

Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

Site: Carlson; Menu Designation: Planned; Period: Lunch

1/7/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Applesauce cup	1 Applesauce cup	90.00	0.00g	0.000%	15.00mg	0.00g	22.00g	2.00g		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chicken Drumsticks	4 pieces	240.00	3.50g	13.125%	340.00mg	14.00g	15.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Starz Potatoes	1 Starz Potatoes	180.00	1.00g	5.000%	330.00mg	10.00g	20.00g	2.00g		N/A

1/8/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Cheezy Breadstick	1 Cheezy Breadstick	280.00	6.00g	19.286%	460.00mg	11.00g	30.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Mixed Fruit	4 ounces	60.00	0.00g	0.000%	10.00mg	0.00g	15.00g	1.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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1/8/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Mixed Vegetables	4 ounces	60.00	0.00g	0.000%	85.00mg	0.00g	12.00g	3.00g		N/A

1/9/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Beef Ravioli	8 ounces	260.00	3.50g	12.115%	600.00mg	8.00g	30.00g	N/A		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Cornbread	1 Cornbread	170.00	0.50g	2.647%	90.00mg	5.00g	28.00g	1.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Mandarin Orages	4 ounces	90.00	N/A	N/A	10.00mg	N/A	20.00g	N/A		N/A
Riviera Vegetable Blend	4 ounces	17.00	0.00g	0.000%	7.00mg	0.00g	2.50g	N/A		N/A

1/10/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
French Syle Green beans	4 ounces	15.00	0.00g	0.000%	0.00mg	0.00g	2.50g	N/A		N/A

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1/10/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		N/A
Turkey Corn Dog	4 corn dogs	200.00	2.00g	9.000%	550.00mg	11.00g	17.00g	1.00g		N/A

1/11/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Cinn Toast	1 Apple Cinn Toast	260.00	1.00g	3.462%	300.00mg	6.00g	45.00g	2.00g		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chicken Sausage	1 Chicken Sausage	63.00	0.80g	11.429%	206.00mg	N/A	0.40g	N/A		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Peas & Carrots	4 ounces	35.00	0.00g	0.000%	15.00mg	N/A	4.50g	N/A		N/A

1/14/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chicken Quesadilla	1 Chicken Quesadilla	300.00	4.50g	13.500%	560.00mg	11.00g	31.00g	3.00g		N/A

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1/14/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		N/A
Refried Beans	1 Refried Beans	110.00	0.00g	0.000%	140.00mg	0.00g	20.00g	5.00g		N/A

1/15/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Beef & Cheese Sauce	1 Beef & Cheese Sauce	164.00	4.00g	21.951%	381.00mg	9.00g	7.00g	0.00g		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Diced Tomato	1 oz	5.00	0.00g	0.000%	1.00mg	0.00g	1.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Nacho Chip	1 pkg	230.27	2.13g	45.889%	385.51mg	12.23g	26.63g	2.00g *		0.51g *
Pears	1 Pears	60.00	N/A	N/A	5.00mg	N/A	14.00g	2.00g		N/A
Shredded Lettuce	3 oz	10.00	0.00g	0.000%	10.00mg	0.00g	3.00g	1.00g		N/A

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1/15/2019 **Carlson - Lunch**

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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1/16/2019 **Carlson - Lunch**

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
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Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
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Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
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FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
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Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
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Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
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Mandarin Orages	4 ounces	90.00	N/A	N/A	10.00mg	N/A	20.00g	N/A		N/A
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Pepperoni Breadstick	1 Pepperoni Breadstick	300.00	4.00g	12.000%	550.00mg	11.00g	30.00g	2.00g		N/A
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Vegetable Melody	4 ounces	17.00	0.00g	0.000%	10.00mg	0.00g	2.50g	N/A		N/A
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Whole Grain Cupcake	1 Whole Grain Cupcake	140.00	1.00g	6.429%	200.00mg	3.00g	27.00g	6.00g		N/A
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1/17/2019 **Carlson - Lunch**

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A
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Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
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Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
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Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
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FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
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Fresh Diced Tomato	1 oz	5.00	0.00g	0.000%	1.00mg	0.00g	1.00g	0.00g		N/A
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1/17/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Mini Breadstick	1 Mini Breadstick	85.00	0.00g	0.000%	170.00mg	1.25g	15.50g	0.50g		N/A
Popcorn Chicken	11 pcs.	230.00	2.50g	9.783%	340.00mg	13.00g	14.00g	2.00g		N/A
Romaine Salad	1 cup	7.99	0.02g	2.065%	3.76mg	0.14g	1.55g	0.99g		0.58g
Shredded Cheese	2 oz	110.00	6.00g	49.091%	190.00mg	9.00g	1.00g	N/A		N/A

1/18/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
American Cheese	1 slice	14.00	0.70g	45.000%	63.00mg	1.26g	0.14g	0.00g		0.70g
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Dragon Punch	1 Dragon Punch	55.00	0.00g	0.000%	35.00mg	N/A	14.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Turkey, sliced	2 oz	50.00	0.00g	0.000%	460.00mg	0.50g	1.00g	N/A		N/A
WG Hamburger Bun	each	N/A	N/A	N/A	N/A	N/A	N/A	N/A		N/A

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Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

1/21/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Disney Frozen Grahams	1 Disney Frozen Grahams	140.00	1.50g	9.643%	110.00mg	4.50g	22.00g	2.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Frozen Carrots	1 Frozen Carrots	27.00	0.09g	3.000%	43.00mg	0.50g	5.64g	2.40g		N/A
Mac & Cheese	1 Mac & Cheese	420.00	9.00g	19.286%	1460.00mg	16.00g	48.00g	1.00g		N/A
Mixed Fruit	4 oz	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	1.00g		N/A

1/22/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Beef Gravy	2 oz	40.00	1.00g	22.500%	240.00mg	2.50g	4.00g	1.00g		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Grahams Teddy Cinn	1 Grahams Teddy Cinn	120.00	0.50g	3.750%	90.00mg	4.00g	21.00g	1.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

1/22/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Mashed Potatoes	half cup	100.00	0.00g	0.000%	450.00mg	1.50g	20.00g	2.00g		2.00g
Salisbury Steak	1 Salisbury Steak	158.00	3.40g	19.367%	303.00mg	9.00g	5.00g	1.00g		N/A

1/23/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Banana	1 Banana	110.00	0.00g	0.000%	0.00mg	0.00g	29.00g	4.00g		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
French Syle Green beans	4 ounces	15.00	0.00g	0.000%	0.00mg	0.00g	2.50g	N/A		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Jurassic World Grahams	1 pkg	130.00	1.00g	6.923%	95.00mg	4.00g	21.00g	0.00g		N/A
Rotini w/ meat sauce	7.44 oz	314.00	6.20g	17.771%	606.00mg	16.00g	24.00g	4.00g		N/A

1/24/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

1/24/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A

1/25/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
American Cheese	1 slice	14.00	0.70g	45.000%	63.00mg	1.26g	0.14g	0.00g		0.70g
Beef Patty	1 Beef Patty	148.00	3.60g	21.892%	242.00mg	10.00g	2.00g	1.00g		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Sidekicks slush	1 Sidekicks slush	80.00	0.00g	0.000%	45.00mg	0.00g	20.00g	0.00g		N/A
Starz	1 Starz	180.00	1.00g	5.000%	330.00mg	10.00g	20.00g	2.00g		N/A

1/28/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

1/28/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Mashed Potatoes	half cup	100.00	0.00g	0.000%	450.00mg	1.50g	20.00g	2.00g		2.00g
Turkey & Gravy	1 Turkey & Gravy	120.00	1.50g	11.250%	510.00mg	4.50g	3.00g	0.00g		N/A
Wheat Roll	1 Wheat Roll	100.00	0.00g	0.000%	190.00mg	1.00g	20.00g	2.00g		N/A

1/29/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chicken Nugget	5 each	216.00	2.00g	8.333%	370.00mg	12.00g	13.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Honey Grahams	1 package	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
Mix Blend veg. 5 way	4 ounces	60.00	0.00g	0.000%	85.00mg	0.00g	12.00g	3.00g		N/A

1/30/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

1/30/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Cheese Pizza	1 Cheese Pizza	320.00	4.00g	11.250%	610.00mg	11.00g	40.00g	5.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Mandarin Orages	4 ounces	90.00	N/A	N/A	10.00mg	N/A	20.00g	N/A		N/A
Peas & Diced Carrots	4 ounces	50.00	0.00g	0.000%	350.00mg	0.00g	11.00g	3.00g		N/A

1/31/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Hot Dog	each	172.00	6.00g	31.395%	497.00mg	16.00g	1.00g	N/A		7.00g
Hot Dog Bun	1 Hot Dog Bun	140.00	0.00g	0.000%	270.00mg	1.00g	27.00g	1.00g		N/A
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		N/A
Starz	1 Starz	180.00	1.00g	5.000%	330.00mg	10.00g	20.00g	2.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

1/31/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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2/1/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
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Chicken Leg	1 Chicken Leg	190.00	2.50g	11.842%	450.00mg	11.00g	5.00g	1.00g		N/A
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Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
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Corn on the Cob	1 Cob	N/A	N/A	N/A	N/A	N/A	N/A	N/A		N/A
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Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
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FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
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Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
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Fresh Sliced Apple	2 oz	30.00	0.00g	0.000%	0.00mg	0.00g	7.00g	1.00g		N/A
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Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
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2/4/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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Applesauce cup	1 Applesauce cup	90.00	0.00g	0.000%	15.00mg	0.00g	22.00g	2.00g		N/A
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Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
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Chicken Drumsticks	4 pieces	240.00	3.50g	13.125%	340.00mg	14.00g	15.00g	2.00g		N/A
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Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
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Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
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FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
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Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
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* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

2/4/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Starz Potatoes	1 Starz Potatoes	180.00	1.00g	5.000%	330.00mg	10.00g	20.00g	2.00g		N/A

2/5/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Cheezy Breadstick	1 Cheezy Breadstick	280.00	6.00g	19.286%	460.00mg	11.00g	30.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Mixed Fruit	4 ounces	60.00	0.00g	0.000%	10.00mg	0.00g	15.00g	1.00g		N/A
Mixed Vegetables	4 ounces	60.00	0.00g	0.000%	85.00mg	0.00g	12.00g	3.00g		N/A

2/6/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Beef Ravioli	8 ounces	260.00	3.50g	12.115%	600.00mg	8.00g	30.00g	N/A		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Cornbread	1 Cornbread	170.00	0.50g	2.647%	90.00mg	5.00g	28.00g	1.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

2/6/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Mandarin Orages	4 ounces	90.00	N/A	N/A	10.00mg	N/A	20.00g	N/A		N/A
Riviera Vegetable Blend	4 ounces	17.00	0.00g	0.000%	7.00mg	0.00g	2.50g	N/A		N/A

2/7/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
French Syle Green beans	4 ounces	15.00	0.00g	0.000%	0.00mg	0.00g	2.50g	N/A		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		N/A
Turkey Corn Dog	4 corn dogs	200.00	2.00g	9.000%	550.00mg	11.00g	17.00g	1.00g		N/A

2/8/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Cinn Toast	1 Apple Cinn Toast	260.00	1.00g	3.462%	300.00mg	6.00g	45.00g	2.00g		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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2/8/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chicken Sausage	1 Chicken Sausage	63.00	0.80g	11.429%	206.00mg	N/A	0.40g	N/A		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Peas & Carrots	4 ounces	35.00	0.00g	0.000%	15.00mg	N/A	4.50g	N/A		N/A

2/11/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chicken Quesadilla	1 Chicken Quesadilla	300.00	4.50g	13.500%	560.00mg	11.00g	31.00g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		N/A
Refried Beans	1 Refried Beans	110.00	0.00g	0.000%	140.00mg	0.00g	20.00g	5.00g		N/A

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Recipe Nutrition Summary

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2/12/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Beef & Cheese Sauce	1 Beef & Cheese Sauce	164.00	4.00g	21.951%	381.00mg	9.00g	7.00g	0.00g		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Diced Tomato	1 oz	5.00	0.00g	0.000%	1.00mg	0.00g	1.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Nacho Chip	1 pkg	230.27	2.13g	45.889%	385.51mg	12.23g	26.63g	2.00g *		0.51g *
Pears	1 Pears	60.00	N/A	N/A	5.00mg	N/A	14.00g	2.00g		N/A
Shredded Lettuce	3 oz	10.00	0.00g	0.000%	10.00mg	0.00g	3.00g	1.00g		N/A

2/13/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Mandarin Orages	4 ounces	90.00	N/A	N/A	10.00mg	N/A	20.00g	N/A		N/A

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2/13/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Pepperoni Breadstick	1 Pepperoni Breadstick	300.00	4.00g	12.000%	550.00mg	11.00g	30.00g	2.00g		N/A
Vegetable Melody	4 ounces	17.00	0.00g	0.000%	10.00mg	0.00g	2.50g	N/A		N/A
Whole Grain Cupcake	1 Whole Grain Cupcake	140.00	1.00g	6.429%	200.00mg	3.00g	27.00g	6.00g		N/A

2/14/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Diced Tomato	1 oz	5.00	0.00g	0.000%	1.00mg	0.00g	1.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Mini Breadstick	1 Mini Breadstick	85.00	0.00g	0.000%	170.00mg	1.25g	15.50g	0.50g		N/A
Popcorn Chicken	11 pcs.	230.00	2.50g	9.783%	340.00mg	13.00g	14.00g	2.00g		N/A
Romaine Salad	1 cup	7.99	0.02g	2.065%	3.76mg	0.14g	1.55g	0.99g		0.58g
Shredded Cheese	2 oz	110.00	6.00g	49.091%	190.00mg	9.00g	1.00g	N/A		N/A

2/15/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
American Cheese	1 slice	14.00	0.70g	45.000%	63.00mg	1.26g	0.14g	0.00g		0.70g

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2/15/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Dragon Punch	1 Dragon Punch	55.00	0.00g	0.000%	35.00mg	N/A	14.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Turkey, sliced	2 oz	50.00	0.00g	0.000%	460.00mg	0.50g	1.00g	N/A		N/A
WG Hamburger Bun	each	N/A	N/A	N/A	N/A	N/A	N/A	N/A		N/A

2/18/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Disney Frozen Grahams	1 Disney Frozen Grahams	140.00	1.50g	9.643%	110.00mg	4.50g	22.00g	2.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Frozen Carrots	1 Frozen Carrots	27.00	0.09g	3.000%	43.00mg	0.50g	5.64g	2.40g		N/A

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Recipe Nutrition Summary

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2/18/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Mac & Cheese	1 Mac & Cheese	420.00	9.00g	19.286%	1460.00mg	16.00g	48.00g	1.00g		N/A
Mixed Fruit	4 oz	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	1.00g		N/A

2/19/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Beef Gravy	2 oz	40.00	1.00g	22.500%	240.00mg	2.50g	4.00g	1.00g		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Grahams Teddy Cinn	1 Grahams Teddy Cinn	120.00	0.50g	3.750%	90.00mg	4.00g	21.00g	1.00g		N/A
Mashed Potatoes	half cup	100.00	0.00g	0.000%	450.00mg	1.50g	20.00g	2.00g		2.00g
Salisbury Steak	1 Salisbury Steak	158.00	3.40g	19.367%	303.00mg	9.00g	5.00g	1.00g		N/A

2/20/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Banana	1 Banana	110.00	0.00g	0.000%	0.00mg	0.00g	29.00g	4.00g		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g

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2/20/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
French Syle Green beans	4 ounces	15.00	0.00g	0.000%	0.00mg	0.00g	2.50g	N/A		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Jurassic World Grahams	1 pkg	130.00	1.00g	6.923%	95.00mg	4.00g	21.00g	0.00g		N/A
Rotini w/ meat sauce	7.44 oz	314.00	6.20g	17.771%	606.00mg	16.00g	24.00g	4.00g		N/A

2/21/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A

2/22/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
American Cheese	1 slice	14.00	0.70g	45.000%	63.00mg	1.26g	0.14g	0.00g		0.70g
Beef Patty	1 Beef Patty	148.00	3.60g	21.892%	242.00mg	10.00g	2.00g	1.00g		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A

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2/22/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Sidekicks slush	1 Sidekicks slush	80.00	0.00g	0.000%	45.00mg	0.00g	20.00g	0.00g		N/A
Starz	1 Starz	180.00	1.00g	5.000%	330.00mg	10.00g	20.00g	2.00g		N/A

2/25/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Mashed Potatoes	half cup	100.00	0.00g	0.000%	450.00mg	1.50g	20.00g	2.00g		2.00g
Turkey & Gravy	1 Turkey & Gravy	120.00	1.50g	11.250%	510.00mg	4.50g	3.00g	0.00g		N/A
Wheat Roll	1 Wheat Roll	100.00	0.00g	0.000%	190.00mg	1.00g	20.00g	2.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

2/26/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chicken Nugget	5 each	216.00	2.00g	8.333%	370.00mg	12.00g	13.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Honey Grahams	1 package	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
Mix Blend veg. 5 way	4 ounces	60.00	0.00g	0.000%	85.00mg	0.00g	12.00g	3.00g		N/A

2/27/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Cheese Pizza	1 Cheese Pizza	320.00	4.00g	11.250%	610.00mg	11.00g	40.00g	5.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Mandarin Orages	4 ounces	90.00	N/A	N/A	10.00mg	N/A	20.00g	N/A		N/A
Peas & Diced Carrots	4 ounces	50.00	0.00g	0.000%	350.00mg	0.00g	11.00g	3.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

2/27/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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2/28/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
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Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
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Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
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FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
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Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
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Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
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Hot Dog	each	172.00	6.00g	31.395%	497.00mg	16.00g	1.00g	N/A		7.00g
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Hot Dog Bun	1 Hot Dog Bun	140.00	0.00g	0.000%	270.00mg	1.00g	27.00g	1.00g		N/A
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Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		N/A
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Starz	1 Starz	180.00	1.00g	5.000%	330.00mg	10.00g	20.00g	2.00g		N/A
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3/1/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
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Chicken Leg	1 Chicken Leg	190.00	2.50g	11.842%	450.00mg	11.00g	5.00g	1.00g		N/A
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Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
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Corn on the Cob	1 Cob	N/A	N/A	N/A	N/A	N/A	N/A	N/A		N/A
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Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
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FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
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* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

3/1/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Sliced Apple	2 oz	30.00	0.00g	0.000%	0.00mg	0.00g	7.00g	1.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A

3/4/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Applesauce cup	1 Applesauce cup	90.00	0.00g	0.000%	15.00mg	0.00g	22.00g	2.00g		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chicken Drumsticks	4 pieces	240.00	3.50g	13.125%	340.00mg	14.00g	15.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Starz Potatoes	1 Starz Potatoes	180.00	1.00g	5.000%	330.00mg	10.00g	20.00g	2.00g		N/A

3/5/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Cheezy Breadstick	1 Cheezy Breadstick	280.00	6.00g	19.286%	460.00mg	11.00g	30.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

3/5/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Mixed Fruit	4 ounces	60.00	0.00g	0.000%	10.00mg	0.00g	15.00g	1.00g		N/A
Mixed Vegetables	4 ounces	60.00	0.00g	0.000%	85.00mg	0.00g	12.00g	3.00g		N/A

3/6/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Beef Ravioli	8 ounces	260.00	3.50g	12.115%	600.00mg	8.00g	30.00g	N/A		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Cornbread	1 Cornbread	170.00	0.50g	2.647%	90.00mg	5.00g	28.00g	1.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Mandarin Orages	4 ounces	90.00	N/A	N/A	10.00mg	N/A	20.00g	N/A		N/A
Riviera Vegetable Blend	4 ounces	17.00	0.00g	0.000%	7.00mg	0.00g	2.50g	N/A		N/A

3/7/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

3/7/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
French Syle Green beans	4 ounces	15.00	0.00g	0.000%	0.00mg	0.00g	2.50g	N/A		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		N/A
Turkey Corn Dog	4 corn dogs	200.00	2.00g	9.000%	550.00mg	11.00g	17.00g	1.00g		N/A

3/8/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Cinn Toast	1 Apple Cinn Toast	260.00	1.00g	3.462%	300.00mg	6.00g	45.00g	2.00g		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chicken Sausage	1 Chicken Sausage	63.00	0.80g	11.429%	206.00mg	N/A	0.40g	N/A		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Peas & Carrots	4 ounces	35.00	0.00g	0.000%	15.00mg	N/A	4.50g	N/A		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

3/8/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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3/11/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
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Chicken Quesadilla	1 Chicken Quesadilla	300.00	4.50g	13.500%	560.00mg	11.00g	31.00g	3.00g		N/A
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Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
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Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
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FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
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Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
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Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
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Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		N/A
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Refried Beans	1 Refried Beans	110.00	0.00g	0.000%	140.00mg	0.00g	20.00g	5.00g		N/A
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3/12/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
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Beef & Cheese Sauce	1 Beef & Cheese Sauce	164.00	4.00g	21.951%	381.00mg	9.00g	7.00g	0.00g		N/A
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Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
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Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
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Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
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FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
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Fresh Diced Tomato	1 oz	5.00	0.00g	0.000%	1.00mg	0.00g	1.00g	0.00g		N/A
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Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
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* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

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3/12/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Nacho Chip	1 pkg	230.27	2.13g	45.889%	385.51mg	12.23g	26.63g	2.00g *		0.51g *
Pears	1 Pears	60.00	N/A	N/A	5.00mg	N/A	14.00g	2.00g		N/A
Shredded Lettuce	3 oz	10.00	0.00g	0.000%	10.00mg	0.00g	3.00g	1.00g		N/A

3/13/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Mandarin Orages	4 ounces	90.00	N/A	N/A	10.00mg	N/A	20.00g	N/A		N/A
Pepperoni Breadstick	1 Pepperoni Breadstick	300.00	4.00g	12.000%	550.00mg	11.00g	30.00g	2.00g		N/A
Vegetable Melody	4 ounces	17.00	0.00g	0.000%	10.00mg	0.00g	2.50g	N/A		N/A
Whole Grain Cupcake	1 Whole Grain Cupcake	140.00	1.00g	6.429%	200.00mg	3.00g	27.00g	6.00g		N/A

3/14/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

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3/14/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Diced Tomato	1 oz	5.00	0.00g	0.000%	1.00mg	0.00g	1.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Mini Breadstick	1 Mini Breadstick	85.00	0.00g	0.000%	170.00mg	1.25g	15.50g	0.50g		N/A
Popcorn Chicken	11 pcs.	230.00	2.50g	9.783%	340.00mg	13.00g	14.00g	2.00g		N/A
Romaine Salad	1 cup	7.99	0.02g	2.065%	3.76mg	0.14g	1.55g	0.99g		0.58g
Shredded Cheese	2 oz	110.00	6.00g	49.091%	190.00mg	9.00g	1.00g	N/A		N/A

3/15/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
American Cheese	1 slice	14.00	0.70g	45.000%	63.00mg	1.26g	0.14g	0.00g		0.70g
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Dragon Punch	1 Dragon Punch	55.00	0.00g	0.000%	35.00mg	N/A	14.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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3/15/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Turkey, sliced	2 oz	50.00	0.00g	0.000%	460.00mg	0.50g	1.00g	N/A		N/A
WG Hamburger Bun	each	N/A	N/A	N/A	N/A	N/A	N/A	N/A		N/A

3/18/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Disney Frozen Grahams	1 Disney Frozen Grahams	140.00	1.50g	9.643%	110.00mg	4.50g	22.00g	2.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Frozen Carrots	1 Frozen Carrots	27.00	0.09g	3.000%	43.00mg	0.50g	5.64g	2.40g		N/A
Mac & Cheese	1 Mac & Cheese	420.00	9.00g	19.286%	1460.00mg	16.00g	48.00g	1.00g		N/A
Mixed Fruit	4 oz	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	1.00g		N/A

3/19/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Beef Gravy	2 oz	40.00	1.00g	22.500%	240.00mg	2.50g	4.00g	1.00g		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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3/19/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Grahams Teddy Cinn	1 Grahams Teddy Cinn	120.00	0.50g	3.750%	90.00mg	4.00g	21.00g	1.00g		N/A
Mashed Potatoes	half cup	100.00	0.00g	0.000%	450.00mg	1.50g	20.00g	2.00g		2.00g
Salisbury Steak	1 Salisbury Steak	158.00	3.40g	19.367%	303.00mg	9.00g	5.00g	1.00g		N/A

3/20/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Banana	1 Banana	110.00	0.00g	0.000%	0.00mg	0.00g	29.00g	4.00g		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
French Syle Green beans	4 ounces	15.00	0.00g	0.000%	0.00mg	0.00g	2.50g	N/A		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Jurassic World Grahams	1 pkg	130.00	1.00g	6.923%	95.00mg	4.00g	21.00g	0.00g		N/A
Rotini w/ meat sauce	7.44 oz	314.00	6.20g	17.771%	606.00mg	16.00g	24.00g	4.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

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3/21/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A

3/22/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
American Cheese	1 slice	14.00	0.70g	45.000%	63.00mg	1.26g	0.14g	0.00g		0.70g
Beef Patty	1 Beef Patty	148.00	3.60g	21.892%	242.00mg	10.00g	2.00g	1.00g		N/A
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Sidekicks slush	1 Sidekicks slush	80.00	0.00g	0.000%	45.00mg	0.00g	20.00g	0.00g		N/A
Starz	1 Starz	180.00	1.00g	5.000%	330.00mg	10.00g	20.00g	2.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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3/25/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Mashed Potatoes	half cup	100.00	0.00g	0.000%	450.00mg	1.50g	20.00g	2.00g		2.00g
Turkey & Gravy	1 Turkey & Gravy	120.00	1.50g	11.250%	510.00mg	4.50g	3.00g	0.00g		N/A
Wheat Roll	1 Wheat Roll	100.00	0.00g	0.000%	190.00mg	1.00g	20.00g	2.00g		N/A

3/26/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chicken Nugget	5 each	216.00	2.00g	8.333%	370.00mg	12.00g	13.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Honey Grahams	1 package	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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3/26/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Mix Blend veg. 5 way	4 ounces	60.00	0.00g	0.000%	85.00mg	0.00g	12.00g	3.00g		N/A

3/27/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Cheese Pizza	1 Cheese Pizza	320.00	4.00g	11.250%	610.00mg	11.00g	40.00g	5.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A
Mandarin Orages	4 ounces	90.00	N/A	N/A	10.00mg	N/A	20.00g	N/A		N/A
Peas & Diced Carrots	4 ounces	50.00	0.00g	0.000%	350.00mg	0.00g	11.00g	3.00g		N/A

3/28/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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3/28/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Hot Dog	each	172.00	6.00g	31.395%	497.00mg	16.00g	1.00g	N/A		7.00g
Hot Dog Bun	1 Hot Dog Bun	140.00	0.00g	0.000%	270.00mg	1.00g	27.00g	1.00g		N/A
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		N/A
Starz	1 Starz	180.00	1.00g	5.000%	330.00mg	10.00g	20.00g	2.00g		N/A

3/29/2019 Carlson - Lunch

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Canned Fruit	4 oz	55.00	0.00g	0.000%	3.00mg	0.00g	5.90g	3.00g		N/A
Chicken Leg	1 Chicken Leg	190.00	2.50g	11.842%	450.00mg	11.00g	5.00g	1.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Corn on the Cob	1 Cob	N/A	N/A	N/A	N/A	N/A	N/A	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Fresh Sliced Apple	2 oz	30.00	0.00g	0.000%	0.00mg	0.00g	7.00g	1.00g		N/A
Fresh Veggies	4 oz	45.00	0.00g	0.000%	55.00mg	0.50g	8.00g	5.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"