

Menu Item Nutrient Report

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)
0 Chicken & Waffles - LR1041 (1 ea.)Contains Milk, Egg, Wheat, Soy.	238.10	10.40	1.48	0.00	361.80	21.91	0.99	4.98
0 Chicken Burger - LR1003 (1 ea.)Contains Wheat, Soy.	340.00	11.00	2.50	0.00	550.00	34.00	7.00	3.00
0 Chicken Fried Rice - LR1043 (3/4 c.)Contains Egg, Wheat, Soy.	183.48(M)	3.78(M)	0.50(M)	0.00(M)	247.96(M)	25.16(M)	2.02(M)	1.23(M)
0 Corn Dog - LR1039 (1 ea.)Contains Egg, Wheat, Soy.	240.00	8.00	2.50	0.00	390.00	30.00	5.00	5.00
0 Drumstick Tyson/potato/gravy - LR1036 (1 ea.)Contains Milk. May contain Egg, Wheat, Soy.	630.00	21.00	3.50	0.00	2830.00	83.00	4.00	0.00
0 French Toast w/sausage - LR1030 (1 serv.)Contains Egg, Wheat.	410.00	28.00	11.00	0.00	700.00	25.00	2.00	5.00
0 Hot Dog - LR1035 (1 ea.)Contains Wheat.	250.00	10.50	3.00	0.00	430.00	27.00	3.00	2.00
0 Mac & Cheese - LR1048 (1 serv.)Contains Milk, Egg, Wheat.	290.77	11.08	6.23	0.00	1010.77	31.85	1.39	6.23
0 Pizza Gluten Free Production - LR1026 (1 pizza)	327.51	16.07	5.41	0.00	837.56	38.13	2.93	2.93
0 Pizza Hut Cheese - LR1022 (1 slice)Contains Milk, Wheat, Soy.	280.00	9.00	4.00	0.00	520.00	29.00	3.00	1.00
0 Pizza Hut Pepperoni - LR1023 (1 slice)Contains Milk, Wheat, Soy.	290.00	11.00	4.50	0.00	570.00	29.00	3.00	1.00
0 Spaghetti w/Meat sauce - LR1034 (1 1/4 c.)Contains Egg, Wheat.	368.98	11.76	3.56	1.42	575.07	44.88	6.92	8.04
0 Stuffed Breadsticks w/marinara - LR1042 (1 ea.)Contains Milk, Wheat.	280.00	7.50	3.00	0.00	460.00	40.00	4.00	10.00
0 Taco Chicken Street - LR1037 (2 ea.)Contains Milk.	256.05	8.17	3.63	0.00	492.36	27.47	2.99	1.87
0 Teriyaki Chicken GF w/Brown Rice - LR1040 (1 ea.)Contains Soy.	255.83	4.42	0.83	0.00	275.00	38.00	2.00	5.00
0 Toasted Cheese Sandwich - LR1049 (1 ea.)Contains Milk, Wheat, Soy.	308.15	14.33	7.41	0.00	990.74	32.96	2.00	3.48
Annie's Cheddar Bunnies - LR1198 (1 Bag)Contains Milk, Wheat.	90.00	3.50	0.00	0.00	130.00	13.00	1.00	0.00
Apple Chips - LR1188 (1 ea.)	40.00	0.00	0.00	0.00	0.00	10.00	2.00	6.00

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Apple Sliced Fresh - LR1051 (1/2 c.)	90.00	0.00	0.00	0.00	0.00	25.00	4.00	19.00
Apple, Granny Smith, raw, with skin [100512] - LR1052 (1 large (3-1/4" dia))	116.41	0.38	0.07	0.00	2.45	30.80	5.40	(M)
Apples, Gala, raw, with skin [100521] - LR1143 (1 medium (2-3/4" dia) (approx 3 per LB))	95.00	0.31	0.06	0.00	2.00	25.13	4.40	(M)
Apples, raw, with skin - LR1053 (1 medium (2-3/4" dia) (approx 3 per LB))	94.64	0.31	0.05	0.00	1.82	25.13	4.37	18.91
Applesauce, Unsweetened, Canned - LR1054 (1/2 c.)	51.00	0.00	0.00	0.00	1.99	13.99	0.99	10.99
Apricots, raw - LR1055 (1 apricot)	16.80	0.14	0.01	0.00	0.35	3.89	0.70	3.23
Asparagus, raw - LR1056 (1 c.)	26.80	0.16	0.05	0.00	2.68	5.20	2.81	2.52
Avocados, raw, all commercial varieties - LR1057 (1 avocado, NS as to Florida or California)	321.60	29.47	4.27	0.00	14.07	17.14	13.47	1.33
Banana Bread - LR1202 (1 ea.)Contains Milk, Egg, Wheat, Soy.	260.00	8.00	1.50	0.00	240.00	45.00	2.00	24.00
Bananas, raw - LR1058 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	0.00	1.18	26.95	3.07	14.43
BBQ Pork Sandwich - LR1032 (1 ea.)Contains Wheat.	348.00	12.00	5.00	0.00	776.00	30.60	4.00	8.20
BBQ Pork Sandwich - LR1241 (1 ea.)Contains Wheat.	348.00	12.00	5.00	0.00	776.00	30.60	4.00	8.20
Bean Kidney Dark Red - LR1059 (1/2 c.)	110.00	0.00	0.00	0.00	140.00	19.00	5.00	3.00
Bean Pork Navy - LR1061 (1/2 c.)	140.00	0.50	0.00	0.00	440.00	28.00	5.00	8.00
Beans Baked Vegetable - LR1062 (1/2 c.)	140.00	0.50	0.00	0.00	440.00	28.00	5.00	8.00
Beans Refried Veg Dehydrated - LR1063 (1/2 c.)	140.00	2.50	0.00	0.00	320.00	24.00	7.00	1.00
Beans, Black (Turtle), Low-sodium, Canned - LR1064 (1/2 c.)	109.00	0.00	0.00	0.00	139.99	19.99	7.99	0.00
Beans, Garbanzo, Low-sodium, Canned - LR1065 (1/2 c.)	105.00	1.99	0.00	0.00	139.99	16.99	4.99	3.00
Beans, Green, Low-sodium, Canned - LR1066 (1/2 c.)	15.99	0.00	0.00	0.00	139.99	3.00	1.99	0.99

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Beans, Legumes Assorted - LR1164 (1/2 c.)	104.50	0.50	0.00	0.00	139.99	19.00	6.24	1.50
Beans, Pink, Low-sodium, Canned - LR1067 (1/2 c.)	126.00	0.00	0.00	0.00	140.00	24.00	5.00	0.00
Beans, Red Kidney, Low-sodium, Canned - LR1068 (1/2 c.)	104.00	0.00	0.00	0.00	139.99	19.00	6.99	2.00
Beans, Refried, Low-sodium, Canned - LR1069 (1/2 c.)	109.99	0.00	0.00	0.00	140.00	19.99	4.99	0.99
Beans, Vegetarian, Low-sodium, Canned - LR1070 (1/2 c.)	109.99	0.99	0.00	0.00	140.00	19.99	4.99	4.99
Beef Ground Cooked - LR1033 (1 oz.)	87.11	6.22	2.22	0.89	26.67	0.00	0.00	0.00
Beets, pickled, canned, solids and liquids - LR1071 (1 CUP slices)	147.55	0.18	0.03	0.00	338.23	36.96	1.82	25.08
Benefit bar Apple - LR1199 (1 ea.)Contains Milk, Egg, Wheat, Soy.	290.00	9.00	3.00	0.00	240.00	48.00	3.00	22.00
Benefit Bar Assorted - LR1207 (1 ea.)Contains Milk, Egg, Wheat, Soy.	286.00	8.07	2.37	0.00	195.67	49.40	3.13	23.00
Benefit Bar Banana Choc. - LR1200 (1 ea.)Contains Milk, Egg, Wheat, Soy.	280.00	8.00	3.00	0.00	220.00	48.00	3.00	23.00
Benefit Bar Blueberry - LR1201 (1 ea.)Contains Milk, Egg, Wheat, Soy.	288.00	7.20	1.10	0.00	127.00	52.20	3.40	24.00
Bento Bar - LR1231 (1 serv.)Contains Egg, Wheat, Soy.	510.06	8.80	1.00	0.00(M)	477.16	81.71	4.49	16.67
Blackberries, raw - LR1072 (1/2 c.)	30.96	0.35	0.01	0.00	0.72	6.92	3.82	3.51
Blueberries Cult IND Frozen - LR1073 (1/2 c.)	35.00	0.50	0.00	0.00	0.00	8.50	2.00	6.00
Blueberries, raw - LR1074 (1/2 c.)	42.18	0.24	0.02	0.00	0.74	10.72	1.78	7.37
Blueberries, unsweetened. Cultivated type, individually quick frozen (IOF) [1002441] - LR1075	40.00	0.50	0.04	0.00	1.00	9.50	2.20	(M)
Blueberry Compote Reheat - LR1160 (1/2 c.)	16.70	0.14	0.00	0.00	0.04	3.95	0.54	3.27
Blueberry Compote Scratch - LR1159 (1/2 c.)	66.79	0.54	0.00	0.00	0.16	15.80	2.16	13.10
Blueberry IND Frozen Bags - LR1076 (1/2 c.)	35.00	0.50	0.00	0.00	0.00	8.50	2.00	6.00

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Broccoli Roasted - LR1028 (1/2 c.)	38.41	1.68	0.23	0.00(M)	25.03	5.18	1.98	1.29
Broccoli Steamed - LR1029 (1/2 c.)	25.70	0.28	0.03	0.00	24.95	5.02	1.97	1.28
Broccoli, raw - LR1077 (1/2 cup chopped)	15.47	0.17	0.02	0.00	15.02	3.02	1.18	0.77
Brussels sprouts, raw - LR1078 (1/2 c.)	18.92	0.13	0.03	0.00	11.00	3.94	1.67	0.97
Cabbage, common (danish, domestic, and pointed types), freshly harvest. raw - LR1079 (1/2	8.40	0.06	0.01	0.00	6.30	1.88	0.81	(M)
Calzone Cheese - LR1242 (1 ea.)Contains Milk, Wheat.	327.50	13.50	7.00	0.00	577.50	33.75	3.25	5.00
Cantaloupe, raw - LR1080 (1/2 CUP, chunks)	27.20	0.15	0.04	0.00	12.80	6.53	0.72	6.29
Carrot baby 1.6 oz package - LR1210 (1 pkg.)	5.00	0.00	0.00	0.00	10.00	1.25	0.00	1.00
Carrots, baby, raw - LR1081 (3/4 c.)	39.59	0.15	0.03	0.00	88.23	9.32	3.28	5.38
Carrots, frozen, cooked, boiled, drained, without salt - LR1082 (3/4 CUP, sliced)	40.52	0.75	0.13	0.00	64.61	8.46	3.61	4.47
Carrots, raw - LR1083 (3/4 cup chopped)	39.36	0.23	0.04	0.00	66.24	9.20	2.69	4.55
Cauliflower, raw - LR1084 (1/2 cup chopped (1/2" pieces))	13.38	0.15	0.07	0.00	16.05	2.66	1.07	1.02
Celery, raw - LR1085 (1/2 cup chopped)	8.08	0.09	0.02	0.00	40.40	1.50	0.81	0.68
Cheese Calzone - LR1044 (1 ea.)Contains Milk, Wheat.	327.50	13.50	7.00	0.00	577.50	33.75	3.25	5.00
Cheese Nachos - LR1047 (1 ea.)Contains Milk, Soy.	378.17	25.55	8.12	0.00	843.38	27.17	2.06	0.00
Cheese String Lite - LR1017 (1 ea.)Contains Milk.	60.00	3.00	2.00	0.00	200.00	1.00	0.00	1.00
Cheese, shredded Blend - LR1163 (1 oz.)Contains Milk.	90.00	7.00	4.00	0.00	193.33	0.67	0.00	0.00
Cheeseburger - LR1002 (1 ea.)Contains Milk, Wheat.	361.00	18.50	8.80	0.80	601.00	26.00	5.00	3.00
Cheeseburger SEC - LR1233 (1 ea.)Contains Milk, Wheat.	361.00	18.50	8.80	0.80	601.00	26.00	5.00	3.00

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Cherries, sweet, raw - LR1086 (1/2 c.)	72.32	0.23	0.04	0.00	0.00	18.38	2.41	14.72
Cherries, tart, dried, sweetened - LR1087 (1/4 c.)	133.20	0.29	0.06	0.00	5.20	32.18	1.00	26.86
Chicken Alfredo - LR1245 (1 1/2 c.)Contains Milk, Wheat.	368.07	9.91	4.75	0.00	849.96	45.94	6.00	6.75
Chicken Breast Bites - LR1046 (5 nuggets)Contains Wheat, Soy.	262.00	15.00	2.00	0.00	400.00	16.00	2.00	1.00
Chicken Breast Bites - LR1243 (5 nuggets)Contains Wheat, Soy.	262.00	15.00	2.00	0.00	400.00	16.00	2.00	1.00
Chicken Burger - LR1236 (1 ea.)Contains Wheat, Soy.	340.00	11.00	2.50	0.00	550.00	34.00	7.00	3.00
Chicken Burger Spicy - LR1004 (1 ea.)Contains Wheat, Soy.	410.00	17.00	4.00	0.00	660.00	42.00	7.00	4.00
Chicken Ceasar Salad - LR1219 (1 serv.)Contains Milk, Egg, Fish, Wheat, Sov.	505.42	32.39	7.97	0.00	1539.46	29.04	1.97	4.35
Chicken Ranch Wrap - LR1250 (1 ea.)Contains Milk, Egg, Wheat, Soy.	524.08	25.82	5.97	0.00	975.18	55.43	3.98	5.51
Chik'kin Tenders - LR1176 (4 tenders)Contains Wheat, Soy.	213.33	9.33	1.33	0.00	426.67	17.33	4.00	0.00
Chives, raw - LR1088 (1 tbsp chopped)	0.90	0.02	0.00	0.00	0.09	0.13	0.08	0.06
Chop Spot Salad Station - LR1142 (1 serv.)	161.12	3.00	0.03	0.00	111.72	28.52	6.08	6.76(M)
Chop Spot Salad Station - LR1155 (1 serv.)	87.58	0.78	0.14	0.00	121.43	20.76	4.17	10.44(M)
Chop Spot Salad Station - LR1156 (1 serv.)	94.53	0.14	0.03	0.00	74.68	23.20	3.83	16.47(M)
Chop Spot Salad Station - LR1157 (1 serv.)	82.74	0.26	0.05	0.00	69.60	20.45	4.98	8.65(M)
Chop Spot Salad Station - LR1158 (1 serv.)	102.06	0.47	0.06	0.00	89.84	24.51	5.32	11.76(M)
Chop Spot Salad Station - LR1165 (1 serv.)	120.21	0.43	0.04	0.00	122.92	26.64	6.67	7.13(M)
Chop Spot Salad Station - LR1166 (1 serv.)	103.06	0.40	0.03	0.00	108.39	22.26	5.88	8.13(M)
Chop Spot Salad Station - LR1167 (1 serv.)	91.86	0.13	0.03	0.00	74.65	22.48	3.56	16.18(M)

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Chop Spot Salad Station - LR1168 (1 serv.)	111.38	0.72	0.16	0.00	73.48	26.71	5.53	10.67(M)
Chop Spot Salad Station - LR1169 (1 serv.)	81.34	0.52	0.06	0.00	75.23	18.93	4.39	8.22(M)
Chop Spot Salad Station - LR1170 (1 serv.)	136.42	0.38	0.03	0.00	121.73	30.03	6.26	16.94(M)
Chop Spot Salad Station - LR1171 (1 serv.)	107.41	0.44	0.05	0.00	126.34	23.14	6.17	9.27(M)
Chop Spot Salad Station - LR1172 (1 serv.)	77.37	0.13	0.03	0.00	74.65	19.07	3.72	13.54(M)
Chop Spot Salad Station - LR1174 (1 serv.)	74.90	0.23	0.05	0.00	59.65	18.53	4.39	7.38(M)
Chop Spot Salad Station - LR1175 (1 serv.)	71.78	0.25	0.05	0.00	75.09	17.10	4.19	8.27(M)
Chop Spot Salad Station - LR1179 (1 serv.)	119.69	0.43	0.03	0.00	114.21	26.58	6.58	7.17(M)
Chop Spot Salad Station - LR1181 (1 serv.)	94.53	0.14	0.03	0.00	74.68	23.20	3.83	16.47(M)
Chop Spot Salad Station - LR1182 (1 1/4 c.)	80.83	0.25	0.04	0.00	63.46	19.66	4.42	8.58(M)
Chop Spot Salad Station - LR1183 (1 serv.)	137.79	1.70	0.03	0.00	111.72	26.97	6.08	6.76(M)
Chop Spot Salad Station - LR1184 (1 serv.)	72.28	1.05	0.05	0.00	96.04	16.16	3.56	9.76(M)
Chop Spot Salad Station - LR1185 (1 serv.)	91.86	0.13	0.03	0.00	74.65	22.48	3.56	16.18(M)
Chop Spot Salad Station - LR1186 (1 serv.)	89.59	1.07	0.05	0.00	101.58	20.43	4.87	8.52(M)
Chop Spot Salad Station - LR1187 (1 serv.)	83.03	1.26	0.04	0.00	97.48	17.77	4.01	8.59(M)
Chop Spot Salad Station - LR1189 (1 serv.)	137.97	0.53	0.05	0.00	135.09	28.96	7.46	11.12(M)
Chop Spot Salad Station - LR1190 (1 serv.)	106.89	0.32	0.07	0.00	93.55	24.52	6.27	9.45(M)
Chop Spot Salad Station - LR1191 (1 serv.)	165.15	0.46	0.04	0.00	148.13	35.25	7.87	18.58(M)
Chop Spot Salad Station - LR1192 (1 serv.)	78.24	0.22	0.06	0.00	57.04	19.70	3.58	12.93(M)

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Chop Spot Salad Station - LR1193 (1 serv.)	131.25	1.20	0.05	0.00	123.58	28.33	6.41	12.45(M)
Chop Spot Salad Station - LR1194 (1 serv.)	74.51	0.22	0.05	0.00	53.43	18.34	4.31	7.26(M)
Cilantro leaves, raw - LR1089 (1/4 c.)	0.92	0.02	0.00	0.00	1.84	0.15	0.11	0.04
Cinnamon Bread - LR1203 (1 ea.)Contains Milk, Egg, Wheat, Soy.	270.00	8.00	1.50	0.00	240.00	46.00	2.00	25.00
Corn Frozen Cut - LR1090 (1/2 c.)	39.46	0.33	0.00	0.00	6.58	7.89	0.66	1.31
Corn Whole Frozen - LR1144 (2/3 ea.)	80.00	0.50	0.00	0.00	0.00	19.00	2.00	2.00
Corn, sweet, yellow, raw - LR1091 (1/2 c.)	62.35	0.98	0.24	0.00	10.88	13.56	1.45	4.54
Country Cooking Bar - LR1230 (3 serv.)Contains Milk. May contain Egg, Wheat, Soy.	813.21	27.60	10.11	0.00	2586.23	111.52	11.75	6.18
Cucumber, with peel, raw - LR1092 (1/2 CUP, sliced)	7.80	0.06	0.02	0.00	1.04	1.89	0.26	0.87
Deli Sandwich - LR1018 (1 ea.)Contains Milk, Wheat.	295.48	9.90	5.33	0.00	612.37	29.66	2.00	3.00
Edamame, frozen, prepared - LR1093 (1/2 c.)	93.78	4.03	0.48	0.01	4.65	6.91	4.03	1.69
Fish Nuggets - LR1038 (4 ea.)Contains Fish, Wheat, Soy.	230.00	10.00	1.00	0.00	360.00	20.00	2.00	1.00
Fresh Fruit Assortment - LR1150 (1 ea.)	87.22	0.28	0.07	0.00	1.00	22.49	3.51	11.11(M)
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned. extra light syrup. solids and	55.35	0.09	0.01	0.00	4.92	14.30	1.35	(M)
Garlic Bread - LR1161 (1 ea.)Contains Milk, Egg, Wheat, Soy.	70.00	2.50	0.50	0.00	95.00	11.00	1.00	0.00
Garlic, raw - LR1095 (1 tablespoons)	12.66	0.04	0.01	0.00	1.45	2.81	0.18	0.09
Ginger root, raw - LR1096 (1 tablespoons)	4.80	0.05	0.01	0.00	0.78	1.07	0.12	0.10
Grab n' Go Bagel - LR1209 (1 ea.)Contains Milk, Wheat.	542.48	15.92	6.82	0.00(M)	738.16	81.72	6.58	34.37
Grab N Go Buffalo Chicken Salad - LR1222 (1 serv.)Contains Milk, Egg, Wheat, Soy.	882.28	43.71	9.27	0.00	1721.45	94.61	13.09	11.99

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Grab n Go Chef Salad - LR1215 (1 serv.)Contains Milk, Egg, Wheat, Soy.	572.83	32.78	8.39	0.00	1547.38	47.01	6.76	9.63
Grab N Go Chix Bacon Salad - LR1218 (1 ea.)Contains Milk, Egg, Wheat, Soy.	590.28	37.43	9.89	0.00	1256.65	37.01	4.20	5.35
Grab N Go Chix Caesar Salad - LR1216 (1 ea.)Contains Milk, Egg, Fish, Wheat, Soy.	414.50	19.36	5.01	0.00	1300.25	39.84	4.20	5.76
Grab n' Go Deli - LR1248 (1 ea.)Contains Milk, Wheat.	457.96	15.15	5.87	0.00	713.86	59.48	5.58	19.48
Grab n' Go PB & J - LR1213 (1 ea.)Contains Milk, Wheat, Soy.	738.80	38.96	6.63	0.00	686.13	89.67	15.72	39.14
Grab n' Go Pizza Secondary - LR1223 (1 ea.)Contains Milk, Wheat.	661.49	33.09	12.36	0.00	1297.27	71.16	8.58	26.48
Grab N Go Taco Salad - LR1221 (1 serv.)Contains Milk.	345.74(M)	24.21(M)	10.47(M)	1.42(M)	505.67(M)	10.84(M)	2.19(M)	6.58(M)
Grab n' Go Uncrustable - LR1211 (1 ea.)Contains Wheat, Peanuts.	762.48	38.25	7.54	0.00	631.49	93.83	10.58	46.48
Grab n' Go Uncrustable - LR1249 (1 ea.)Contains Milk, Wheat, Peanuts.	622.48	28.25	6.54	0.00	751.49	76.83	8.58	32.48
Grapes, red or green (European type, such as Thompson seedless), raw - LR1097 (1/2 c.)	47.33	0.11	0.04	0.00	1.37	12.42	0.62	10.62
Hamburger - LR1001 (1 ea.)Contains Wheat.	306.00	14.00	5.80	0.80	516.00	26.00	5.00	3.00
Honey Grahams - LR1205 (1 ea.)Contains Wheat, Soy.	230.00	6.00	1.00	0.50	480.00	43.00	3.00	19.00
Honey Nut Scooters - LR1206 (1 ea.)Contains Wheat.	220.00	2.50	0.00	0.00	390.00	45.00	4.00	17.00
Honeydew, raw Melon - LR1098 (1/2 CUP, diced)	30.60	0.12	0.03	0.00	15.30	7.73	0.68	6.90
Horseradish, prepared - LR1099 (1 tbsp.)	30.00	1.50	0.00	0.00	60.00	3.00	0.00	0.00
Juice Apple Earthwise 4 oz - LR1100 (1 ea.)	60.00	0.00	0.00	0.00	10.00	14.00	0.00	13.00
Juice Assorted - LR1151 (1 Carton)	55.00	0.00	0.00	0.00	10.00	14.00	0.00	12.50
Juice Fuit Punch Earthwise 4 oz - LR1101 (1 ea.)	50.00	0.00	0.00	0.00	10.00	14.00	0.00	12.00
Juice Grape Earthwise 4 oz - LR1102 (1 ea.)	60.00	0.00	0.00	0.00	10.00	14.00	0.00	13.00

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Juice Orange Earthwise 4 oz - LR1103 (1 ea.)	50.00	0.00	0.00	0.00	10.00	14.00	0.00	12.00
Kale, raw - LR1104 (1 cup 1" pieces, loosely packed)	7.84	0.15	0.02	0.00	6.08	1.40	0.58	0.36
Kiwifruit, green, raw - LR1105 (2 1/2 c.)	276.70	2.36	0.13	0.00	13.61	66.50	13.61	40.78
Lakeable - LR1162 (1 ea.)Contains Milk, Wheat.	479.01	25.84	10.82	0.00	1209.12	42.00	5.00	10.00
Leeks, (bulb and lower leaf-portion), raw - LR1106 (1 c.)	54.29	0.27	0.04	0.00	17.80	12.59	1.60	3.47
Lemon juice, raw - LR1107 (1/2 c.)	26.84	0.29	0.05	0.00	1.22	8.42	0.37	3.07
Lemon peel, raw - LR1108 (1 tbsp.)	2.82	0.02	0.00	0.00	0.36	0.96	0.64	0.25
Lettuce, cos or romaine, raw - LR1109 (1 cup shredded)	7.99	0.14	0.02	0.00	3.76	1.55	0.99	0.56
Lettuce, green leaf, raw - LR1110 (1 cup shredded)	5.40	0.05	0.01	0.00	10.08	1.03	0.47	0.28
Lettuce, iceberg (includes crisphead types), raw - LR1111 (1 cup shredded)	10.08	0.10	0.01	0.00	7.20	2.14	0.86	1.42
Lime juice, raw - LR1112 (1/2 c.)	30.25	0.09	0.01	0.00	2.42	10.19	0.48	2.04
Limes, raw - LR1113 (1/2 c.)	77.74	0.52	0.06	0.00	5.18	27.31	7.25	4.38
LOJ Daily Entree Choices Friday - LR1228 (100 serv.)Contains Milk, Wheat, Peanuts, Sov.	556.49(M)	16.73(M)	5.28(M)	0.19(M)	848.00(M)	70.51(M)	4.79(M)	27.11(M)
LOJ Daily Entree Choices Monday - LR1214 (100 serv.)Contains Milk, Egg, Wheat, Peanuts, Sov.	567.85	17.16	5.17	0.12	900.09	72.32	5.02	27.26
LOJ Daily Entree Choices Thursday - LR1227 (100 serv.)Contains Milk, Egg, Wheat, Peanuts, Sov.	583.32	17.71	5.21	0.12	908.79	74.70	5.34	27.38
LOJ Daily Entree Choices Tuesday - LR1224 (1 serv.)Contains Milk, Egg, Wheat, Peanuts, Sov.	671.08(M)	21.29(M)	5.41(M)	0.00(M)	1016.18(M)	84.63(M)	6.99(M)	43.23(M)
Mandarin Oranges Canned - LR1147 (1/2 c.)	47.25	0.00	0.00	0.00	6.75	11.47	0.68	11.47
Milk Chocolate Skim - LR1006 (1 Carton)Contains Milk.	131.63	0.00	0.00	0.00	232.88	23.29	0.00	22.27
Milk White 1% 8 oz carton - LR1007 (1 Carton)Contains Milk.	131.63	0.00	0.00	0.00	232.88	23.29	0.00	22.27

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Milk White Skim 8 oz carton - LR1008 (1 Carton)Contains Milk.	131.63	0.00	0.00	0.00	232.88	23.29	0.00	22.27
Nachos Secondary - LR1208 (1 ea.)Contains Milk, Soy.	963.26(M)	56.51(M)	15.31(M)	1.14(M)	10406.01 (M)	81.41(M)	4.68(M)	29.23(M)
Nectarines, raw - LR1114 (1 medium (2-3/4" dia) (approx 3 per LB))	62.48	0.45	0.04	0.00	0.00	14.98	2.41	11.20
Olives, ripe, canned (small-extra large) - LR1115 (1/2 c.)	105.00	10.50	0.00	0.00	420.00	4.20	0.00	0.00
Onions, raw - LR1116 (1 cup, chopped)	64.00	0.16	0.07	0.00	6.40	14.94	2.72	6.78
Onions, scallions (includes tops and bulb), raw - LR1117 (1 cup, chopped)	32.00	0.19	0.03	0.00	16.00	7.34	2.60	2.33
Orange Chicken w/BR Rice - LR1021 (1 ea.)Contains Egg, Wheat, Soy.	378.89(M)	5.03(M)	0.46(M)	0.00(M)	259.26(M)	67.09(M)	3.00(M)	9.26(M)
Orange Chicken w/fried Rice - LR1234 (1 ea.)Contains Egg, Wheat, Soy.	290.55(M)	4.01(M)	0.38(M)	0.00(M)	434.17(M)	51.00(M)	3.10(M)	9.05(M)
Oranges; varieties include Navel, Valencia, Pineapple or Hamlin, raw [100283] - LR1118 (1 medium (2-Pea Green - LR1119 (1/2 c.)	62.00	0.16	0.03	0.00	0.00	15.39	3.10	(M)
	60.61	0.00	0.00	0.00	0.00	9.85	3.79	3.79
Peaches, yellow, raw - LR1120 (1 medium (2-1/4" to 3-1/4" dia.))	58.50	0.38	0.03	0.00	0.00	14.31	2.25	12.59
Peanut Butter and Jelly Sandwich - LR1212 (1 ea.)Contains Milk, Wheat, Soy.	576.32	33.71	6.09	0.00	584.64	59.85	12.15	22.66
Pears, canned, extra light syrup pack, solids and liquids - LR1121 (1/2 CUP, sliced)	58.05	0.12	0.01	0.00	2.47	15.07	1.98	(M)
Pears, raw - LR1122 (1 medium (2-1/4" to 3-1/4" dia.))	101.46	0.25	0.04	0.00	1.78	27.11	5.52	17.36
Peas and carrots, frozen, cooked, boiled, drained, without salt - LR1123 (1/2 c.)	38.40	0.34	0.06	0.00	54.40	8.10	2.48	3.49
Peas, edible-podded, raw - LR1124 (1/2 cup whole)	13.23	0.06	0.01	0.00	1.26	2.38	0.82	1.26
Peas, green, frozen, cooked, boiled, drained, without salt - LR1125 (1/2 c.)	62.40	0.22	0.04	0.00	57.60	11.41	3.60	3.52
Peas, green, frozen, unprepared - LR1126 (1/2 c.)	51.59	0.27	0.04	0.00	72.36	9.13	3.02	3.35
Pepper Jalapeno Sliced - LR1127 (1/2 c.)	600.00	0.00	0.00	0.00	39600.00	120.00	0.00	120.00

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Peppers, chili, green, canned - LR1128 (1 c.)	29.19	0.38	0.04	0.00	551.83	6.39	2.36	(M)
Peppers, sweet, green, raw - LR1129 (1 CUP, slices)	18.40	0.16	0.05	0.00	2.76	4.27	1.56	2.21
Peppers, sweet, red, raw - LR1130 (1 CUP slices)	28.52	0.28	0.03	0.00	3.68	5.55	1.93	3.86
Peppers, sweet, yellow, raw - LR1131 (1 CUP, slices)	33.68	0.26	0.04	0.00	2.50	7.88	1.12	(M)
Pickle Dill Chip GAL - LR1132 (1 c.)	39.51	0.00	0.00	0.00	3081.48	7.90	0.00	0.00
Pineapple, canned, juice pack, drained - LR1133 (1/2 Cup, Tidbits)	48.60	0.09	0.01	0.00	0.81	12.60	1.05	11.55
Pineapple, raw, all varieties - LR1134 (1/2 slice, thick/large (1/2" thick))	14.00	0.03	0.00	0.00	0.28	3.67	0.39	2.76
Pizza Hut Cheese - LR1237 (1 slice)Contains Milk, Wheat, Soy.	280.00	9.00	4.00	0.00	520.00	29.00	3.00	1.00
Pizza Hut Hawaiian - LR1025 (1 slice)Contains Milk, Wheat, Soy.	230.00	5.00	2.00	0.00	470.00	34.00	3.00	6.00
Pizza Hut Hawaiian Sec - LR1238 (1 slice)Contains Milk, Wheat, Soy.	230.00	5.00	2.00	0.00	470.00	34.00	3.00	6.00
Pizza Hut Pepperoni - LR1239 (1 slice)Contains Milk, Wheat, Soy.	290.00	11.00	4.50	0.00	570.00	29.00	3.00	1.00
Pizza Hut Sausage - LR1024 (1 slice)Contains Milk, Wheat, Soy.	340.00	16.00	6.00	0.00	670.00	28.00	3.00	1.00
Pizza Hut Sausage - LR1240 (1 slice)Contains Milk, Wheat, Soy.	340.00	16.00	6.00	0.00	670.00	28.00	3.00	1.00
Plums, raw - LR1135 (1 fruit (2" dia))	30.36	0.19	0.01	0.00	0.00	7.54	0.92	6.55
Pork Carnita - LR1246 (1 ea.)Contains Milk, Wheat.	532.70	22.97	10.03	0.00	1084.41	46.78	2.14	2.04
Potato Fry Ovations Straight 3/8 - LR1137 (1/2 c.)	129.92	4.50	0.50	0.00	159.91	21.99	2.00	0.00
Potato Chip - LR1195 (1 Bag)	80.00	5.00	0.50	0.00	90.00	8.00	0.00	0.00
POTATO FRY CRINKLE-CUT 1/2" OVENREADY - LR1136 (1/2 c.)	108.64	2.47	0.00	0.00	39.51	20.74	0.99	0.00
Potato Fry Smile - LR1145 (1/2 c.)	159.91	6.00	1.00	0.00	229.87	24.98	2.00	0.00

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Potato Hash Brown Oval Patty - LR1146 (1 patty (2.25 oz))	120.00	6.00	1.00	0.00	270.00	15.00	1.00	0.00
Raspberries, raw - LR1138 (1 c.)	63.96	0.80	0.02	0.00	1.23	14.69	8.00	5.44
Ravioli w/garlic toast - LR1045 (3/4 c.) Contains Milk, Egg, Wheat.	296.32	8.74	4.07	0.00	964.54	37.61	5.63	10.15
Rice & Beans w/chips - LR1020 (1 1/4 c.)	426.52(M)	9.67(M)	1.00(M)	0.00(M)	593.43(M)	71.99(M)	13.20(M)	2.67(M)
Roll Dinner Oven Fresh 2.5" - LR1177 (1 roll.) Contains Wheat.	110.00	1.50	0.00	0.00	170.00	21.00	1.00	2.00
Salad Bar 6 Week Elem Wednesday - LR1173 (1 serv.)	77.37	0.13	0.03	0.00	74.65	19.07	3.72	13.54(M)
Salad Entree Bar Sec. - LR1252 (1 serv.) Contains Milk, Wheat.	501.04	21.22	9.35	0.00	1346.65	59.99	5.53	5.43
Spaghetti w/Meat Sauce - LR1244 (1 1/2 c.) Contains Wheat.	451.72	15.32	4.44	1.78	690.33	56.30	9.15	11.20
Spinach, raw - LR1139 (1 c.)	6.90	0.12	0.02	0.00	23.70	1.09	0.66	0.13
Strawberries, Diced, Cup, Frozen - LR1140 (4 1/2 OZ)	90.00	0.00	0.00	0.00	0.00	21.99	2.00	18.00
Strawberries, raw - LR1141 (1 c.)	46.08	0.43	0.02	0.00	1.44	11.06	2.88	7.04
Sunbutter Sandwich - LR1009 (1 ea.) Contains Milk, Wheat, Soy.	600.00	38.00	2.00	0.00	500.00	60.50	12.50	26.50
Sunchip - LR1178 (1 ea.)	140.00	6.00	0.50	0.00	110.00	19.00	2.00	2.00
Taco Meat Scratch - LR1005 (1 1/2 oz.)	116.72(M)	7.47(M)	2.67(M)	1.07(M)	40.74(M)	2.09(M)	0.35(M)	1.39(M)
Tater Tot - LR1196 (1/2 c.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Teriyaki Chicken w/fried rice - LR1247 (1 1/2 c.) Contains Egg, Wheat, Soy.	276.94(M)	4.76(M)	0.86(M)	0.00(M)	466.78(M)	41.84(M)	2.88(M)	6.69(M)
Tex Mex Bar Sec - LR1251 (1 serv.) Contains Milk, Wheat.	569.51	18.39	5.96	0.80	688.14	73.91	7.62	3.42
Tomato Cherry fresh - LR1149 (3/4 c.)	24.30	0.27	0.04	0.00	6.75	5.25	1.62	3.55
Tomato red ripe fresh raw - LR1148 (3/4 c.)	24.30	0.27	0.04	0.00	6.75	5.25	1.62	3.55

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Tomato Soup Campbells - LR1197 (6 oz.)Contains Milk, Wheat.	101.47	0.93	0.56	0.00	369.30	18.29	0.67	12.54
Vegan Burger Dr Praeger - LR1019 (1 ea.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Walking Taco - LR1031 (1 ea.)Contains Milk.	410.01(M)	28.50(M)	9.17(M)	1.07(M)	424.70(M)	19.30(M)	2.09(M)	1.86(M)
Walking Taco - LR1050 (1 serv.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Walking Taco SEC - LR1232 (1 serv.)Contains Milk.	518.77(M)	35.10(M)	10.57(M)	1.42(M)	510.17(M)	27.61(M)	3.44(M)	3.75(M)
Wild Berry Bread - LR1204 (1 ea.)Contains Milk, Egg, Wheat, Soy.	270.00	8.00	1.50	0.00	250.00	46.00	2.00	24.00
Yogurt Blueberry Greek - LR1011 (1 container (4 oz))Contains Milk.	90.00	0.00	0.00	0.00	50.00	13.00	0.00	11.00
Yogurt Key Lime Orange Cream Variety - LR1014 (1 carton 4 oz)Contains Milk.	130.00	5.00	3.50	0.00	50.00	18.00	0.00	15.00
Yogurt Meal - LR1010 (1 ea.)Contains Milk.	110.00	2.67	1.78	0.00	51.67	15.89	0.00	12.89
Yogurt Meal - LR1152 (1 ea.)Contains Milk, Egg, Wheat, Soy.	390.00	14.67	7.28	0.00	551.67	46.89	2.00	18.89
Yogurt Meal - LR1153 (1 ea.)Contains Milk, Wheat.	310.00	6.17	3.78	0.00	401.67	46.89	3.00	14.89
Yogurt Meal - LR1154 (1 ea.)Contains Milk, Wheat.	360.00	8.72	5.17	0.00(M)	557.22	50.78	3.00	16.33
Yogurt Parfait SM - LR1217 (1 serv.)Contains Milk.	241.62	3.39	1.26	0.00	81.80	46.04	2.94	30.25
Yogurt Raspberry Cream Vanilla Cream - LR1016 (1 carton 4 Oz)Contains Milk.	130.00	5.00	3.50	0.00	45.00	18.00	0.00	14.00
Yogurt Strawberry and Peach - LR1015 (1 carton 4 oz)Contains Milk.	100.00	2.00	1.00	0.00	70.00	17.00	0.00	13.00
Yogurt Strawberry Greek - LR1012 (1 carton 4 oz)Contains Milk.	90.00	0.00	0.00	0.00	40.00	13.00	0.00	12.00
Yogurt Vanilla Greek - LR1013 (1 carton 4 Oz)Contains Milk.	90.00	0.00	0.00	0.00	45.00	11.00	0.00	9.00