, Hot	1 Pouch	130.000	0.000	210.000	1.000	0.360	0.000	500.000	0.000	2.000	20.000	5.000	1.000	0.000	0.000
Frosted Flakes Cereal Pouch	1 Pouch	100.000	0.000	160.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	0.000	0.000	0.000	7.000
Fruit Loop Cereal Pouch(R-2338)	1 Pouch	110.000	*	170.000	3.000	3.600	*	400.000	12.000	2.000	24.000	1.000	0.500	*	8.000
Fudge-O Bar	1 Bar	80.000	*	80.000	*	*	*	*	*	*	16.000	0.000	0.000	0.000	15.000
Goldfish Pretzels	1 Bag	88.890	0.000	197.534	0.988	0.711	0.000	0.000	0.000	1.975	15.803	1.482	0.000	*	*
Goldfish, Cheddar WG	1 Pack	100.000	1.000	170.000	1.000	0.360	20.000	0.000	0.000	3.000	14.000	3.500	1.000	0.000	0.000
Ice Cream Sandwich	1 Sandwich	180.000	10.000	150.000	*	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Kids Mix	1 Bag	31.130	0.000	56.600	0.283	0.509	0.000	141.500	1.698	0.566	5.094	1.132	0.141	0.000	1.132
Minty Mint Sandwich	1 Serving	180.000	10.000	150.000	0.00	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Orange Blossom Bar	1 Bar	70.000	0.000	50.000	0.000	0.000	0.000	0.000	0.000	0.000	14.000	1.000	0.500	0.000	13.000
Parfaits - Strawberry Yogurt	1 4 oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Parfaits - Vanilla Yogurt	1 4oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Polar Blast Bar	1 Bar	70.000	0.00	5.000	0.00	0.00	0.00	0.00	72.000	0.00	16.000	0.00	0.00	0.00	12.000
Rice Krispy Minis	1 Treat	45.000	0.000	52.500	0.000	0.180	0.000	100.000	0.000	0.250	8.500	1.125	0.375	0.000	3.750
Rice Krispy, WG	1 Bar	160.00	*	140.00	1.000	1.800	*	300.00	*	2.00	30.00	4.00	1.000	*	11.000
Sour Apple Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Spicy Sweet Chili Doritos	1 Bag	130.000	0.000	180.000	2.000	0.360	20.000	0.000	0.000	2.000	20.000	5.000	0.500	0.000	1.000
Straw Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Straw. Scooter Bar	1 Bar	140.000	0.00	50.000	0.00	0.00	80.000	500.000	0.00	1.000	22.000	5.000	1.500	0.00	17.000

Simple Average

8/15/2016 to 8/31/2016

		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
Switch Tropical Pineapple	1 Can	119.997	0.000	10.000	0.000	0.000	0.000	0.000	59.998	0.000	29.999	0.000	0.000	0.000	29.999
Switch, Apple	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Berry Kiwi	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Black Cherry	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Fruit Punch	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Grape	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Lemon Lime	8 fl oz	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Orange Tangerine	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Strawberry Watermelon	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Tostitos Scoops Chip	1 bag	110.000	0.000	125.000	2.000	0.360	20.000	0.000	0.000	2.000	19.000	2.500	0.000	0.000	0.000
Vanilla Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Welch's Fruit Snacks	1 Bag	130.000	0.00	20.000	3.000	4.500	0.00	1250.000	60.000	1.000	33.000	0.00	0.00	0.00	15.000
8/25/2016 - Lunch - August 2016 Lunch (Elementary)															
Banana Petite (Limehouse)R-1661	1 Each	90.000	0.000	1.000	3.000	0.180	10.000	50.000	9.000	1.000	23.000	0.000	0.000	0.000	12.000
Barbecued Baked Chicken(R -1172)	1 serving	487.383	120.654	167.613	0.010	0.718	2.238	66.667	0.842	35.300	5.266	35.268	11.137	0.000*	5.123*
Butter Beans	1/2 Cup	145.256	0.000	202.312	5.968	1.611	32.684	25.000	3.581	8.952	29.842	0.550	0.200	0.000*	1.492*
Ham & Cheese on WG Bun- ES & MS Altern	1 Sandwiches	290.543	42.500*	744.423	4.975	6.623	291.914	973.122*	42.024*	17.975	35.610	8.750	3.250*	0.000*	7.416
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
PB & J w/ Cheese Stick K-8 (R 2532)	1 KIT	500.000	15.000	650.000	7.000	1.800	310.000	14150.000	1.800	17.000	54.510	25.500	7.000	0.000	19.000
Rice- Red Charleston Style (R-1584)	2/3 Cup	162.147	0.000	63.928	2.204	0.771	8.476	231.640	7.167	3.678	30.658	2.961	0.129	0.000*	1.519*
Romaine Garden Salad w/ Cheese (Elem/1	1 serving	422.271	54.938	818.789	3.098	5.016	428.049	1168.230	30.118	20.147	24.119	27.611	11.005	0.000*	2.208*
Romaine Garden Salad w/ Chicken (Elem	1 Serving	325.310	54.697	691.347	3.098	5.016	128.049	718.230	30.118	19.367	22.619	17.351	5.125	0.000*	2.208*
Seasonal Grapes-Red/Green/White (R-095	1/2 Cup	76.000	0.000	4.000	0.000	0.720	0.000	0.000	12.000	0.000	8.000	0.000	0.000	0.000	16.000
Sunbutter Pocket & Cheese Stick (R-2160)	1 Sandwich	390.000	15.000	450.000	5.000	2.700	240.000	200.000	0.000	16.000	33.510	23.000	5.500	0.000	14.000
8/25/2016 - Lunch - August 2016 PM Snack															
Juice, Apple (6oz)(R-1875)	1 Carton	79.954	0.000	14.991	0.000	0.360	19.989	0.000	59.966	0.000	19.989	0.000	0.000	0.000	16.990
Yogurt, Vanilla Danimals(R -1656)	1 Container	80.000	5.000	60.000	0.000	0.000	150.000	0.000	0.000	4.000	16.000	0.000	0.000	0.000	13.000
8/25/2016 - Lunch - August 2016 Supper															
Garlic Breadstick	1 Stick	110.000	0.000	195.000	1.000	0.900	10.000	50.000	1.200	2.500	15.500	4.000	1.000	0.000	0.500
Meatloaf (R- 1206)	1 Piece	177.781	34.568	562.972	0.988	1.778	19.753	197.534	3.556	11.852	7.901	10.864	4.445	4.938	4.938
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
Red Apple (R-1666)	1 Apple	95.000	0.000	2.000	4.000	0.180	10.000	100.000	8.400	0.000	25.000	0.000	0.000	0.000	19.000
Sweet Potato, Fresh BakedR-0670	1/2 cup	56.200	0.000	36.350	2.000	0.360*	20.000*	1977.000	1.500*	1.000	13.000	0.025	0.005	0.000	2.500

Charleston County Schools
Simple Average
8/15/2016 to 8/31/2016

		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
8/26/2016 - Lunch - 16-17 Elementary Ala Carte															
Apple Jacks Cereal Pouch(16-17 R- 2339)	1 Pouch	110.000	0.000	170.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	1.000	0.500	0.000	8.000
Birthday Cake Cup	1 Serving	60.000	0.00	65.000	0.00	0.00	100.000	0.00	0.00	3.000	12.000	0.00	0.00	0.00	12.000
Blue Raspbry Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Cereal Bar, Apple, Nutrigrain Bar	1 1/3 oz Bar	160.212	0.000	130.172	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	14.019
Cereal Bar, Bluberry, Nutrigrain Bar	1 Bar	160.212	0.000	135.179	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	15.020
Cereal Bar, Strawbry, Nutrigrain Bar	1 Bar	120.000	0.000	125.000	3.000	1.800	200.000	750.000	0.000	2.000	24.000	3.000	0.500	*	11.000
Cheetos Crunchy Baked	1 Pouch	120.002	0.000	200.003	1.000	0.720	100.002	0.000	0.000	2.000	17.000	4.500	0.500	0.000	1.000
Cheetos Puffs	1 Bag	90.000	0.00	135.000	1.000	0.720	100.000	*	*	2.000	14.00	305.000	0.00	0.00	*
Cheetos, Hot Baked	1 oz	496.00	4.00	458.00	5.200	1.840	72.00	33.00	54.102	8.50	57.700	27.200	8.600	*	*
Chip, Baked Regular Lay's	1 Bag	130.567	0.000	150.654	2.009	0.362	0.000	0.000	2.410	2.009	26.113	2.009	0.000	0.000	2.009
Chip, Nacho Doritos 1z	1 Bag	140.000	0.000	199.998	1.000	0.428	41.068	9.800	0.000	1.999	16.999	7.000	1.000	*	*
Chip,Baked BBQ Lay's 1.125z	1 Bag	110.000	0.000	190.000	2.000	0.000	20.000	0.000	1.200	2.000	19.000	2.500	0.000	0.000	2.000
Chip,Cool Ranch Dorito 1z	1 Bag	140.000	0.000	169.999	1.000	0.428	41.068	9.800	0.000	1.999	17.998	7.000	1.000	*	*
Choc/Van TwisterCone	1 Cone	150.000	0.00	95.000	0.00	0.00	100.000	300.000	0.00	3.000	30.000	2.000	1.500	0.00	20.000
Chocolate Scooter Bar	1 Bar	140.000	0.00	100.000	0.00	1.080	100.000	750.000	0.00	2.000	22.000	5.000	1.500	0.00	17.000
Chocolate Chip Cookie, WG (Bonzer)	1 Cookie	140.002	5.000	110.002	5.000	0.720	0.000	100.002	0.000	1.000	18.000	6.000	3.000	0.000	10.000
Chocolate Cup	1 Serving	70.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Chocolate Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.360	100.000	200.000	0.00	2.000	16.000	1.000	0.500	0.00	13.00
Cookie & Crm Cone	1 Cone	120.000	5.000	100.000	1.000	0.720	100.000	100.000	0.00	2.000	25.000	1.500	1.000	0.00	14.000
Cookie&Crm Sandwich	1 Serving	150.000	5.000	150.000	0.00	0.360	60.000	300.000	0.00	3.000	29.000	2.500	1.500	0.00	13.00
Cotton Candy Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Crazy Cone	1 Cone	120.000	5.000	80.00	0.00	0.00	60.000	300.000	0.00	2.000	24.000	2.000	1.000	0.00	10.000
Dasani Water 16.9 ounces	1 bottle	0.000	*	0.000	0.000	*	*	*	*	0.000	0.000	0.000	*	*	0.000
Fantastix, Hot	1 Pouch	130.000	0.000	210.000	1.000	0.360	0.000	500.000	0.000	2.000	20.000	5.000	1.000	0.000	0.000
Frosted Flakes Cereal Pouch	1 Pouch	100.000	0.000	160.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	0.000	0.000	0.000	7.000
Fruit Loop Cereal Pouch(R-2338)	1 Pouch	110.000	*	170.000	3.000	3.600	*	400.000	12.000	2.000	24.000	1.000	0.500	*	8.000
Fudge-O Bar	1 Bar	80.000	*	80.000	*	*	*	*	*	*	16.000	0.000	0.000	0.000	15.000
Goldfish Pretzels	1 Bag	88.890	0.000	197.534	0.988	0.711	0.000	0.000	0.000	1.975	15.803	1.482	0.000	*	*
Goldfish, Cheddar WG	1 Pack	100.000	1.000	170.000	1.000	0.360	20.000	0.000	0.000	3.000	14.000	3.500	1.000	0.000	0.000
Ice Cream Sandwich	1 Sandwich	180.000	10.000	150.000	*	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Kids Mix	1 Bag	31.130	0.000	56.600	0.283	0.509	0.000	141.500	1.698	0.566	5.094	1.132	0.141	0.000	1.132
Minty Mint Sandwich	1 Serving	180.000	10.000	150.000	0.00	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Orange Blossom Bar	1 Bar	70.000	0.000	50.000	0.000	0.000	0.000	0.000	0.000	0.000	14.000	1.000	0.500	0.000	13.000
Parfaits - Strawberry Yogurt	1 4 oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Parfaits - Vanilla Yogurt	1 4oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Polar Blast Bar	1 Bar	70.000	0.00	5.000	0.00	0.00	0.00	0.00	72.000	0.00	16.000	0.00	0.00	0.00	12.000
Rice Krispy Minis	1 Treat	45.000	0.000	52.500	0.000	0.180	0.000	100.000	0.000	0.250	8.500	1.125	0.375	0.000	3.750
Rice Krispy, WG	1 Bar	160.00	*	140.00	1.000	1.800	*	300.00	*	2.00	30.00	4.00	1.000	*	11.000
Sour Apple Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Spicy Sweet Chili Doritos	1 Bag	130.000	0.000	180.000	2.000	0.360	20.000	0.000	0.000	2.000	20.000	5.000	0.500	0.000	1.000
Straw Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Straw. Scooter Bar	1 Bar	140.000	0.00	50.000	0.00	0.00	80.000	500.000	0.00	1.000	22.000	5.000	1.500	0.00	17.000

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		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
Switch Tropical Pineapple	1 Can	119.997	0.000	10.000	0.000	0.000	0.000	0.000	59.998	0.000	29.999	0.000	0.000	0.000	29.999
Switch, Apple	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Berry Kiwi	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Black Cherry	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Fruit Punch	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Grape	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Lemon Lime	8 fl oz	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Orange Tangerine	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Strawberry Watermelon	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Tostitos Scoops Chip	1 bag	110.000	0.000	125.000	2.000	0.360	20.000	0.000	0.000	2.000	19.000	2.500	0.000	0.000	0.000
Vanilla Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Welch's Fruit Snacks	1 Bag	130.000	0.00	20.000	3.000	4.500	0.00	1250.000	60.000	1.000	33.000	0.00	0.00	0.00	15.000
8/26/2016 - Lunch - August 2016 Lunch (Elementary)															
Cheeseburger w/American Chees(R-2385)	1 Burger	403.000	42.500*	866.000	4.200	3.600	315.000	250.000*	0.000*	19.700	34.890	20.660	7.008*	0.000*	6.140
Ham & Cheese on WG Bun- ES & MS Altern	1 Sandwiches	290.543	42.500*	744.423	4.975	6.623	291.914	973.122*	42.024*	17.975	35.610	8.750	3.250*	0.000*	7.416
Homemade Dill Pickles (R-2188)	1/4 Cup	26.070	0.000	141.600	0.028	0.010	0.566	5.657	0.170	0.028	4.089	1.185	0.085	0.000	4.060
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
PB & J w/ Cheese Stick K-8 (R 2532)	1 KIT	500.000	15.000	650.000	7.000	1.800	310.000	14150.000	1.800	17.000	54.510	25.500	7.000	0.000	19.000
Pear, Fresh Raw DOD (R-2135)	1 Each	103.000	0.000	2.000	6.000	0.360	20.000	50.000	7.200	1.000	28.000	0.000	0.000	0.000	17.000
Red Apple (R-1666)	1 Apple	95.000	0.000	2.000	4.000	0.180	10.000	100.000	8.400	0.000	25.000	0.000	0.000	0.000	19.000
Romaine Chopped & Sliced Tomato(15-16	1/2 Cup	20.267	0.000	7.866	1.399	4.198	2.799	454.943	32.031	1.399	5.067	0.000	0.000	0.000	3.667
Romaine Garden Salad w/ Cheese (Elem/	1 serving	422.271	54.938	818.789	3.098	5.016	428.049	1168.230	30.118	20.147	24.119	27.611	11.005	0.000*	2.208*
Romaine Garden Salad w/ Chicken (Elem	1 Serving	325.310	54.697	691.347	3.098	5.016	128.049	718.230	30.118	19.367	22.619	17.351	5.125	0.000*	2.208*
Sunbutter Pocket & Cheese Stick (R-2160)	1 Sandwich	390.000	15.000	450.000	5.000	2.700	240.000	200.000	0.000	16.000	33.510	23.000	5.500	0.000	14.000
Sweet Potato Wedges	1/2 Cup	133.087	0.000	159.131	3.547	0.798	35.469	16714.709	2.660	1.773	24.241	3.556	0.254	0.000	5.320
Turkey (Hot Dog) on WG Bun(R-1279)	1 Sandwich	293.000	35.000	971.000	3.327	2.160	240.000	0.000	2.400	14.200	38.390	11.160	3.008	0.000	8.140
8/26/2016 - Lunch - August 2016 PM Snack															
Cheese Stick (16-17 R-1693)	1 Stick	80.000	15.000	200.000	0.000	0.000	200.000	200.000	0.000	6.000	0.510	6.000	3.500	0.000	0.000
Juice, Orange 6oz	1 Carton	89.949	0.000	0.000	0.000	0.360	0.000	0.000	93.547	0.000	18.989	0.000	0.000	0.000	17.990
8/26/2016 - Lunch - August 2016 Supper															
Green Beans, (Steamed) (R-1359)	1/2 CUP	35.716	0.000	8.910	1.841	0.331	36.821	500.762	11.046	1.841	5.523	0.891	0.324	0.000	1.841
Grilled Chicken Sandwich on ww Bun (R-01	1 Sandwich	350.000	65.000*	720.000	3.000	2.520	220.000	0.000*	0.000*	25.000	33.000	11.000	2.000*	0.000*	6.000
Mandarin Oranges (Canned)R-0546	1/2 CUP	70.000	0.000	10.000	1.000	0.360	0.000	400.000	15.000	1.000	17.000	0.000	0.000	0.000	14.000
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000

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		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
8/29/2016 - Lunch - 16-17 Elementary Ala Carte															
Apple Jacks Cereal Pouch(16-17 R- 2339)	1 Pouch	110.000	0.000	170.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	1.000	0.500	0.000	8.000
Birthday Cake Cup	1 Serving	60.000	0.00	65.000	0.00	0.00	100.000	0.00	0.00	3.000	12.000	0.00	0.00	0.00	12.000
Blue Raspbry Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Cereal Bar, Apple, Nutrigrain Bar	1 1/3 oz Bar	160.212	0.000	130.172	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	14.019
Cereal Bar, Bluberry, Nutrigrain Bar	1 Bar	160.212	0.000	135.179	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	15.020
Cereal Bar, Strawbry, Nutrigrain Bar	1 Bar	120.000	0.000	125.000	3.000	1.800	200.000	750.000	0.000	2.000	24.000	3.000	0.500	*	11.000
Cheetos Crunchy Baked	1 Pouch	120.002	0.000	200.003	1.000	0.720	100.002	0.000	0.000	2.000	17.000	4.500	0.500	0.000	1.000
Cheetos Puffs	1 Bag	90.000	0.00	135.000	1.000	0.720	100.000	*	*	2.000	14.00	305.000	0.00	0.00	*
Cheetos, Hot Baked	1 oz	496.00	4.00	458.00	5.200	1.840	72.00	33.00	54.102	8.50	57.700	27.200	8.600	*	*
Chip, Baked Regular Lay's	1 Bag	130.567	0.000	150.654	2.009	0.362	0.000	0.000	2.410	2.009	26.113	2.009	0.000	0.000	2.009
Chip, Nacho Doritos 1z	1 Bag	140.000	0.000	199.998	1.000	0.428	41.068	9.800	0.000	1.999	16.999	7.000	1.000	*	*
Chip,Baked BBQ Lay's 1.125z	1 Bag	110.000	0.000	190.000	2.000	0.000	20.000	0.000	1.200	2.000	19.000	2.500	0.000	0.000	2.000
Chip,Cool Ranch Dorito 1z	1 Bag	140.000	0.000	169.999	1.000	0.428	41.068	9.800	0.000	1.999	17.998	7.000	1.000	*	*
Choc/Van TwisterCone	1 Cone	150.000	0.00	95.000	0.00	0.00	100.000	300.000	0.00	3.000	30.000	2.000	1.500	0.00	20.000
Chocolate Scooter Bar	1 Bar	140.000	0.00	100.000	0.00	1.080	100.000	750.000	0.00	2.000	22.000	5.000	1.500	0.00	17.000
Chocolate Chip Cookie, WG (Bonzer)	1 Cookie	140.002	5.000	110.002	5.000	0.720	0.000	100.002	0.000	1.000	18.000	6.000	3.000	0.000	10.000
Chocolate Cup	1 Serving	70.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Chocolate Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.360	100.000	200.000	0.00	2.000	16.000	1.000	0.500	0.00	13.00
Cookie & Crm Cone	1 Cone	120.000	5.000	100.000	1.000	0.720	100.000	100.000	0.00	2.000	25.000	1.500	1.000	0.00	14.000
Cookie&Crm Sandwich	1 Serving	150.000	5.000	150.000	0.00	0.360	60.000	300.000	0.00	3.000	29.000	2.500	1.500	0.00	13.00
Cotton Candy Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Crazy Cone	1 Cone	120.000	5.000	80.00	0.00	0.00	60.000	300.000	0.00	2.000	24.000	2.000	1.000	0.00	10.000
Dasani Water 16.9 ounces	1 bottle	0.000	*	0.000	0.000	*	*	*	*	0.000	0.000	0.000	*	*	0.000
Fantastix, Hot	1 Pouch	130.000	0.000	210.000	1.000	0.360	0.000	500.000	0.000	2.000	20.000	5.000	1.000	0.000	0.000
Frosted Flakes Cereal Pouch	1 Pouch	100.000	0.000	160.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	0.000	0.000	0.000	7.000
Fruit Loop Cereal Pouch(R-2338)	1 Pouch	110.000	*	170.000	3.000	3.600	*	400.000	12.000	2.000	24.000	1.000	0.500	*	8.000
Fudge-O Bar	1 Bar	80.000	*	80.000	*	*	*	*	*	*	16.000	0.000	0.000	0.000	15.000
Goldfish Pretzels	1 Bag	88.890	0.000	197.534	0.988	0.711	0.000	0.000	0.000	1.975	15.803	1.482	0.000	*	*
Goldfish, Cheddar WG	1 Pack	100.000	1.000	170.000	1.000	0.360	20.000	0.000	0.000	3.000	14.000	3.500	1.000	0.000	0.000
Ice Cream Sandwich	1 Sandwich	180.000	10.000	150.000	*	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Kids Mix	1 Bag	31.130	0.000	56.600	0.283	0.509	0.000	141.500	1.698	0.566	5.094	1.132	0.141	0.000	1.132
Minty Mint Sandwich	1 Serving	180.000	10.000	150.000	0.00	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Orange Blossom Bar	1 Bar	70.000	0.000	50.000	0.000	0.000	0.000	0.000	0.000	0.000	14.000	1.000	0.500	0.000	13.000
Parfaits - Strawberry Yogurt	1 4 oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Parfaits - Vanilla Yogurt	1 4oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Polar Blast Bar	1 Bar	70.000	0.00	5.000	0.00	0.00	0.00	0.00	72.000	0.00	16.000	0.00	0.00	0.00	12.000
Rice Krispy Minis	1 Treat	45.000	0.000	52.500	0.000	0.180	0.000	100.000	0.000	0.250	8.500	1.125	0.375	0.000	3.750
Rice Krispy, WG	1 Bar	160.00	*	140.00	1.000	1.800	*	300.00	*	2.00	30.00	4.00	1.000	*	11.000
Sour Apple Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Spicy Sweet Chili Doritos	1 Bag	130.000	0.000	180.000	2.000	0.360	20.000	0.000	0.000	2.000	20.000	5.000	0.500	0.000	1.000
Straw Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Straw. Scooter Bar	1 Bar	140.000	0.00	50.000	0.00	0.00	80.000	500.000	0.00	1.000	22.000	5.000	1.500	0.00	17.000

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		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
Switch Tropical Pineapple	1 Can	119.997	0.000	10.000	0.000	0.000	0.000	0.000	59.998	0.000	29.999	0.000	0.000	0.000	29.999
Switch, Apple	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Berry Kiwi	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Black Cherry	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Fruit Punch	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Grape	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Lemon Lime	8 fl oz	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Orange Tangerine	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Strawberry Watermelon	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Tostitos Scoops Chip	1 bag	110.000	0.000	125.000	2.000	0.360	20.000	0.000	0.000	2.000	19.000	2.500	0.000	0.000	0.000
Vanilla Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Welch's Fruit Snacks	1 Bag	130.000	0.00	20.000	3.000	4.500	0.00	1250.000	60.000	1.000	33.000	0.00	0.00	0.00	15.000
8/29/2016 - Lunch - August 2016 Lunch (Elementary)															
Carrots Honey Glazed Ginger SY16-17)	1/2 Cup	107.908	0.000	134.591	4.240	0.049*	42.935*	6097.794*	6.545*	2.098	21.244	1.398	0.504	0.000*	18.321*
Fortune Cookie(R-2391)	1 Cookie	35.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	7.000	0.000	0.000	0.000	3.000
Ham & Cheese on WG Bun- ES & MS Altern	1 Sandwiches	290.543	42.500*	744.423	4.975	6.623	291.914	973.122*	42.024*	17.975	35.610	8.750	3.250*	0.000*	7.416
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
Oranges, Fresh (R-0475)	1 Orange	62.000	0.000	0.000	3.100	0.180	50.000	300.000	69.600	1.230	215.390	0.160	0.020	0.000	12.250
PB & J w/ Cheese Stick K-8 (R 2532)	1 KIT	500.000	15.000	650.000	7.000	1.800	310.000	14150.000	1.800	17.000	54.510	25.500	7.000	0.000	19.000
Pineapple, Tidbits (R 0483)	1/2 Cup	84.000	0.000	1.400	1.120	0.393	19.600	53.200	13.297	0.560	21.980	0.112	0.008	0.000	20.230
Romaine Garden Salad w/ Cheese (Elem/1	1 serving	422.271	54.938	818.789	3.098	5.016	428.049	1168.230	30.118	20.147	24.119	27.611	11.005	0.000*	2.208*
Romaine Garden Salad w/ Chicken (Elem 1	1 Serving	325.310	54.697	691.347	3.098	5.016	128.049	718.230	30.118	19.367	22.619	17.351	5.125	0.000*	2.208*
Sunbutter Pocket & Cheese Stick (R-2160)	1 Sandwich	390.000	15.000	450.000	5.000	2.700	240.000	200.000	0.000	16.000	33.510	23.000	5.500	0.000	14.000
Teriyaki Chicken(Yang's) (R-1775)	1 Serving	130.002	70.001	480.008	0.000	0.720	0.000	0.000	0.000	16.000	10.000	3.500	1.000	0.000	9.000
Vegetable" Fried " Rice Oven Baked E/M (I	2/3 Cup	164.088	0.000	28.944	2.031	0.637	2.772	185.518	0.370	3.581	29.572	3.488	0.316	0.000*	0.930*
8/29/2016 - Lunch - August 2016 PM Snack															
Bug Bites(R-1871)	1 Bag	120.000	0.000	115.000	1.000	0.720	100.000	500.000	0.000	2.000	21.000	3.500	1.000	0.000	8.000
Juice, Apple (6oz)(R-1875)	1 Carton	79.954	0.000	14.991	0.000	0.360	19.989	0.000	59.966	0.000	19.989	0.000	0.000	0.000	16.990
8/29/2016 - Lunch - August 2016 Supper															
Broccoli, Steamed Frozen (16-17 R-0250)	1/2 cup	44.216	0.000	45.836	3.362	0.403	22.413	80.999	40.343	3.362	4.483	1.782	0.648	0.000	1.121
Garlic Breadstick	1 Stick	110.000	0.000	195.000	1.000	0.900	10.000	50.000	1.200	2.500	15.500	4.000	1.000	0.000	0.500
Lasagna with Beef Meat Sauce (R-1284)	1 Serving	289.787	34.974	769.435	3.997	1.799	149.890	749.449	41.969	17.987	28.979	11.991	4.996	0.000	5.996
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
Raisins Individual Box(R-0489)	1 Box	130.000	0.000	0.000	2.000	0.720	20.000	0.000	1.200	1.000	34.000	0.000	0.000	0.000	25.000

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		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
8/30/2016 - Lunch - 16-17 Elementary Ala Carte															
Apple Jacks Cereal Pouch(16-17 R- 2339)	1 Pouch	110.000	0.000	170.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	1.000	0.500	0.000	8.000
Birthday Cake Cup	1 Serving	60.000	0.00	65.000	0.00	0.00	100.000	0.00	0.00	3.000	12.000	0.00	0.00	0.00	12.000
Blue Raspbry Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Cereal Bar, Apple, Nutrigrain Bar	1 1/3 oz Bar	160.212	0.000	130.172	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	14.019
Cereal Bar, Bluberry, Nutrigrain Bar	1 Bar	160.212	0.000	135.179	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	15.020
Cereal Bar, Strawbry, Nutrigrain Bar	1 Bar	120.000	0.000	125.000	3.000	1.800	200.000	750.000	0.000	2.000	24.000	3.000	0.500	*	11.000
Cheetos Crunchy Baked	1 Pouch	120.002	0.000	200.003	1.000	0.720	100.002	0.000	0.000	2.000	17.000	4.500	0.500	0.000	1.000
Cheetos Puffs	1 Bag	90.000	0.00	135.000	1.000	0.720	100.000	*	*	2.000	14.00	305.000	0.00	0.00	*
Cheetos, Hot Baked	1 oz	496.00	4.00	458.00	5.200	1.840	72.00	33.00	54.102	8.50	57.700	27.200	8.600	*	*
Chip, Baked Regular Lay's	1 Bag	130.567	0.000	150.654	2.009	0.362	0.000	0.000	2.410	2.009	26.113	2.009	0.000	0.000	2.009
Chip, Nacho Doritos 1z	1 Bag	140.000	0.000	199.998	1.000	0.428	41.068	9.800	0.000	1.999	16.999	7.000	1.000	*	*
Chip,Baked BBQ Lay's 1.125z	1 Bag	110.000	0.000	190.000	2.000	0.000	20.000	0.000	1.200	2.000	19.000	2.500	0.000	0.000	2.000
Chip,Cool Ranch Dorito 1z	1 Bag	140.000	0.000	169.999	1.000	0.428	41.068	9.800	0.000	1.999	17.998	7.000	1.000	*	*
Choc/Van TwisterCone	1 Cone	150.000	0.00	95.000	0.00	0.00	100.000	300.000	0.00	3.000	30.000	2.000	1.500	0.00	20.000
Chocolate Scooter Bar	1 Bar	140.000	0.00	100.000	0.00	1.080	100.000	750.000	0.00	2.000	22.000	5.000	1.500	0.00	17.000
Chocolate Chip Cookie, WG (Bonzer)	1 Cookie	140.002	5.000	110.002	5.000	0.720	0.000	100.002	0.000	1.000	18.000	6.000	3.000	0.000	10.000
Chocolate Cup	1 Serving	70.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Chocolate Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.360	100.000	200.000	0.00	2.000	16.000	1.000	0.500	0.00	13.00
Cookie & Crm Cone	1 Cone	120.000	5.000	100.000	1.000	0.720	100.000	100.000	0.00	2.000	25.000	1.500	1.000	0.00	14.000
Cookie&Crm Sandwich	1 Serving	150.000	5.000	150.000	0.00	0.360	60.000	300.000	0.00	3.000	29.000	2.500	1.500	0.00	13.00
Cotton Candy Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Crazy Cone	1 Cone	120.000	5.000	80.00	0.00	0.00	60.000	300.000	0.00	2.000	24.000	2.000	1.000	0.00	10.000
Dasani Water 16.9 ounces	1 bottle	0.000	*	0.000	0.000	*	*	*	*	0.000	0.000	0.000	*	*	0.000
Fantastix, Hot	1 Pouch	130.000	0.000	210.000	1.000	0.360	0.000	500.000	0.000	2.000	20.000	5.000	1.000	0.000	0.000
Frosted Flakes Cereal Pouch	1 Pouch	100.000	0.000	160.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	0.000	0.000	0.000	7.000
Fruit Loop Cereal Pouch(R-2338)	1 Pouch	110.000	*	170.000	3.000	3.600	*	400.000	12.000	2.000	24.000	1.000	0.500	*	8.000
Fudge-O Bar	1 Bar	80.000	*	80.000	*	*	*	*	*	*	16.000	0.000	0.000	0.000	15.000
Goldfish Pretzels	1 Bag	88.890	0.000	197.534	0.988	0.711	0.000	0.000	0.000	1.975	15.803	1.482	0.000	*	*
Goldfish, Cheddar WG	1 Pack	100.000	1.000	170.000	1.000	0.360	20.000	0.000	0.000	3.000	14.000	3.500	1.000	0.000	0.000
Ice Cream Sandwich	1 Sandwich	180.000	10.000	150.000	*	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Kids Mix	1 Bag	31.130	0.000	56.600	0.283	0.509	0.000	141.500	1.698	0.566	5.094	1.132	0.141	0.000	1.132
Minty Mint Sandwich	1 Serving	180.000	10.000	150.000	0.00	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Orange Blossom Bar	1 Bar	70.000	0.000	50.000	0.000	0.000	0.000	0.000	0.000	0.000	14.000	1.000	0.500	0.000	13.000
Parfaits - Strawberry Yogurt	1 4 oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Parfaits - Vanilla Yogurt	1 4oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Polar Blast Bar	1 Bar	70.000	0.00	5.000	0.00	0.00	0.00	0.00	72.000	0.00	16.000	0.00	0.00	0.00	12.000
Rice Krispy Minis	1 Treat	45.000	0.000	52.500	0.000	0.180	0.000	100.000	0.000	0.250	8.500	1.125	0.375	0.000	3.750
Rice Krispy, WG	1 Bar	160.00	*	140.00	1.000	1.800	*	300.00	*	2.00	30.00	4.00	1.000	*	11.000
Sour Apple Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Spicy Sweet Chili Doritos	1 Bag	130.000	0.000	180.000	2.000	0.360	20.000	0.000	0.000	2.000	20.000	5.000	0.500	0.000	1.000
Straw Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Straw. Scooter Bar	1 Bar	140.000	0.00	50.000	0.00	0.00	80.000	500.000	0.00	1.000	22.000	5.000	1.500	0.00	17.000

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		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm	
Switch Tropical Pineapple	1 Can	119.997	0.000	10.000	0.000	0.000	0.000	0.000	59.998	0.000	29.999	0.000	0.000	0.000	29.999	
Switch, Apple	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000	
Switch, Berry Kiwi	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000	
Switch, Black Cherry	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000	
Switch, Fruit Punch	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000	
Switch, Grape	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000	
Switch, Lemon Lime	8 fl oz	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000	
Switch, Orange Tangerine	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000	
Switch, Strawberry Watermelon	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000	
Tostitos Scoops Chip	1 bag	110.000	0.000	125.000	2.000	0.360	20.000	0.000	0.000	2.000	19.000	2.500	0.000	0.000	0.000	
Vanilla Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000	
Welch's Fruit Snacks	1 Bag	130.000	0.00	20.000	3.000	4.500	0.00	1250.000	60.000	1.000	33.000	0.00	0.00	0.00	15.000	
8/30/2016 - Lunch - August 2016 Lunch (Elementary)																
Broccoli, Steamed Frozen (16-17 R-0250)	1/2 cup	44.216	0.000	45.836	3.362	0.403	22.413	80.999	40.343	3.362	4.483	1.782	0.648	0.000	1.121	
Garlic Breadstick	1 Stick	110.000	0.000	195.000	1.000	0.900	10.000	50.000	1.200	2.500	15.500	4.000	1.000	0.000	0.500	
Garlic(Homemade) Whole Mashed Potato	1/2 Cup	162.860	2.400*	217.005	3.202	1.009	88.009	290.000*	27.471	4.321	28.204	4.340*	1.720*	0.000*	3.440	
Ham & Cheese on WG Bun- ES & MS Altern	1 Sandwiches	290.543	42.500*	744.423	4.975	6.623	291.914	973.122*	42.024*	17.975	35.610	8.750	3.250*	0.000*	7.416	
Mandarin Oranges (Canned)R-0546	1/2 CUP	70.000	0.000	10.000	1.000	0.360	0.000	400.000	15.000	1.000	17.000	0.000	0.000	0.000	14.000	
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000	
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000	
PB & J w/ Cheese Stick K-8 (R 2532)	1 KIT	500.000	15.000	650.000	7.000	1.800	310.000	14150.000	1.800	17.000	54.510	25.500	7.000	0.000	19.000	
Romaine Garden Salad w/ Cheese (Elem/1	1 serving	422.271	54.938	818.789	3.098	5.016	428.049	1168.230	30.118	20.147	24.119	27.611	11.005	0.000*	2.208*	
Romaine Garden Salad w/ Chicken (Elem 1	1 Serving	325.310	54.697	691.347	3.098	5.016	128.049	718.230	30.118	19.367	22.619	17.351	5.125	0.000*	2.208*	
Salisbury Steak Patty w/ Gravy(R-0086)	1 Serving	164.748	25.000	528.777	1.025	2.228	43.410	100.000	0.000	11.000	5.712	10.594	4.000	0.000*	0.074*	
Seasonal Grapes-Red/Green/White (R-095	1/2 Cup	76.000	0.000	4.000	0.000	0.720	0.000	0.000	12.000	0.000	8.000	0.000	0.000	0.000	16.000	
Sunbutter Pocket & Cheese Stick (R-2160)	1 Sandwich	390.000	15.000	450.000	5.000	2.700	240.000	200.000	0.000	16.000	33.510	23.000	5.500	0.000	14.000	
8/30/2016 - Lunch - August 2016 PM Snack																
Apple Jacks Cereal Pouch(16-17 R- 2339)	1 Pouch	110.000	0.000	170.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	1.000	0.500	0.000	8.000	
Juice, Grape 6oz Crt(R-1865)	1 Carton	119.931	0.000	0.000	0.000	0.899	19.989	0.000	59.966	0.000	28.983	0.000	0.000	0.000	26.985	
8/30/2016 - Lunch - August 2016 Supper																
Banana Petite (Limehouse)R-1661	1 Each	90.000	0.000	1.000	3.000	0.180	10.000	50.000	9.000	1.000	23.000	0.000	0.000	0.000	12.000	
Corn, Whole Kernal Steamed Frz(R -0262)	1/2 cup	90.791	0.000	27.144	1.865	0.336	0.000	174.237	0.000	1.865	13.986	3.647	0.648	0.000	6.527	
Dinner Roll (Bridgeford)(R-0543)	1 ROLL	120.000	0.500	215.000	2.000	1.080*	0.000*	200.000	0.000*	3.000	20.000	4.000	1.000	0.000	3.000	
Milk, Chocolate Skim carton, True Moo (11	1 Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000	
Milk, White Skim, Tru Moo (16-17 R-1312)	1 Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000	
Popcorn Chicken Smackers(R-2115)	1 Pcs	49.138	13.230	103.946	0.567	0.272	0.000	18.899	0.000	3.591	3.024	2.457	0.472	0.000	0.000	

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		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
8/31/2016 - Lunch - 16-17 Elementary Ala Carte															
Apple Jacks Cereal Pouch(16-17 R- 2339)	1 Pouch	110.000	0.000	170.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	1.000	0.500	0.000	8.000
Birthday Cake Cup	1 Serving	60.000	0.00	65.000	0.00	0.00	100.000	0.00	0.00	3.000	12.000	0.00	0.00	0.00	12.000
Blue Raspbry Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Cereal Bar, Apple, Nutrigrain Bar	1 1/3 oz Bar	160.212	0.000	130.172	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	14.019
Cereal Bar, Blueberry, Nutrigrain Bar	1 Bar	160.212	0.000	135.179	3.004	1.802	200.265	750.994	0.000	2.003	30.040	4.005	0.501	0.000	15.020
Cereal Bar, Strawbry, Nutrigrain Bar	1 Bar	120.000	0.000	125.000	3.000	1.800	200.000	750.000	0.000	2.000	24.000	3.000	0.500	*	11.000
Cheetos Crunchy Baked	1 Pouch	120.002	0.000	200.003	1.000	0.720	100.002	0.000	0.000	2.000	17.000	4.500	0.500	0.000	1.000
Cheetos Puffs	1 Bag	90.000	0.00	135.000	1.000	0.720	100.000	*	*	2.000	14.00	305.000	0.00	0.00	*
Cheetos, Hot Baked	1 oz	496.00	4.00	458.00	5.200	1.840	72.00	33.00	54.102	8.50	57.700	27.200	8.600	*	*
Chip, Baked Regular Lay's	1 Bag	130.567	0.000	150.654	2.009	0.362	0.000	0.000	2.410	2.009	26.113	2.009	0.000	0.000	2.009
Chip, Nacho Doritos 1z	1 Bag	140.000	0.000	199.998	1.000	0.428	41.068	9.800	0.000	1.999	16.999	7.000	1.000	*	*
Chip,Baked BBQ Lay's 1.125z	1 Bag	110.000	0.000	190.000	2.000	0.000	20.000	0.000	1.200	2.000	19.000	2.500	0.000	0.000	2.000
Chip,Cool Ranch Dorito 1z	1 Bag	140.000	0.000	169.999	1.000	0.428	41.068	9.800	0.000	1.999	17.998	7.000	1.000	*	*
Choc/Van TwisterCone	1 Cone	150.000	0.00	95.000	0.00	0.00	100.000	300.000	0.00	3.000	30.000	2.000	1.500	0.00	20.000
Chocolate Scooter Bar	1 Bar	140.000	0.00	100.000	0.00	1.080	100.000	750.000	0.00	2.000	22.000	5.000	1.500	0.00	17.000
Chocolate Chip Cookie, WG (Bonzer)	1 Cookie	140.002	5.000	110.002	5.000	0.720	0.000	100.002	0.000	1.000	18.000	6.000	3.000	0.000	10.000
Chocolate Cup	1 Serving	70.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Chocolate Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.360	100.000	200.000	0.00	2.000	16.000	1.000	0.500	0.00	13.00
Cookie & Crm Cone	1 Cone	120.000	5.000	100.000	1.000	0.720	100.000	100.000	0.00	2.000	25.000	1.500	1.000	0.00	14.000
Cookie&Crm Sandwich	1 Serving	150.000	5.000	150.000	0.00	0.360	60.000	300.000	0.00	3.000	29.000	2.500	1.500	0.00	13.00
Cotton Candy Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Crazy Cone	1 Cone	120.000	5.000	80.00	0.00	0.00	60.000	300.000	0.00	2.000	24.000	2.000	1.000	0.00	10.000
Dasani Water 16.9 ounces	1 bottle	0.000	*	0.000	0.000	*	*	*	*	0.000	0.000	0.000	*	*	0.000
Fantastix, Hot	1 Pouch	130.000	0.000	210.000	1.000	0.360	0.000	500.000	0.000	2.000	20.000	5.000	1.000	0.000	0.000
Frosted Flakes Cereal Pouch	1 Pouch	100.000	0.000	160.000	3.000	4.500	0.000	500.000	15.000	2.000	24.000	0.000	0.000	0.000	7.000
Fruit Loop Cereal Pouch(R-2338)	1 Pouch	110.000	*	170.000	3.000	3.600	*	400.000	12.000	2.000	24.000	1.000	0.500	*	8.000
Fudge-O Bar	1 Bar	80.000	*	80.000	*	*	*	*	*	*	16.000	0.000	0.000	0.000	15.000
Goldfish Pretzels	1 Bag	88.890	0.000	197.534	0.988	0.711	0.000	0.000	0.000	1.975	15.803	1.482	0.000	*	*
Goldfish, Cheddar WG	1 Pack	100.000	1.000	170.000	1.000	0.360	20.000	0.000	0.000	3.000	14.000	3.500	1.000	0.000	0.000
Ice Cream Sandwich	1 Sandwich	180.000	10.000	150.000	*	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Kids Mix	1 Bag	31.130	0.000	56.600	0.283	0.509	0.000	141.500	1.698	0.566	5.094	1.132	0.141	0.000	1.132
Minty Mint Sandwich	1 Serving	180.000	10.000	150.000	0.00	0.00	100.000	400.000	0.00	4.000	33.000	3.500	1.500	0.00	20.000
Orange Blossom Bar	1 Bar	70.000	0.000	50.000	0.000	0.000	0.000	0.000	0.000	0.000	14.000	1.000	0.500	0.000	13.000
Parfaits - Strawberry Yogurt	1 4 oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Parfaits - Vanilla Yogurt	1 4oz	170.179	7.500*	110.792	1.663	0.360	225.004*	0.000*	0.532*	5.970	31.451	3.499	0.750*	0.000*	20.156
Polar Blast Bar	1 Bar	70.000	0.00	5.000	0.00	0.00	0.00	0.00	72.000	0.00	16.000	0.00	0.00	0.00	12.000
Rice Krispy Minis	1 Treat	45.000	0.000	52.500	0.000	0.180	0.000	100.000	0.000	0.250	8.500	1.125	0.375	0.000	3.750
Rice Krispy, WG	1 Bar	160.00	*	140.00	1.000	1.800	*	300.00	*	2.00	30.00	4.00	1.000	*	11.000
Sour Apple Twister	1 Serving	80.000	0.00	10.000	0.00	0.00	0.00	0.00	114.000	0.00	19.000	0.00	0.00	0.00	14.000
Spicy Sweet Chili Doritos	1 Bag	130.000	0.000	180.000	2.000	0.360	20.000	0.000	0.000	2.000	20.000	5.000	0.500	0.000	1.000
Straw Sundae Cup	1 Serving	80.000	0.00	60.000	0.00	0.00	100.000	200.000	0.00	2.000	17.000	1.000	0.500	0.00	16.000
Straw. Scooter Bar	1 Bar	140.000	0.00	50.000	0.00	0.00	80.000	500.000	0.00	1.000	22.000	5.000	1.500	0.00	17.000

Charleston County Schools
Simple Average
8/15/2016 to 8/31/2016

		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
Switch Tropical Pineapple	1 Can	119.997	0.000	10.000	0.000	0.000	0.000	0.000	59.998	0.000	29.999	0.000	0.000	0.000	29.999
Switch, Apple	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Berry Kiwi	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Black Cherry	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Fruit Punch	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Grape	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Lemon Lime	8 fl oz	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Orange Tangerine	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Switch, Strawberry Watermelon	8 fl oz can	120.000	*	5.000	*	0.000	0.000	0.000	60.000	*	*	*	*	*	28.000
Tostitos Scoops Chip	1 bag	110.000	0.000	125.000	2.000	0.360	20.000	0.000	0.000	2.000	19.000	2.500	0.000	0.000	0.000
Vanilla Cup	1 Serving	60.000	0.00	45.000	0.00	0.00	100.000	200.000	0.00	2.000	12.000	1.000	0.500	0.00	11.000
Welch's Fruit Snacks	1 Bag	130.000	0.00	20.000	3.000	4.500	0.00	1250.000	60.000	1.000	33.000	0.00	0.00	0.00	15.000
8/31/2016 - Lunch - August 2016 PM Snack															
Cheese Stick (16-17 R-1693)	1 Stick	80.000	15.000	200.000	0.000	0.000	200.000	200.000	0.000	6.000	0.510	6.000	3.500	0.000	0.000
Juice, Fruit Punch(6oz) Carton (R-1650)	1 Container	89.949	0.000	24.986	0.000	0.360	19.989	0.000	1.199	0.000	21.987	0.000	0.000	0.000	20.988
8/31/2016 - Lunch - August 2016 Supper															
Beans, Baked (16-17 R-0008)	1/2 Cup	129.000	0.000	545.769	4.962	1.786	39.692	0.000	0.000	6.946	28.777	0.000	0.000	0.000	9.923
Milk, Chocolate Skim carton, True Moo (16-17 R-1312)1	Carton	120.000	5.000	180.000	0.000	0.000	300.000	500.000	1.200	8.000	20.000	0.000	0.000	0.000	18.000
Milk, White Skim, Tru Moo (16-17 R-1312)1	Carton	90.000	5.000	130.000	0.000	0.000	300.000	500.000	2.400	8.000	13.000	0.000	0.000	0.000	12.000
Red Apple (R-1666)	1 Apple	95.000	0.000	2.000	4.000	0.180	10.000	100.000	8.400	0.000	25.000	0.000	0.000	0.000	19.000
Turkey (Hot Dog) on WG Bun(R-1279)	1 Sandwich	293.000	35.000	971.000	3.327	2.160	240.000	0.000	2.400	14.200	38.390	11.160	3.008	0.000	8.140

Note: * means nutrient data is missing or not available

Allergens

Site 040: 8/15/2016 to 8/31/2016

Serving Date	Recipe	Allergens
08/15/2016	R-0514 - Milk, Chocolate Skim carton, True Moo (16-17 R-0514)	Milk, chocolate
	R-0604 - Cereal Bar, Apple, Nutrigrain Bar	Milk, Wheat, Soybeans
	R-0605 - Cereal Bar, Strawberry, Nutrigrain Bar	Milk, Wheat, Soybeans, Strawberry
	R-0607 - Cereal Bar, Blueberry, Nutrigrain Bar	Milk, Wheat, Soybeans
	R-0785 - Chip, Baked Regular Lay's	Soybeans
	R-0991 - Parfaits - Strawberry Yogurt	Milk (Dairy), Wheat, Berries
	R-0992 - Parfaits - Vanilla Yogurt	Milk (dairy), Wheat (granola)
	R-1312 - Milk, White Skim, Tru Moo (16-17 R-1312)	Milk
	R-1373 - Ham & Cheese on WG Bun- ES & MS Alternate	Milk, Wheat, Soybeans (Soybean Oil, Soy Flour)
	R-1540 - Peas Green (Steamed)R-1540	Soybeans
	R-1871 - Bug Bites(R-1871)	Wheat, Soybeans
	R-2115 - Popcorn Chicken Smackers(R-2115)	Milk, Wheat, Soybeans
	R-2160 - Sunbutter Pocket & Cheese Stick (R-2160)	Milk, Soybeans, Wheat gluten, Lactose
	R-2338 - Fruit Loop Cereal Pouch(R-2338)	Wheat, Soybeans (May contain), May contain soy
	R-2339 - Apple Jacks Cereal Pouch(16-17 R- 2339)	Wheat, Soybeans (May Contain), May contain soy.
	R-2340 - Frosted Flakes Cereal Pouch	Wheat, Soybeans (May Contain)
	R-2364 - Romaine Garden Salad w/ Cheese (Elem/R-2364)	Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
	R-2367 - Romaine Garden Salad w/ Chicken (Elem R-2367)	Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
	R-2532 - PB & J w/ Cheese Stick K-8 (R 2532)	Milk, Peanuts, Wheat, Soybeans, Gluten, Lactose
	R-2605 - Rice Krispy Minis	Milk, Wheat
	R-2647 - Ham & Cheese Sandwich on WG Bun(Supper)	Milk, Wheat, Soybeans (Soybean Oil, Soy Flour)
	R-2818 - Orange Blossom Bar	Milk
	R-2819 - Fudge-O Bar	Milk
	R-2821 - Chocolate Scooter Bar	Milk, Wheat, Soybeans
	R-2822 - Straw. Scooter Bar	Milk, Wheat, Soybeans
	R-2823 - Ice Cream Sandwich	Milk, Wheat, Soybeans
	R-2824 - Vanilla Cup	Milk
	R-2825 - Chocolate Cup	Milk
	R-2826 - Straw Sundae Cup	Milk
	R-2827 - Cotton Candy Cup	Milk
	R-2828 - Crazy Cone	Milk, Wheat, Soybeans
	R-2829 - Cookie & Crm Cone	Milk, Wheat, Soybeans
	R-2830 - Choc/Van TwisterCone	Milk, Wheat, Soybeans
	R-2843 - Spicy Sweet Chili Doritos	Wheat, Soybeans
	R-2856 - Birthday Cake Cup	Milk
	R-2857 - Chocolate Sundae Cup	Milk
	R-2858 - Minty Mint Sandwich	Milk, Wheat, Soybeans
	R-2859 - Cookie&Crm Sandwich	Milk, Wheat, Soybeans

08/16/2016

R-0514 - Milk, Chocolate Skim carton, True Moo (16-17 R-0514)
R-0604 - Cereal Bar, Apple, Nutrigrain Bar
R-0605 - Cereal Bar, Strawberry, Nutrigrain Bar
R-0607 - Cereal Bar, Blueberry, Nutrigrain Bar
R-0785 - Chip, Baked Regular Lay's
R-0991 - Parfaits - Strawberry Yogurt
R-0992 - Parfaits - Vanilla Yogurt
R-1312 - Milk, White Skim, True Moo (16-17 R-1312)
R-1373 - Ham & Cheese on WG Bun- ES & MS Alternate
R-1540 - Peas Green (Steamed)R-1540
R-1657 - Strawberry Yogurt Danimals (R-1657)
R-2160 - Sunbutter Pocket & Cheese Stick (R-2160)
R-2180 - Macaroni & Cheese (R-2180) SY16-17
R-2192 - Lettuce & Cheddar Cheese Topping(R-2192)
R-2338 - Fruit Loop Cereal Pouch(R-2338)
R-2339 - Apple Jacks Cereal Pouch(16-17 R- 2339)
R-2340 - Frosted Flakes Cereal Pouch
R-2364 - Romaine Garden Salad w/ Cheese (Elem/R-2364)
R-2367 - Romaine Garden Salad w/ Chicken (Elem R-2367)
R-2392 - Sour Cream, Low Fat 1oz Packet(R-2392)
R-2532 - PB & J w/ Cheese Stick K-8 (R 2532)
R-2605 - Rice Krispy Minis
R-2646 - Fiesta Corn
R-2656 - Turkey Nachos w/ Scoops
R-2818 - Orange Blossom Bar
R-2819 - Fudge-O Bar
R-2821 - Chocolate Scooter Bar
R-2822 - Straw. Scooter Bar
R-2823 - Ice Cream Sandwich
R-2824 - Vanilla Cup
R-2825 - Chocolate Cup
R-2826 - Straw Sundae Cup
R-2827 - Cotton Candy Cup
R-2828 - Crazy Cone
R-2829 - Cookie & Crm Cone
R-2830 - Choc/Van TwisterCone
R-2843 - Spicy Sweet Chili Doritos
R-2856 - Birthday Cake Cup
R-2857 - Chocolate Sundae Cup
R-2858 - Minty Mint Sandwich
R-2859 - Cookie&Crm Sandwich

Milk, chocolate
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans, Strawberry
Milk, Wheat, Soybeans
Soybeans
Milk (Dairy), Wheat, Berries
Milk (dairy), Wheat (granola)
Milk
Milk, Wheat, Soybeans (Soybean Oil, Soy Flour)
Soybeans
Milk, LACTOSE
Milk, Soybeans, Wheat gluten, Lactose
Milk, Wheat, Soybeans
Milk
Wheat, Soybeans (May contain), May contain soy
Wheat, Soybeans (May Contain), May contain soy.
Wheat, Soybeans (May Contain)
Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
Milk
Milk, Peanuts, Wheat, Soybeans, Gluten, Lactose
Milk, Wheat
corn
Milk
Milk
Milk
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans
Milk
Milk
Milk
Milk
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans
Wheat, Soybeans
Milk
Milk
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans

08/17/2016

R-0514 - Milk, Chocolate Skim carton, True Moo (16-17 R-0514)
R-0604 - Cereal Bar, Apple, Nutrigrain Bar
R-0605 - Cereal Bar, Strawberry, Nutrigrain Bar
R-0607 - Cereal Bar, Blueberry, Nutrigrain Bar

Milk, chocolate
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans, Strawberry
Milk, Wheat, Soybeans

08/17/2016

R-0785 - Chip, Baked Regular Lay's
R-0991 - Parfaits - Strawberry Yogurt
R-0992 - Parfaits - Vanilla Yogurt
R-1312 - Milk, White Skim, Tru Moo (16-17 R-1312)
R-1359 - Green Beans, (Steamed) (R-1359)
R-1373 - Ham & Cheese on WG Bun- ES & MS Alternate
R-1620 - Cereal Bar, Apple Cinnamon WG(R-1620)
R-1775 - Teriyaki Chicken(Yang's) (R-1775)
R-2160 - Sunbutter Pocket & Cheese Stick (R-2160)
R-2338 - Fruit Loop Cereal Pouch(R-2338)
R-2339 - Apple Jacks Cereal Pouch(16-17 R- 2339)
R-2340 - Frosted Flakes Cereal Pouch
R-2364 - Romaine Garden Salad w/ Cheese (Elem/R-2364)
R-2367 - Romaine Garden Salad w/ Chicken (Elem R-2367)
R-2532 - PB & J w/ Cheese Stick K-8 (R 2532)
R-2605 - Rice Krispy Minis
R-2615 - BBQ Beef Sloppy Joe(R-2615)
R-2818 - Orange Blossom Bar
R-2819 - Fudge-O Bar
R-2821 - Chocolate Scooter Bar
R-2822 - Straw. Scooter Bar
R-2823 - Ice Cream Sandwich
R-2824 - Vanilla Cup
R-2825 - Chocolate Cup
R-2826 - Straw Sundae Cup
R-2827 - Cotton Candy Cup
R-2828 - Crazy Cone
R-2829 - Cookie & Crm Cone
R-2830 - Choc/Van TwisterCone
R-2843 - Spicy Sweet Chili Doritos
R-2856 - Birthday Cake Cup
R-2857 - Chocolate Sundae Cup
R-2858 - Minty Mint Sandwich
R-2859 - Cookie&Crm Sandwich

08/18/2016

R-0250 - Broccoli, Steamed Frozen (16-17 R-0250)
R-0514 - Milk, Chocolate Skim carton, True Moo (16-17 R-0514)
R-0604 - Cereal Bar, Apple, Nutrigrain Bar
R-0605 - Cereal Bar, Strawberry, Nutrigrain Bar
R-0607 - Cereal Bar, Blueberry, Nutrigrain Bar
R-0785 - Chip, Baked Regular Lay's
R-0991 - Parfaits - Strawberry Yogurt
R-0992 - Parfaits - Vanilla Yogurt
R-1312 - Milk, White Skim, Tru Moo (16-17 R-1312)
R-1373 - Ham & Cheese on WG Bun- ES & MS Alternate
R-1761 - Mini Cornbread Loaf(R-1761)

Soybeans
Milk (Dairy), Wheat, Berries
Milk (dairy), Wheat (granola)
Milk
Soybeans
Milk, Wheat, Soybeans (Soybean Oil, Soy Flour)
Milk, Wheat, May contain tree nuts.
Wheat, Soybeans, Gluten
Milk, Soybeans, Wheat gluten, Lactose
Wheat, Soybeans (May contain), May contain soy
Wheat, Soybeans (May Contain), May contain soy.
Wheat, Soybeans (May Contain)
Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
Milk, Peanuts, Wheat, Soybeans, Gluten, Lactose
Milk, Wheat
Milk, Wheat, Soybeans (Soybean Oil, Soy Flour), Tomatoes
Milk
Milk
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans
Milk
Milk
Milk
Milk
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans
Wheat, Soybeans
Milk
Milk
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans
Soybeans
Milk, chocolate
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans, Strawberry
Milk, Wheat, Soybeans
Soybeans
Milk (Dairy), Wheat, Berries
Milk (dairy), Wheat (granola)
Milk
Milk, Wheat, Soybeans (Soybean Oil, Soy Flour)
Milk, Eggs, Wheat, Soybeans

08/18/2016	R-2160 - Sunbutter Pocket & Cheese Stick (R-2160)	Milk, Soybeans, Wheat gluten, Lactose
	R-2336 - Spaghetti W/Meat Sauce (R-2336)	Wheat, Gluten
	R-2338 - Fruit Loop Cereal Pouch(R-2338)	Wheat, Soybeans (May contain), May contain soy
	R-2339 - Apple Jacks Cereal Pouch(16-17 R- 2339)	Wheat, Soybeans (May Contain), May contain soy.
	R-2340 - Frosted Flakes Cereal Pouch	Wheat, Soybeans (May Contain)
	R-2364 - Romaine Garden Salad w/ Cheese (Elem/R-2364)	Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
	R-2367 - Romaine Garden Salad w/ Chicken (Elem R-2367)	Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
	R-2532 - PB & J w/ Cheese Stick K-8 (R 2532)	Milk, Peanuts, Wheat, Soybeans, Gluten, Lactose
	R-2605 - Rice Krispy Minis	Milk, Wheat
	R-2645 - Chicken & Waffles w/ Maple Syrup	Eggs, Wheat, Soybeans
	R-2648 - Garlic Breadstick	Milk, Wheat
	R-2654 - Hot Cinnamon Apples (R-2654)	corn
	R-2818 - Orange Blossom Bar	Milk
	R-2819 - Fudge-O Bar	Milk
	R-2821 - Chocolate Scooter Bar	Milk, Wheat, Soybeans
	R-2822 - Straw. Scooter Bar	Milk, Wheat, Soybeans
	R-2823 - Ice Cream Sandwich	Milk, Wheat, Soybeans
	R-2824 - Vanilla Cup	Milk
	R-2825 - Chocolate Cup	Milk
	R-2826 - Straw Sundae Cup	Milk
	R-2827 - Cotton Candy Cup	Milk
	R-2828 - Crazy Cone	Milk, Wheat, Soybeans
	R-2829 - Cookie & Crm Cone	Milk, Wheat, Soybeans
	R-2830 - Choc/Van TwisterCone	Milk, Wheat, Soybeans
	R-2843 - Spicy Sweet Chili Doritos	Wheat, Soybeans
	R-2856 - Birthday Cake Cup	Milk
	R-2857 - Chocolate Sundae Cup	Milk
	R-2858 - Minty Mint Sandwich	Milk, Wheat, Soybeans
	R-2859 - Cookie&Crm Sandwich	Milk, Wheat, Soybeans
08/19/2016	R-0514 - Milk, Chocolate Skim carton, True Moo (16-17 R-0514)	Milk, chocolate
	R-0536 - Pizza,(Nardone) Cheese Wedge(R-0536)	Milk, Wheat, Soybeans, Gluten
	R-0604 - Cereal Bar, Apple, Nutrigrain Bar	Milk, Wheat, Soybeans
	R-0605 - Cereal Bar, Strawbry, Nutrigrain Bar	Milk, Wheat, Soybeans, Strawberry
	R-0607 - Cereal Bar, Bluberry, Nutrigrain Bar	Milk, Wheat, Soybeans
	R-0785 - Chip, Baked Regular Lay's	Soybeans
	R-0991 - Parfaits - Strawberry Yogurt	Milk (Dairy), Wheat, Berries
	R-0992 - Parfaits - Vanilla Yogurt	Milk (dairy), Wheat (granola)
	R-1279 - Turkey (Hot Dog) on WG Bun(R-1279)	Wheat, Soybeans
	R-1312 - Milk, White Skim, Tru Moo (16-17 R-1312)	Milk
	R-1373 - Ham & Cheese on WG Bun- ES & MS Alternate	Milk, Wheat, Soybeans (Soybean Oil, Soy Flour)
	R-2089 - Animal Crackers (Keebler)R-2089	Wheat, Soybeans
	R-2160 - Sunbutter Pocket & Cheese Stick (R-2160)	Milk, Soybeans, Wheat gluten, Lactose
	R-2338 - Fruit Loop Cereal Pouch(R-2338)	Wheat, Soybeans (May contain), May contain soy
	R-2339 - Apple Jacks Cereal Pouch(16-17 R- 2339)	Wheat, Soybeans (May Contain), May contain soy.
	R-2340 - Frosted Flakes Cereal Pouch	Wheat, Soybeans (May Contain)

08/19/2016	R-2364 - Romaine Garden Salad w/ Cheese (Elem/R-2364)	Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
	R-2367 - Romaine Garden Salad w/ Chicken (Elem R-2367)	Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
	R-2386 - Pizza(Nardone) Pepperoni Wedge (R-2386)	Milk, Wheat
	R-2532 - PB & J w/ Cheese Stick K-8 (R 2532)	Milk, Peanuts, Wheat, Soybeans, Gluten, Lactose
	R-2605 - Rice Krispy Minis	Milk, Wheat
	R-2662 - Broccoli Cup Fresh w/ Ranch Dressing	Milk, Eggs, May contain wheat.
	R-2818 - Orange Blossom Bar	Milk
	R-2819 - Fudge-O Bar	Milk
	R-2821 - Chocolate Scooter Bar	Milk, Wheat, Soybeans
	R-2822 - Straw. Scooter Bar	Milk, Wheat, Soybeans
	R-2823 - Ice Cream Sandwich	Milk, Wheat, Soybeans
	R-2824 - Vanilla Cup	Milk
	R-2825 - Chocolate Cup	Milk
	R-2826 - Straw Sundae Cup	Milk
	R-2827 - Cotton Candy Cup	Milk
	R-2828 - Crazy Cone	Milk, Wheat, Soybeans
	R-2829 - Cookie & Crm Cone	Milk, Wheat, Soybeans
	R-2830 - Choc/Van TwisterCone	Milk, Wheat, Soybeans
	R-2843 - Spicy Sweet Chili Doritos	Wheat, Soybeans
	R-2856 - Birthday Cake Cup	Milk
	R-2857 - Chocolate Sundae Cup	Milk
	R-2858 - Minty Mint Sandwich	Milk, Wheat, Soybeans
	R-2859 - Cookie&Crm Sandwich	Milk, Wheat, Soybeans
08/22/2016	R-0514 - Milk, Chocolate Skim carton, True Moo (16-17 R-0514)	Milk, chocolate
	R-0536 - Pizza,(Nardone) Cheese Wedge(R-0536)	Milk, Wheat, Soybeans, Gluten
	R-0604 - Cereal Bar, Apple, Nutrigrain Bar	Milk, Wheat, Soybeans
	R-0605 - Cereal Bar, Strawberry, Nutrigrain Bar	Milk, Wheat, Soybeans, Strawberry
	R-0607 - Cereal Bar, Blueberry, Nutrigrain Bar	Milk, Wheat, Soybeans
	R-0785 - Chip, Baked Regular Lay's	Soybeans
	R-0991 - Parfaits - Strawberry Yogurt	Milk (Dairy), Wheat, Berries
	R-0992 - Parfaits - Vanilla Yogurt	Milk (dairy), Wheat (granola)
	R-1285 - Romaine Garden side Salad with Lt Ranch(16-17 R-1285)	Milk, Eggs, May contain wheat.
	R-1312 - Milk, White Skim, Tru Moo (16-17 R-1312)	Milk
	R-1373 - Ham & Cheese on WG Bun- ES & MS Alternate	Milk, Wheat, Soybeans (Soybean Oil, Soy Flour)
	R-2160 - Sunbutter Pocket & Cheese Stick (R-2160)	Milk, Soybeans, Wheat gluten, Lactose
	R-2173 - Orange Popcorn Chicken w/ Pineapple(R-2173)	Eggs, Wheat, Soybeans, Gluten
	R-2338 - Fruit Loop Cereal Pouch(R-2338)	Wheat, Soybeans (May contain), May contain soy
	R-2339 - Apple Jacks Cereal Pouch(16-17 R- 2339)	Wheat, Soybeans (May Contain), May contain soy.
	R-2340 - Frosted Flakes Cereal Pouch	Wheat, Soybeans (May Contain)
	R-2364 - Romaine Garden Salad w/ Cheese (Elem/R-2364)	Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
	R-2367 - Romaine Garden Salad w/ Chicken (Elem R-2367)	Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
	R-2532 - PB & J w/ Cheese Stick K-8 (R 2532)	Milk, Peanuts, Wheat, Soybeans, Gluten, Lactose
	R-2605 - Rice Krispy Minis	Milk, Wheat
	R-2818 - Orange Blossom Bar	Milk
	R-2819 - Fudge-O Bar	Milk

08/22/2016	R-2821 - Chocolate Scooter Bar	Milk, Wheat, Soybeans
	R-2822 - Straw. Scooter Bar	Milk, Wheat, Soybeans
	R-2823 - Ice Cream Sandwich	Milk, Wheat, Soybeans
	R-2824 - Vanilla Cup	Milk
	R-2825 - Chocolate Cup	Milk
	R-2826 - Straw Sundae Cup	Milk
	R-2827 - Cotton Candy Cup	Milk
	R-2828 - Crazy Cone	Milk, Wheat, Soybeans
	R-2829 - Cookie & Crm Cone	Milk, Wheat, Soybeans
	R-2830 - Choc/Van TwisterCone	Milk, Wheat, Soybeans
	R-2843 - Spicy Sweet Chili Doritos	Wheat, Soybeans
	R-2856 - Birthday Cake Cup	Milk
	R-2857 - Chocolate Sundae Cup	Milk
	R-2858 - Minty Mint Sandwich	Milk, Wheat, Soybeans
	R-2859 - Cookie&Crm Sandwich	Milk, Wheat, Soybeans
08/23/2016	R-0514 - Milk, Chocolate Skim carton, True Moo (16-17 R-0514)	Milk, chocolate
	R-0604 - Cereal Bar, Apple, Nutrigrain Bar	Milk, Wheat, Soybeans
	R-0605 - Cereal Bar, Strawbry, Nutrigrain Bar	Milk, Wheat, Soybeans, Strawberry
	R-0607 - Cereal Bar, Bluberry, Nutrigrain Bar	Milk, Wheat, Soybeans
	R-0785 - Chip, Baked Regular Lay's	Soybeans
	R-0991 - Parfaits - Strawberry Yogurt	Milk (Dairy), Wheat, Berries
	R-0992 - Parfaits - Vanilla Yogurt	Milk (dairy), Wheat (granola)
	R-1289 - Hamburger on WG Bun(R-1289)	Milk, Wheat, Soybeans (Soybean Oil, Soy Flour), Gluten
	R-1312 - Milk, White Skim, Tru Moo (16-17 R-1312)	Milk
	R-1373 - Ham & Cheese on WG Bun- ES & MS Alternate	Milk, Wheat, Soybeans (Soybean Oil, Soy Flour)
	R-1591 - Tomato Basil Soup(Homemade) R-1591	Milk, Wheat, Soybeans, Tomatoes ,soybean oil, Gluten
	R-2160 - Sunbutter Pocket & Cheese Stick (R-2160)	Milk, Soybeans, Wheat gluten, Lactose
	R-2338 - Fruit Loop Cereal Pouch(R-2338)	Wheat, Soybeans (May contain), May contain soy
	R-2339 - Apple Jacks Cereal Pouch(16-17 R- 2339)	Wheat, Soybeans (May Contain), May contain soy.
	R-2340 - Frosted Flakes Cereal Pouch	Wheat, Soybeans (May Contain)
	R-2364 - Romaine Garden Salad w/ Cheese (Elem/R-2364)	Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
	R-2367 - Romaine Garden Salad w/ Chicken (Elem R-2367)	Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
	R-2532 - PB & J w/ Cheese Stick K-8 (R 2532)	Milk, Peanuts, Wheat, Soybeans, Gluten, Lactose
	R-2605 - Rice Krispy Minis	Milk, Wheat
	R-2660 - Grilled American Cheese on WG White Loaf Bread(R-2660)	Milk, Wheat, Soybeans
	R-2818 - Orange Blossom Bar	Milk
	R-2819 - Fudge-O Bar	Milk
	R-2821 - Chocolate Scooter Bar	Milk, Wheat, Soybeans
	R-2822 - Straw. Scooter Bar	Milk, Wheat, Soybeans
	R-2823 - Ice Cream Sandwich	Milk, Wheat, Soybeans
	R-2824 - Vanilla Cup	Milk
	R-2825 - Chocolate Cup	Milk
	R-2826 - Straw Sundae Cup	Milk
	R-2827 - Cotton Candy Cup	Milk
	R-2828 - Crazy Cone	Milk, Wheat, Soybeans

08/23/2016	R-2829 - Cookie & Crm Cone	Milk, Wheat, Soybeans
	R-2830 - Choc/Van TwisterCone	Milk, Wheat, Soybeans
	R-2843 - Spicy Sweet Chili Doritos	Wheat, Soybeans
	R-2856 - Birthday Cake Cup	Milk
	R-2857 - Chocolate Sundae Cup	Milk
	R-2858 - Minty Mint Sandwich	Milk, Wheat, Soybeans
	R-2859 - Cookie&Crm Sandwich	Milk, Wheat, Soybeans
	08/24/2016	R-0250 - Broccoli, Steamed Frozen (16-17 R-0250)
R-0514 - Milk, Chocolate Skim carton, True Moo (16-17 R-0514)		Milk, chocolate
R-0604 - Cereal Bar, Apple, Nutrigrain Bar		Milk, Wheat, Soybeans
R-0605 - Cereal Bar, Strawbry, Nutrigrain Bar		Milk, Wheat, Soybeans, Strawberry
R-0607 - Cereal Bar, Bluberry, Nutrigrain Bar		Milk, Wheat, Soybeans
R-0785 - Chip, Baked Regular Lay's		Soybeans
R-0991 - Parfaits - Strawberry Yogurt		Milk (Dairy), Wheat, Berries
R-0992 - Parfaits - Vanilla Yogurt		Milk (dairy), Wheat (granola)
R-1312 - Milk, White Skim, Tru Moo (16-17 R-1312)		Milk
R-1373 - Ham & Cheese on WG Bun- ES & MS Alternate		Milk, Wheat, Soybeans (Soybean Oil, Soy Flour)
R-1540 - Peas Green (Steamed)R-1540		Soybeans
R-1871 - Bug Bites(R-1871)		Wheat, Soybeans
R-2160 - Sunbutter Pocket & Cheese Stick (R-2160)		Milk, Soybeans, Wheat gluten, Lactose
R-2336 - Spaghetti W/Meat Sauce (R-2336)		Wheat, Gluten
R-2338 - Fruit Loop Cereal Pouch(R-2338)		Wheat, Soybeans (May contain), May contain soy
R-2339 - Apple Jacks Cereal Pouch(16-17 R- 2339)		Wheat, Soybeans (May Contain), May contain soy.
R-2340 - Frosted Flakes Cereal Pouch		Wheat, Soybeans (May Contain)
R-2364 - Romaine Garden Salad w/ Cheese (Elem/R-2364)		Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
R-2367 - Romaine Garden Salad w/ Chicken (Elem R-2367)		Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
R-2532 - PB & J w/ Cheese Stick K-8 (R 2532)		Milk, Peanuts, Wheat, Soybeans, Gluten, Lactose
R-2605 - Rice Krispy Minis		Milk, Wheat
R-2648 - Garlic Breadstick		Milk, Wheat
R-2818 - Orange Blossom Bar		Milk
R-2819 - Fudge-O Bar		Milk
R-2821 - Choclote Scooter Bar		Milk, Wheat, Soybeans
R-2822 - Straw. Scooter Bar		Milk, Wheat, Soybeans
R-2823 - Ice Cream Sandwich		Milk, Wheat, Soybeans
R-2824 - Vanilla Cup		Milk
R-2825 - Chocolate Cup		Milk
R-2826 - Straw Sundae Cup		Milk
R-2827 - Cotton Candy Cup		Milk
R-2828 - Crazy Cone		Milk, Wheat, Soybeans
R-2829 - Cookie & Crm Cone	Milk, Wheat, Soybeans	
R-2830 - Choc/Van TwisterCone	Milk, Wheat, Soybeans	
R-2843 - Spicy Sweet Chili Doritos	Wheat, Soybeans	
R-2856 - Birthday Cake Cup	Milk	
R-2857 - Chocolate Sundae Cup	Milk	
R-2858 - Minty Mint Sandwich	Milk, Wheat, Soybeans	

08/24/2016	R-2859 - Cookie&Crn Sandwich	Milk, Wheat, Soybeans
08/25/2016	R-0514 - Milk, Chocolate Skim carton, True Moo (16-17 R-0514)	Milk, chocolate
	R-0604 - Cereal Bar, Apple, Nutrigrain Bar	Milk, Wheat, Soybeans
	R-0605 - Cereal Bar, Strawbry, Nutrigrain Bar	Milk, Wheat, Soybeans, Strawberry
	R-0607 - Cereal Bar, Bluberry, Nutrigrain Bar	Milk, Wheat, Soybeans
	R-0785 - Chip, Baked Regular Lay's	Soybeans
	R-0991 - Parfaits - Strawberry Yogurt	Milk (Dairy), Wheat, Berries
	R-0992 - Parfaits - Vanilla Yogurt	Milk (dairy), Wheat (granola)
	R-1172 - Barbecued Baked Chicken(R -1172)	Tomatoes, Gluten
	R-1206 - Meatloaf (R- 1206)	Wheat, Soybeans, TOMATO
	R-1312 - Milk, White Skim, Tru Moo (16-17 R-1312)	Milk
	R-1373 - Ham & Cheese on WG Bun- ES & MS Alternate	Milk, Wheat, Soybeans (Soybean Oil, Soy Flour)
	R-1656 - Yogurt, Vanilla Danimals(R -1656)	Milk, LACTOSE
	R-2160 - Sunbutter Pocket & Cheese Stick (R-2160)	Milk, Soybeans, Wheat gluten, Lactose
	R-2338 - Fruit Loop Cereal Pouch(R-2338)	Wheat, Soybeans (May contain), May contain soy
	R-2339 - Apple Jacks Cereal Pouch(16-17 R- 2339)	Wheat, Soybeans (May Contain), May contain soy.
	R-2340 - Frosted Flakes Cereal Pouch	Wheat, Soybeans (May Contain)
	R-2364 - Romaine Garden Salad w/ Cheese (Elem/R-2364)	Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
	R-2367 - Romaine Garden Salad w/ Chicken (Elem R-2367)	Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
	R-2532 - PB & J w/ Cheese Stick K-8 (R 2532)	Milk, Peanuts, Wheat, Soybeans, Gluten, Lactose
	R-2605 - Rice Krispy Minis	Milk, Wheat
	R-2648 - Garlic Breadstick	Milk, Wheat
	R-2658 - Butter Beans	Soybeans
	R-2818 - Orange Blossom Bar	Milk
	R-2819 - Fudge-O Bar	Milk
	R-2821 - Choclote Scooter Bar	Milk, Wheat, Soybeans
	R-2822 - Straw. Scooter Bar	Milk, Wheat, Soybeans
	R-2823 - Ice Cream Sandwich	Milk, Wheat, Soybeans
	R-2824 - Vanilla Cup	Milk
	R-2825 - Chocolate Cup	Milk
	R-2826 - Straw Sundae Cup	Milk
	R-2827 - Cotton Candy Cup	Milk
	R-2828 - Crazy Cone	Milk, Wheat, Soybeans
	R-2829 - Cookie & Crm Cone	Milk, Wheat, Soybeans
	R-2830 - Choc/Van TwisterCone	Milk, Wheat, Soybeans
	R-2843 - Spicy Sweet Chili Doritos	Wheat, Soybeans
	R-2856 - Birthday Cake Cup	Milk
	R-2857 - Chocolate Sundae Cup	Milk
	R-2858 - Minty Mint Sandwich	Milk, Wheat, Soybeans
	R-2859 - Cookie&Crn Sandwich	Milk, Wheat, Soybeans
08/26/2016	R-0514 - Milk, Chocolate Skim carton, True Moo (16-17 R-0514)	Milk, chocolate
	R-0604 - Cereal Bar, Apple, Nutrigrain Bar	Milk, Wheat, Soybeans
	R-0605 - Cereal Bar, Strawbry, Nutrigrain Bar	Milk, Wheat, Soybeans, Strawberry
	R-0607 - Cereal Bar, Bluberry, Nutrigrain Bar	Milk, Wheat, Soybeans
	R-0785 - Chip, Baked Regular Lay's	Soybeans

08/26/2016

R-0881 - Grilled Chicken Sandwich on ww Bun (R-0881)
R-0991 - Parfaits - Strawberry Yogurt
R-0992 - Parfaits - Vanilla Yogurt
R-1279 - Turkey (Hot Dog) on WG Bun(R-1279)
R-1312 - Milk, White Skim, Tru Moo (16-17 R-1312)
R-1359 - Green Beans, (Steamed) (R-1359)
R-1373 - Ham & Cheese on WG Bun- ES & MS Alternate
R-1693 - Cheese Stick (16-17 R-1693)
R-2160 - Sunbutter Pocket & Cheese Stick (R-2160)
R-2338 - Fruit Loop Cereal Pouch(R-2338)
R-2339 - Apple Jacks Cereal Pouch(16-17 R- 2339)
R-2340 - Frosted Flakes Cereal Pouch
R-2364 - Romaine Garden Salad w/ Cheese (Elem/R-2364)
R-2367 - Romaine Garden Salad w/ Chicken (Elem R-2367)
R-2385 - Cheeseburger w/American Chees(R-2385)
R-2532 - PB & J w/ Cheese Stick K-8 (R 2532)
R-2605 - Rice Krispy Minis
R-2818 - Orange Blossom Bar
R-2819 - Fudge-O Bar
R-2821 - Choclate Scooter Bar
R-2822 - Straw. Scooter Bar
R-2823 - Ice Cream Sandwich
R-2824 - Vanilla Cup
R-2825 - Chocolate Cup
R-2826 - Straw Sundae Cup
R-2827 - Cotton Candy Cup
R-2828 - Crazy Cone
R-2829 - Cookie & Crm Cone
R-2830 - Choc/Van TwisterCone
R-2843 - Spicy Sweet Chili Doritos
R-2856 - Birthday Cake Cup
R-2857 - Chocolate Sundae Cup
R-2858 - Minty Mint Sandwich
R-2859 - Cookie&Crm Sandwich

08/29/2016

R-0250 - Broccoli, Steamed Frozen (16-17 R-0250)
R-0514 - Milk, Chocolate Skim carton, True Moo (16-17 R-0514)
R-0604 - Cereal Bar, Apple, Nutrigrain Bar
R-0605 - Cereal Bar, Strawbry, Nutrigrain Bar
R-0607 - Cereal Bar, Bluberry, Nutrigrain Bar
R-0785 - Chip, Baked Regular Lay's
R-0991 - Parfaits - Strawberry Yogurt
R-0992 - Parfaits - Vanilla Yogurt
R-1284 - Lasagna with Beef Meat Sauce (R-1284)
R-1312 - Milk, White Skim, Tru Moo (16-17 R-1312)
R-1373 - Ham & Cheese on WG Bun- ES & MS Alternate

Milk, Wheat, Soybeans (Soybean Oil, Soy Flour), Hydrolyzedcorn gluten
Milk (Dairy), Wheat, Berries
Milk (dairy), Wheat (granola)
Wheat, Soybeans
Milk
Soybeans
Milk, Wheat, Soybeans (Soybean Oil, Soy Flour)
Milk, Lactose
Milk, Soybeans, Wheat gluten, Lactose
Wheat, Soybeans (May contain), May contain soy
Wheat, Soybeans (May Contain), May contain soy.
Wheat, Soybeans (May Contain)
Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
Milk, Wheat, Soybeans (Soybean Oil, Soy Flour)
Milk, Peanuts, Wheat, Soybeans, Gluten, Lactose
Milk, Wheat
Milk
Milk
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans
Milk
Milk
Milk
Milk
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans
Wheat, Soybeans
Milk
Milk
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans
Soybeans
Milk, chocolate
Milk, Wheat, Soybeans
Milk, Wheat, Soybeans, Strawberry
Milk, Wheat, Soybeans
Soybeans
Milk (Dairy), Wheat, Berries
Milk (dairy), Wheat (granola)
Milk, Eggs, Wheat, Soybeans
Milk
Milk, Wheat, Soybeans (Soybean Oil, Soy Flour)

08/29/2016	R-1775 - Teriyaki Chicken(Yang's) (R-1775)	Wheat, Soybeans, Gluten
	R-1871 - Bug Bites(R-1871)	Wheat, Soybeans
	R-2148 - Vegetable" Fried " Rice Oven Baked E/M (R-2148)	Milk, Eggs, Fish, Shellfish, TreeNuts, Peanuts, Wheat, Soybeans, corn, May contain gluten from wheat, Gluten
	R-2160 - Sunbutter Pocket & Cheese Stick (R-2160)	Milk, Soybeans, Wheat gluten, Lactose
	R-2338 - Fruit Loop Cereal Pouch(R-2338)	Wheat, Soybeans (May contain), May contain soy
	R-2339 - Apple Jacks Cereal Pouch(16-17 R- 2339)	Wheat, Soybeans (May Contain), May contain soy.
	R-2340 - Frosted Flakes Cereal Pouch	Wheat, Soybeans (May Contain)
	R-2364 - Romaine Garden Salad w/ Cheese (Elem/R-2364)	Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
	R-2367 - Romaine Garden Salad w/ Chicken (Elem R-2367)	Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
	R-2532 - PB & J w/ Cheese Stick K-8 (R 2532)	Milk, Peanuts, Wheat, Soybeans, Gluten, Lactose
	R-2605 - Rice Krispy Minis	Milk, Wheat
	R-2648 - Garlic Breadstick	Milk, Wheat
	R-2655 - Carrots Honey Glazed Ginger SY16-17)	Soybeans
	R-2818 - Orange Blossom Bar	Milk
	R-2819 - Fudge-O Bar	Milk
	R-2821 - Choclate Scooter Bar	Milk, Wheat, Soybeans
	R-2822 - Straw. Scooter Bar	Milk, Wheat, Soybeans
	R-2823 - Ice Cream Sandwich	Milk, Wheat, Soybeans
	R-2824 - Vanilla Cup	Milk
	R-2825 - Chocolate Cup	Milk
	R-2826 - Straw Sundae Cup	Milk
	R-2827 - Cotton Candy Cup	Milk
	R-2828 - Crazy Cone	Milk, Wheat, Soybeans
	R-2829 - Cookie & Crm Cone	Milk, Wheat, Soybeans
	R-2830 - Choc/Van TwisterCone	Milk, Wheat, Soybeans
	R-2843 - Spicy Sweet Chili Doritos	Wheat, Soybeans
	R-2856 - Birthday Cake Cup	Milk
	R-2857 - Chocolate Sundae Cup	Milk
	R-2858 - Minty Mint Sandwich	Milk, Wheat, Soybeans
	R-2859 - Cookie&Crm Sandwich	Milk, Wheat, Soybeans
08/30/2016	R-0086 - Salisbury Steak Patty w/ Gravy(R-0086)	Milk, Wheat, Soybeans
	R-0250 - Broccoli, Steamed Frozen (16-17 R-0250)	Soybeans
	R-0262 - Corn, Whole Kernal Steamed Frz(R -0262)	Soybeans, corn
	R-0514 - Milk, Chocolate Skim carton, True Moo (16-17 R-0514)	Milk, chocolate
	R-0543 - Dinner Roll (Bridgeford)(R-0543)	Milk, Eggs, Wheat, Soybeans, Gluten
	R-0604 - Cereal Bar, Apple, Nutrigrain Bar	Milk, Wheat, Soybeans
	R-0605 - Cereal Bar, Strawbry, Nutrigrain Bar	Milk, Wheat, Soybeans, Strawberry
	R-0607 - Cereal Bar, Bluberry, Nutrigrain Bar	Milk, Wheat, Soybeans
	R-0785 - Chip, Baked Regular Lay's	Soybeans
	R-0991 - Parfaits - Strawberry Yogurt	Milk (Dairy), Wheat, Berries
	R-0992 - Parfaits - Vanilla Yogurt	Milk (dairy), Wheat (granola)
	R-1312 - Milk, White Skim, Tru Moo (16-17 R-1312)	Milk
	R-1373 - Ham & Cheese on WG Bun- ES & MS Alternate	Milk, Wheat, Soybeans (Soybean Oil, Soy Flour)
	R-2115 - Popcorn Chicken Smackers(R-2115)	Milk, Wheat, Soybeans

08/30/2016	R-2160 - Sunbutter Pocket & Cheese Stick (R-2160)	Milk, Soybeans, Wheat gluten, Lactose
	R-2338 - Fruit Loop Cereal Pouch(R-2338)	Wheat, Soybeans (May contain), May contain soy
	R-2339 - Apple Jacks Cereal Pouch(16-17 R- 2339)	Wheat, Soybeans (May Contain), May contain soy.
	R-2340 - Frosted Flakes Cereal Pouch	Wheat, Soybeans (May Contain)
	R-2364 - Romaine Garden Salad w/ Cheese (Elem/R-2364)	Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
	R-2367 - Romaine Garden Salad w/ Chicken (Elem R-2367)	Milk, Eggs, Wheat, Soybeans, Gluten, May contain wheat.
	R-2515 - Garlic(Homemade) Whole Mashed Potato	Milk, Soybeans
	R-2532 - PB & J w/ Cheese Stick K-8 (R 2532)	Milk, Peanuts, Wheat, Soybeans, Gluten, Lactose
	R-2605 - Rice Krispy Minis	Milk, Wheat
	R-2648 - Garlic Breadstick	Milk, Wheat
	R-2818 - Orange Blossom Bar	Milk
	R-2819 - Fudge-O Bar	Milk
	R-2821 - Chocolate Scooter Bar	Milk, Wheat, Soybeans
	R-2822 - Straw. Scooter Bar	Milk, Wheat, Soybeans
	R-2823 - Ice Cream Sandwich	Milk, Wheat, Soybeans
	R-2824 - Vanilla Cup	Milk
	R-2825 - Chocolate Cup	Milk
	R-2826 - Straw Sundae Cup	Milk
	R-2827 - Cotton Candy Cup	Milk
	R-2828 - Crazy Cone	Milk, Wheat, Soybeans
	R-2829 - Cookie & Crm Cone	Milk, Wheat, Soybeans
	R-2830 - Choc/Van TwisterCone	Milk, Wheat, Soybeans
	R-2843 - Spicy Sweet Chili Doritos	Wheat, Soybeans
	R-2856 - Birthday Cake Cup	Milk
	R-2857 - Chocolate Sundae Cup	Milk
	R-2858 - Minty Mint Sandwich	Milk, Wheat, Soybeans
	R-2859 - Cookie&Crm Sandwich	Milk, Wheat, Soybeans
08/31/2016	R-0514 - Milk, Chocolate Skim carton, True Moo (16-17 R-0514)	Milk, chocolate
	R-0604 - Cereal Bar, Apple, Nutrigrain Bar	Milk, Wheat, Soybeans
	R-0605 - Cereal Bar, Strawbry, Nutrigrain Bar	Milk, Wheat, Soybeans, Strawberry
	R-0607 - Cereal Bar, Bluberry, Nutrigrain Bar	Milk, Wheat, Soybeans
	R-0785 - Chip, Baked Regular Lay's	Soybeans
	R-0991 - Parfaits - Strawberry Yogurt	Milk (Dairy), Wheat, Berries
	R-0992 - Parfaits - Vanilla Yogurt	Milk (dairy), Wheat (granola)
	R-1279 - Turkey (Hot Dog) on WG Bun(R-1279)	Wheat, Soybeans
	R-1312 - Milk, White Skim, Tru Moo (16-17 R-1312)	Milk
	R-1693 - Cheese Stick (16-17 R-1693)	Milk, Lactose
	R-2338 - Fruit Loop Cereal Pouch(R-2338)	Wheat, Soybeans (May contain), May contain soy
	R-2339 - Apple Jacks Cereal Pouch(16-17 R- 2339)	Wheat, Soybeans (May Contain), May contain soy.
	R-2340 - Frosted Flakes Cereal Pouch	Wheat, Soybeans (May Contain)
	R-2605 - Rice Krispy Minis	Milk, Wheat
	R-2818 - Orange Blossom Bar	Milk
	R-2819 - Fudge-O Bar	Milk
	R-2821 - Chocolate Scooter Bar	Milk, Wheat, Soybeans
	R-2822 - Straw. Scooter Bar	Milk, Wheat, Soybeans

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R-2823 - Ice Cream Sandwich

Milk, Wheat, Soybeans

R-2824 - Vanilla Cup

Milk

R-2825 - Chocolate Cup

Milk

R-2826 - Straw Sundae Cup

Milk

R-2827 - Cotton Candy Cup

Milk

R-2828 - Crazy Cone

Milk, Wheat, Soybeans

R-2829 - Cookie & Crm Cone

Milk, Wheat, Soybeans

R-2830 - Choc/Van TwisterCone

Milk, Wheat, Soybeans

R-2843 - Spicy Sweet Chili Doritos

Wheat, Soybeans

R-2856 - Birthday Cake Cup

Milk

R-2857 - Chocolate Sundae Cup

Milk

R-2858 - Minty Mint Sandwich

Milk, Wheat, Soybeans

R-2859 - Cookie&Crm Sandwich

Milk, Wheat, Soybeans