

Simple Average

1/4/2022 to 1/4/2022

		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	
<b>1974: Crystal</b>																
<b>1/4/2022 - Lunch - 6-8 Lunch</b>																
Fresh Fruit, Seasonal	1/2 cup	59.212	0.000*	1.162*	3.023	0.204*	20.314*	142.754*	25.352*	0.773	14.903	0.260*	0.019*	0.000*	9.004*	
Yogurt Parfait - Lunch	1 each	936.526	9.991	568.685	10.050*	2.289*	445.630	2033.854	1.938*	24.260	172.908	17.419	4.028	0.000*	88.362	
Orange Chicken & Veggies Rice Bowl	1 serving	228.000	0.000	6.000	2.000	N/A	N/A	N/A	N/A	4.000	48.000	2.000	0.000	N/A	0.000	
Teriyaki Chicken & Veggies Rice Bowl	1 serving	651.729	201.119	1405.202	4.468	2.814*	44.64*	806.76*	43.992*	49.591	87.156	12.490	2.959	0.000*	30.525	
Burger, Chicken 6-12	1 burger	160.000	0.000	200.000	3.000	1.800	N/A	0.000	0.000	7.000	31.000	2.000	0.000	N/A	4.000	
Milk, Nonfat Choc	1 half pint	120.000	5.000	160.000	0.000	0.360	250.000	750.000	N/A	9.000	21.000	0.000	0.000	0.000	19.000	
Juice 4.23oz	1 box	60.000	0.000	8.000	0.000	0.000	14.000	N/A	60.000	0.000	15.000	0.000	0.000	0.000	13.400	
Pizza, Cheese 6-12	1 slice	371.024	32.405	601.659	3.738	3.127	400.232	515.506	3.965	15.534	46.412	12.245	7.306	0.000	11.334	
Shelf Stable Fruit Variety	1/2 cup	94.333	0.000*	1.333*	1.999	0.180*	6.689*	0.000*	0.000*	0.333*	24.665	0.000*	0.000*	0.000*	19.667	
Fresh Vegetable .75 cup	3/4 cup	56.813	0.0	95.768	2.186	0.672	25.625	3140.729	10.703	2.279	11.945	0.515	0.070	0.0	1.130*	
Chicken Wings, Buffalo	1 serving	280.000	N/A	140.000	4.000	2.160	40.000	N/A	N/A	4.000	38.000	12.000	2.000	N/A	0.000	
Burger, Cheese 6-12	1 burger	160.000	0.000	200.000	3.000	1.800	N/A	0.000	0.000	7.000	31.000	2.000	0.000	N/A	4.000	
Salad, Chicken Caesar 6-12	1 each	777.400	106.893	1923.896	4.974	4.243*	781.459*	8677.847*	5.360*	45.636	43.026	45.953	13.886	0.000*	3.629	
Pizza, Pepperoni 6-12	1 slice	486.466	48.428	890.646	4.214	3.900	477.861	610.562	4.250	23.387	54.985	18.496	9.701	0.000*	12.443	
PBJ Sandwich Combo	1 Serving	588.388	20.000	639.425	6.631	2.649	358.475	200.000*	0.834*	19.196	75.754	26.591	8.034	0.000*	37.628	
Italian Cheese Dunkers 6-12	1 serving	471.201	45.000	840.392	4.454	3.290	560.001	791.045	21.517	30.016	49.398	16.607	9.035	0.000	7.501*	
Burrito, Chile Relleno	1 burrito	424.165	20.980	1192.281	8.090*	3.600*	299.996*	462.099	45.600	17.120	56.039	14.660	6.400	0.000	5.950	
Burger, Veggie 6-12	1 burger	160.000	0.000	200.000	3.000	1.800	N/A	0.000	0.000	7.000	31.000	2.000	0.000	N/A	4.000	
Soymilk, Vanilla	1 half pint	150.000	0.000	70.000	0.000	1.440	300.000	500.000	0.000	8.000	18.000	4.5	1.000	0.000	13.000	
Corn Dog, Chicken-Lunch	1 each	340.0	40.0	490.0	3.0	2.16	150.0*	0.0*	0.0*	10.0	48.0	12.0	2.5	0.0	8.0	
Sandwich, Turkey & Cheese 6-8	1 each	140.000	0.000	300.000	4.000	1.2	60.000	N/A	N/A	6.000	26.000	2.000	0.000	0.000	2.000	
Chicken Tenders & Fries 6-12	1 serving	463.024	30.291	564.536	5.035	3.181	130.233*	0.000*	0.000*	19.174	48.186	21.674	3.529	0.000*	1.012	
Fruit, Veg, Milk - K8	1 serving	187.520	5.000	202.908	3.670	0.641	275.035	10984.805	7.359*	9.780	38.134	0.285	0.043	0.000	30.385	
Salad, Garden Veggies	1 serving	600.984	15.00	1224.294	10.948	5.087*	117.684*	8618.554*	15.249*	13.661	71.931	29.269	3.454	0.00	6.737*	
Nachos, Beef 6-12	1 serving	178.019	46.153	679.109	0.000	0.000	334.610	639.550	0.000	11.539	3.296	13.187	7.582	0.000	1.648	
Pizza, Vegetarian 6-12	1 slice	371.024	32.405	601.659	3.738	3.127	400.232	515.506	3.965	15.534	46.412	12.245	7.306	0.000	11.334	
Pizza, Valentino 6-12	1 slice	371.024	32.405	601.659	3.738	3.127	400.232	515.506	3.965	15.534	46.412	12.245	7.306	0.0	11.334	
Nachos, Cheese 6-12	1 serving	237.358	61.538	905.479	0.000	0.000	446.147	852.733	0.000	15.385	4.395	17.582	10.109	0.000	2.198	
Teriyaki Beef, Veggie & Rice Bowl 6-12	1 serving	541.769	46.160	779.444	5.068*	2.147*	59.640*	857.760*	43.992*	18.728	81.573	15.742	6.488*	0.000*	21.962	
Nugget, Kickin & Fries 6-12	1 serving	510.0	10.0	660.0	4.0	5.06	260.0*	0.0*	0.0*	19.0	59.0	23.0	3.0	0.0*	1.0	
Nacho Fries 6-12	1 serving	637.358	61.538*	1565.479	5.000*	2.520*	486.147*	1252.733*	9.600*	20.385	64.395	32.582	12.109	0.000*	6.198	
Milk, 1% Lowfat	1 HALF PINT	102.48	12.2	107.36	0.000	0.073	305.000	478.24	0.000	8.223	12.176	2.367	1.545	N/A	12.688	

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

Serving Date	Recipe	Allergens
01/04/2022	R-0013 Yogurt Parfait - Lunch	Wheat, Soy Beans, Milk
	R-0018 Orange Chicken & Veggie Rice Bowl	Eggs, Wheat, Soy Beans
	R-0019 Teriyaki Chicken & Veggie Rice Bowl	Wheat, Soy Beans
	R-0021 Burger, Chicken 6-12	Wheat, Soy Beans
	R-0025 Milk, Nonfat Choc	Milk
	R-0037 Pizza, Cheese 6-12	Milk, Wheat
	R-0067 Chicken Wings, Buffalo	Wheat
	R-0080 Burger, Cheese 6-12	Wheat, Soy Beans, Milk
	R-0081 Salad, Chicken Caesar 6-12	Milk, Wheat, Eggs
	R-0083 Pizza, Pepperoni 6-12	Milk, Wheat
	R-0084 PBJ Sandwich Combo	Milk, Wheat, Soy Beans, Peanuts
	R-0086 Italian Cheese Dunkers 6-12	Eggs, Milk, Wheat, Soy Beans
	R-0087 Burrito, Chile Relleno	Milk, Wheat
	R-0088 Burger, Veggie 6-12	Wheat, Soy Beans
	R-0090 Soymilk, Vanilla	Soy Beans
	R-0123 Corn Dog, Chicken-Lunch	Eggs, Wheat, Soy Beans
	R-0124 Sandwich, Turkey & Cheese 6-8	Wheat, Soy Beans, Milk
	R-0127 Chicken Tenders & Fries 6-12	Milk, Wheat, Soy Beans
	R-0132 Fruit, Veg, Milk - K8	Milk
	R-0138 Salad, Garden Veggie	Milk, Wheat, Eggs, Soy Beans
	R-0139 Nachos, Beef 6-12	Milk, Soy Beans
	R-0140 Pizza, Vegetarian 6-12	Milk, Wheat
	R-0141 Pizza, Valentino 6-12	Milk, Wheat
	R-0148 Nachos, Cheese 6-12	Milk, Soy Beans
	R-0151 Teriyaki Beef, Veggie & Rice Bowl 6-12	Soy Beans, Wheat
	R-0155 Nugget, Kickin & Fries 6-12	Wheat, Soy Beans, Milk
	R-0156 Nacho Fries 6-12	Soy Beans, Milk

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