

Recipe Nutrition Summary

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

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

1/7/2019 OWOFF - 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>
Apricot Halves	4 oz	80.00	0.00g	0.000%	10.00mg	0.00g	19.00g	0.00g		N/A
Beef Ravioli	8 ounces	260.00	3.50g	12.115%	600.00mg	8.00g	30.00g	N/A		N/A
Cornbread	1 Cornbread	170.00	0.50g	2.647%	90.00mg	5.00g	28.00g	1.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Riviera Vegetable Blend	4 ounces	17.00	0.00g	0.000%	7.00mg	0.00g	2.50g	N/A		N/A

1/8/2019 OWOFF - 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>
Cheezy Breadstick	1 Cheezy Breadstick	280.00	6.00g	19.286%	460.00mg	11.00g	30.00g	2.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
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

1/9/2019 OWOFF - 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>
Broccoli	4 ounces	25.00	0.00g	0.000%	15.00mg	0.00g	4.00g	2.00g		N/A
Cheese Pizza	1 square pizza	300.00	4.00g	12.000%	380.00mg	10.00g	35.00g	3.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		N/A

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

Recipe Nutrition Summary

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January 7, 2019 through March 29, 2019

1/9/2019 OWO - 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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1/10/2019 OWO - 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
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
Hamburg Bun	1 Hamburg Bun	150.00	0.00g	0.000%	40.00mg	2.00g	30.00g	1.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

1/14/2019 OWO - 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>
Apricot Halves	4 oz	80.00	0.00g	0.000%	10.00mg	0.00g	19.00g	0.00g		N/A
Chicken Quesadilla	1 Chicken Quesadilla	320.00	3.00g	8.438%	770.00mg	11.00g	38.00g	4.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Refried Beans	4 ounces	114.00	0.49g	3.884%	140.00mg	1.48g	19.22g	6.40g		N/A

1/15/2019 OWO - 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>
Alfredo Sauce	3.53 oz Alfredo Sauce	173.00	5.90g	30.694%	N/A	10.00g	9.00g	0.00g		N/A
Applesauce	4 ounces	51.24	0.01g	0.171%	2.44mg	0.12g	13.75g	1.34g		0.21g

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

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1/15/2019 OWO - 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>
Italian Vegetable	4 ounces	20.00	0.00g	0.000%	30.00mg	0.00g	3.00g	N/A		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Penne Noodles	4 oz	263.00	1.00g	3.422%	56.00mg	7.00g	38.00g	2.00g		N/A
Wheat Roll	1 Wheat Roll	100.00	0.00g	0.000%	190.00mg	1.00g	20.00g	2.00g		N/A

1/16/2019 OWO - 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>
Mandarin Orages	4 ounces	90.00	N/A	N/A	10.00mg	N/A	20.00g	N/A		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Peas & Carrots	4 ounces	35.00	0.00g	0.000%	15.00mg	N/A	4.50g	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

1/17/2019 OWO - 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>
Diced Strawberries	4 ounces	90.00	0.00g	0.000%	0.00mg	0.00g	22.00g	2.00g		N/A
lil graham squares	1 pkg	130.00	0.00g	0.000%	150.00mg	3.00g	24.00g	2.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Mixed Vegetables	4 ounces	60.00	0.00g	0.000%	85.00mg	0.00g	12.00g	3.00g		N/A
Popcorn Chicken	11 pcs.	230.00	2.50g	9.783%	340.00mg	13.00g	14.00g	2.00g		N/A

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Recipe Nutrition Summary

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1/17/2019 OWO - 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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1/21/2019 OWO - 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	4 ounces	51.24	0.01g	0.171%	2.44mg	0.12g	13.75g	1.34g		0.21g
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Chicken Rings	4 rings	207.00	2.00g	8.696%	352.00mg	11.00g	11.00g	2.00g		N/A
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MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
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Sweet Potato Bites	10 pcs.	120.00	0.50g	3.750%	100.00mg	4.00g	19.00g	3.00g		N/A
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1/22/2019 OWO - 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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Apricot Halves	4 oz	80.00	0.00g	0.000%	10.00mg	0.00g	19.00g	0.00g		N/A
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Honey Grahams	1 package	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
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Lil Bites	4 each	270.00	2.50g	8.333%	570.00mg	10.00g	29.00g	4.00g		N/A
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MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
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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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1/23/2019 OWO - 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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Banana	1 Banana	110.00	0.00g	0.000%	0.00mg	0.00g	29.00g	4.00g		N/A
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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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Jurassic World Grahams	1 pkg	130.00	1.00g	6.923%	95.00mg	4.00g	21.00g	0.00g		N/A
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* = Calculations based on incomplete data including amounts marked "N/A"

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

1/23/2019 OWO - 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>
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
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 OWO - 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 Slider	2 patties	160.00	2.00g	11.250%	390.00mg	8.00g	8.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Key West Blend	4 ounces	20.00	0.00g	0.000%	10.00mg	N/A	3.50g	N/A		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Sliced Slider Bun	2 buns	210.00	0.00g	0.000%	450.00mg	3.00g	42.00g	3.00g		N/A

1/28/2019 OWO - 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>
Carrots	4 oz	27.00	0.00g	0.000%	43.00mg	1.00g	6.00g	2.00g		N/A
Cheezy Breadstick	1 Cheezy Breadstick	280.00	6.00g	19.286%	460.00mg	11.00g	30.00g	2.00g		N/A
Diced Peaches	4 ounces	80.00	0.00g	0.000%	0.00mg	0.00g	19.00g	1.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

1/29/2019 OWO - 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 Nugget	5 each	216.00	2.00g	8.333%	370.00mg	12.00g	13.00g	2.00g		N/A

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Recipe Nutrition Summary

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1/29/2019 OWO - 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>
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Mix Blend veg. 5 way	4 ounces	60.00	0.00g	0.000%	85.00mg	0.00g	12.00g	3.00g		N/A
Mixed Fruit	4 oz	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	1.00g		N/A
Wheat Roll	1 Wheat Roll	100.00	0.00g	0.000%	190.00mg	1.00g	20.00g	2.00g		N/A

1/30/2019 OWO - 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>
Mandarin Orages	4 ounces	90.00	N/A	N/A	10.00mg	N/A	20.00g	N/A		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Peas & Diced Carrots	4 ounces	50.00	0.00g	0.000%	350.00mg	0.00g	11.00g	3.00g		N/A
Pizza Crunchers	4 each	420.00	9.00g	19.286%	670.00mg	20.00g	41.00g	6.00g		N/A

1/31/2019 OWO - 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 Drumsticks	4 pieces	240.00	3.50g	13.125%	340.00mg	14.00g	15.00g	2.00g		N/A
Diced Strawberries	4 ounces	90.00	0.00g	0.000%	0.00mg	0.00g	22.00g	2.00g		N/A
Italian Vegetable	4 ounces	20.00	0.00g	0.000%	30.00mg	0.00g	3.00g	N/A		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Zoo Graham Crackers	1 Zoo Graham Crackers	130.00	1.00g	6.923%	110.00mg	4.00g	21.00g	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

2/4/2019 OWO - 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>
Apricot Halves	4 oz	80.00	0.00g	0.000%	10.00mg	0.00g	19.00g	0.00g		N/A
Beef Ravioli	8 ounces	260.00	3.50g	12.115%	600.00mg	8.00g	30.00g		N/A	N/A
Cornbread	1 Cornbread	170.00	0.50g	2.647%	90.00mg	5.00g	28.00g	1.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Riviera Vegetable Blend	4 ounces	17.00	0.00g	0.000%	7.00mg	0.00g	2.50g		N/A	N/A

2/5/2019 OWO - 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>
Cheezy Breadstick	1 Cheezy Breadstick	280.00	6.00g	19.286%	460.00mg	11.00g	30.00g	2.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
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 OWO - 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>
Broccoli	4 ounces	25.00	0.00g	0.000%	15.00mg	0.00g	4.00g	2.00g		N/A
Cheese Pizza	1 square pizza	300.00	4.00g	12.000%	380.00mg	10.00g	35.00g	3.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g		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

2/7/2019 OWO - 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
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
Hamburg Bun	1 Hamburg Bun	150.00	0.00g	0.000%	40.00mg	2.00g	30.00g	1.00g		N/A
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

2/11/2019 OWO - 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>
Apricot Halves	4 oz	80.00	0.00g	0.000%	10.00mg	0.00g	19.00g	0.00g		N/A
Chicken Quesadilla	1 Chicken Quesadilla	320.00	3.00g	8.438%	770.00mg	11.00g	38.00g	4.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Refried Beans	4 ounces	114.00	0.49g	3.884%	140.00mg	1.48g	19.22g	6.40g		N/A

2/12/2019 OWO - 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>
Alfredo Sauce	3.53 oz Alfredo Sauce	173.00	5.90g	30.694%	N/A	10.00g	9.00g	0.00g		N/A
Applesauce	4 ounces	51.24	0.01g	0.171%	2.44mg	0.12g	13.75g	1.34g		0.21g
Italian Vegetable	4 ounces	20.00	0.00g	0.000%	30.00mg	0.00g	3.00g	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

2/12/2019 OWO - 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>
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
	MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F									
Penne Noodles	4 oz	263.00	1.00g	3.422%	56.00mg	7.00g	38.00g	2.00g		N/A
Wheat Roll	1 Wheat Roll	100.00	0.00g	0.000%	190.00mg	1.00g	20.00g	2.00g		N/A

2/13/2019 OWO - 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>
Mandarin Orages	4 ounces	90.00	N/A	N/A	10.00mg	N/A	20.00g	N/A		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
	MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F									
Peas & Carrots	4 ounces	35.00	0.00g	0.000%	15.00mg	N/A	4.50g	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

2/14/2019 OWO - 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>
Diced Strawberries	4 ounces	90.00	0.00g	0.000%	0.00mg	0.00g	22.00g	2.00g		N/A
lil graham squares	1 pkg	130.00	0.00g	0.000%	150.00mg	3.00g	24.00g	2.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
	MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F									
Mixed Vegetables	4 ounces	60.00	0.00g	0.000%	85.00mg	0.00g	12.00g	3.00g		N/A
Popcorn Chicken	11 pcs.	230.00	2.50g	9.783%	340.00mg	13.00g	14.00g	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

2/18/2019 OWOFF - 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	4 ounces	51.24	0.01g	0.171%	2.44mg	0.12g	13.75g	1.34g		0.21g
Chicken Rings	4 rings	207.00	2.00g	8.696%	352.00mg	11.00g	11.00g	2.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Sweet Potato Bites	10 pcs.	120.00	0.50g	3.750%	100.00mg	4.00g	19.00g	3.00g		N/A

2/19/2019 OWOFF - 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>
Apricot Halves	4 oz	80.00	0.00g	0.000%	10.00mg	0.00g	19.00g	0.00g		N/A
Honey Grahams	1 package	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
Lil Bites	4 each	270.00	2.50g	8.333%	570.00mg	10.00g	29.00g	4.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Vegetable Melody	4 ounces	17.00	0.00g	0.000%	10.00mg	0.00g	2.50g	N/A		N/A

2/20/2019 OWOFF - 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
French Syle Green beans	4 ounces	15.00	0.00g	0.000%	0.00mg	0.00g	2.50g	N/A		N/A
Jurassic World Grahams	1 pkg	130.00	1.00g	6.923%	95.00mg	4.00g	21.00g	0.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	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

2/20/2019 OWO - 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>
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 OWO - 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 Slider	2 patties	160.00	2.00g	11.250%	390.00mg	8.00g	8.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Key West Blend	4 ounces	20.00	0.00g	0.000%	10.00mg	N/A	3.50g	N/A		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Sliced Slider Bun	2 buns	210.00	0.00g	0.000%	450.00mg	3.00g	42.00g	3.00g		N/A

2/25/2019 OWO - 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>
Carrots	4 oz	27.00	0.00g	0.000%	43.00mg	1.00g	6.00g	2.00g		N/A
Cheezy Breadstick	1 Cheezy Breadstick	280.00	6.00g	19.286%	460.00mg	11.00g	30.00g	2.00g		N/A
Diced Peaches	4 ounces	80.00	0.00g	0.000%	0.00mg	0.00g	19.00g	1.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

2/26/2019 OWO - 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 Nugget	5 each	216.00	2.00g	8.333%	370.00mg	12.00g	13.00g	2.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	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

2/26/2019 OWO - 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
Mixed Fruit	4 oz	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	1.00g		N/A
Wheat Roll	1 Wheat Roll	100.00	0.00g	0.000%	190.00mg	1.00g	20.00g	2.00g		N/A

2/27/2019 OWO - 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>
Mandarin Orages	4 ounces	90.00	N/A	N/A	10.00mg	N/A	20.00g	N/A		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Peas & Diced Carrots	4 ounces	50.00	0.00g	0.000%	350.00mg	0.00g	11.00g	3.00g		N/A
Pizza Crunchers	4 each	420.00	9.00g	19.286%	670.00mg	20.00g	41.00g	6.00g		N/A

2/28/2019 OWO - 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 Drumsticks	4 pieces	240.00	3.50g	13.125%	340.00mg	14.00g	15.00g	2.00g		N/A
Diced Strawberries	4 ounces	90.00	0.00g	0.000%	0.00mg	0.00g	22.00g	2.00g		N/A
Italian Vegetable	4 ounces	20.00	0.00g	0.000%	30.00mg	0.00g	3.00g	N/A		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Zoo Graham Crackers	1 Zoo Graham Crackers	130.00	1.00g	6.923%	110.00mg	4.00g	21.00g	2.00g		N/A

3/4/2019 OWO - 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>
Apricot Halves	4 oz	80.00	0.00g	0.000%	10.00mg	0.00g	19.00g	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

3/4/2019 OWO - 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
Cornbread	1 Cornbread	170.00	0.50g	2.647%	90.00mg	5.00g	28.00g	1.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Riviera Vegetable Blend	4 ounces	17.00	0.00g	0.000%	7.00mg	0.00g	2.50g	N/A		N/A

3/5/2019 OWO - 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>
Cheezy Breadstick	1 Cheezy Breadstick	280.00	6.00g	19.286%	460.00mg	11.00g	30.00g	2.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
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 OWO - 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>
Broccoli	4 ounces	25.00	0.00g	0.000%	15.00mg	0.00g	4.00g	2.00g		N/A
Cheese Pizza	1 square pizza	300.00	4.00g	12.000%	380.00mg	10.00g	35.00g	3.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	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

3/7/2019 OWO - 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
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
Hamburg Bun	1 Hamburg Bun	150.00	0.00g	0.000%	40.00mg	2.00g	30.00g	1.00g		N/A
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F)	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

3/11/2019 OWO - 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>
Apricot Halves	4 oz	80.00	0.00g	0.000%	10.00mg	0.00g	19.00g	0.00g		N/A
Chicken Quesadilla	1 Chicken Quesadilla	320.00	3.00g	8.438%	770.00mg	11.00g	38.00g	4.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F)	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Refried Beans	4 ounces	114.00	0.49g	3.884%	140.00mg	1.48g	19.22g	6.40g		N/A

3/12/2019 OWO - 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>
Alfredo Sauce	3.53 oz Alfredo Sauce	173.00	5.90g	30.694%	N/A	10.00g	9.00g	0.00g		N/A
Applesauce	4 ounces	51.24	0.01g	0.171%	2.44mg	0.12g	13.75g	1.34g		0.21g
Italian Vegetable	4 ounces	20.00	0.00g	0.000%	30.00mg	0.00g	3.00g	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

3/12/2019 OWO - 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>
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Penne Noodles	4 oz	263.00	1.00g	3.422%	56.00mg	7.00g	38.00g	2.00g		N/A
Wheat Roll	1 Wheat Roll	100.00	0.00g	0.000%	190.00mg	1.00g	20.00g	2.00g		N/A

3/13/2019 OWO - 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>
Mandarin Orages	4 ounces	90.00	N/A	N/A	10.00mg	N/A	20.00g	N/A		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Peas & Carrots	4 ounces	35.00	0.00g	0.000%	15.00mg	N/A	4.50g	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

3/14/2019 OWO - 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>
Diced Strawberries	4 ounces	90.00	0.00g	0.000%	0.00mg	0.00g	22.00g	2.00g		N/A
lil graham squares	1 pkg	130.00	0.00g	0.000%	150.00mg	3.00g	24.00g	2.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Mixed Vegetables	4 ounces	60.00	0.00g	0.000%	85.00mg	0.00g	12.00g	3.00g		N/A
Popcorn Chicken	11 pcs.	230.00	2.50g	9.783%	340.00mg	13.00g	14.00g	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

3/18/2019 OWOFF - 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	4 ounces	51.24	0.01g	0.171%	2.44mg	0.12g	13.75g	1.34g		0.21g
Chicken Rings	4 rings	207.00	2.00g	8.696%	352.00mg	11.00g	11.00g	2.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Sweet Potato Bites	10 pcs.	120.00	0.50g	3.750%	100.00mg	4.00g	19.00g	3.00g		N/A

3/19/2019 OWOFF - 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>
Apricot Halves	4 oz	80.00	0.00g	0.000%	10.00mg	0.00g	19.00g	0.00g		N/A
Honey Grahams	1 package	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
Lil Bites	4 each	270.00	2.50g	8.333%	570.00mg	10.00g	29.00g	4.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Vegetable Melody	4 ounces	17.00	0.00g	0.000%	10.00mg	0.00g	2.50g	N/A		N/A

3/20/2019 OWOFF - 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
French Syle Green beans	4 ounces	15.00	0.00g	0.000%	0.00mg	0.00g	2.50g	N/A		N/A
Jurassic World Grahams	1 pkg	130.00	1.00g	6.923%	95.00mg	4.00g	21.00g	0.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

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Recipe Nutrition Summary

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

3/20/2019 OWO - 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>
Rotini w/ meat sauce	7.44 oz	314.00	6.20g	17.771%	606.00mg	16.00g	24.00g	4.00g		N/A

3/21/2019 OWO - 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 Slider	2 patties	160.00	2.00g	11.250%	390.00mg	8.00g	8.00g	0.00g		N/A
Fresh Fruit	4 oz	34.00	0.00g	0.000%	0.00mg	0.00g	8.60g	2.00g		N/A
Key West Blend	4 ounces	20.00	0.00g	0.000%	10.00mg	N/A	3.50g	N/A		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Sliced Slider Bun	2 buns	210.00	0.00g	0.000%	450.00mg	3.00g	42.00g	3.00g		N/A

3/25/2019 OWO - 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>
Carrots	4 oz	27.00	0.00g	0.000%	43.00mg	1.00g	6.00g	2.00g		N/A
Cheezy Breadstick	1 Cheezy Breadstick	280.00	6.00g	19.286%	460.00mg	11.00g	30.00g	2.00g		N/A
Diced Peaches	4 ounces	80.00	0.00g	0.000%	0.00mg	0.00g	19.00g	1.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

3/26/2019 OWO - 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 Nugget	5 each	216.00	2.00g	8.333%	370.00mg	12.00g	13.00g	2.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	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

3/26/2019 OWO - 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
Mixed Fruit	4 oz	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	1.00g		N/A
Wheat Roll	1 Wheat Roll	100.00	0.00g	0.000%	190.00mg	1.00g	20.00g	2.00g		N/A

3/27/2019 OWO - 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>
Mandarin Orages	4 ounces	90.00	N/A	N/A	10.00mg	N/A	20.00g	N/A		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Peas & Diced Carrots	4 ounces	50.00	0.00g	0.000%	350.00mg	0.00g	11.00g	3.00g		N/A
Pizza Crunchers	4 each	420.00	9.00g	19.286%	670.00mg	20.00g	41.00g	6.00g		N/A

3/28/2019 OWO - 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 Drumsticks	4 pieces	240.00	3.50g	13.125%	340.00mg	14.00g	15.00g	2.00g		N/A
Diced Strawberries	4 ounces	90.00	0.00g	0.000%	0.00mg	0.00g	22.00g	2.00g		N/A
Italian Vegetable	4 ounces	20.00	0.00g	0.000%	30.00mg	0.00g	3.00g	N/A		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Zoo Graham Crackers	1 Zoo Graham Crackers	130.00	1.00g	6.923%	110.00mg	4.00g	21.00g	2.00g		N/A

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