

# Menu Item Nutrient Report

Generated on: 8/7/2017 11:06:34 AM by Alecia Elliott

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Carb (g)
1% Milk - NER1334 (1 ea.)Contains Milk.	110.00	2.50	13.00
14" Pizza dough - NER1270 (1 slice)Contains Wheat, Gluten. May contain Milk, Egg, Soy.	130.00	1.50	25.00
Animal Crackers - NER1228 (1 ea.)Contains Wheat, Soy, Gluten.	127.09	3.91	20.53
Apple Carrot Salad - NER1117 (1/2 c.)Contains Milk, Egg, Soy.	70.64	1.14	14.95
Apple Cinnamon Whole Grain Muffin - NER1173 (1 ea.)Contains Milk, Egg, Wheat, Soy.	323.85	9.10	54.67
Asian Blend Vegetable - NER1080 (1/2 c.)	41.96	1.87	6.11
Atomic Cauliflower - NER1248 (1/2 c.)	53.01	3.72	4.45
Atomic Chicken Pizza - NER1098 (1 slice)Contains Milk, Wheat, Soy, Gluten. May contain Egg.	456.40	18.96	32.25
Atomic Chicken Salad - NER1111 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	309.22	14.28	27.52
Atomic Chicken Salad - NER1298 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	319.85	14.39	29.55
Au Gratin Potatoes - NER1051 (1/2 c.)Contains Milk, Wheat, Soy, Gluten.	239.29	5.12	44.00
Baby Carrots - NER1216 (3/4 c.)	38.06	0.14	8.96
Bacon and Cheese Toaster - NER1293 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	321.25	16.29	32.26
Bacon, Egg, & Cheese Biscuit - NER1257 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	380.63	23.89	28.00
Bacon, Egg, & Cheese Croissant - NER1004 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	366.25	25.29	18.26
Bacon, Egg, & Cheese English Muffin - NER1163 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	351.25	20.29	24.26
Baked Potato - NER1223 (1/2 ea.)	96.94	7.05	7.86
Baked Potato - NER1222 (1 ea.)	193.88	14.10	15.71

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Baked Potato Street Eat - NER1326 (1 ea.)Contains Milk, Soy.	327.55	13.39	33.34
Balsamic Vinegarette - NER1305 (2 tbsp.)	60.00	5.00	3.00
Banana Pepper Rings - NER1303 (4 slice)	0.00	0.00	0.00
Banana Split Parfait - NER1032 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	589.02	5.89	126.04
BBQ Chicken Sandwich - NER1241 (1/4 c.)Contains Milk, Wheat, Soy, Gluten.	265.38	4.34	35.80
BBQ Sauce - NER1045 (1 pouch)Contains Soy.	17.50	0.00	4.50
Beef Hot Dog - NER1255 (1 serving (1 hot dog))Contains Wheat, Soy, Gluten.	342.25	18.20	34.04
Beefy Nachos - NER1189 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	397.84	20.66	35.56
Black Bean & Corn Salsa - NER1183 (1 oz.)	21.29	0.08	4.74
Black Bean and Corn Salad - NER1288 (1/2 c.)	107.70	0.53	21.47
Black Beans - NER1256 (1/2 c.)	116.31	0.49	22.29
Blueberry Streusel Parfait - NER1109 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	458.93	3.99	96.29
Boneless Wing Action Station - NER1316 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	452.74	12.44	54.94
Breaded Buffalo Chicken Sandwich on Whole Grain Bun - NER1086 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	370.00	13.00	37.50
Breaded Mozzarella Sticks - NER1073 (5 ea.)Contains Milk, Wheat, Gluten.	370.00	18.00	35.00
Breaded Pork Tenderloin Sandwich on Whole Grain Bun - NER1078 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	420.00	19.00	42.00
Breakfast Bar Action Station - NER1318 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	755.08	34.39	77.60

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Breakfast Kidzables - NER1033 (1 Box)Contains Milk, Egg, Wheat, Gluten. Processed in a facility that also processes Soy.	448.33	20.00	46.06
Bright Blueberries - NER1196 (1/2 c.)	52.70	0.66	12.58
Broccoli Raisin Salad - NER1064 (1/2 c.)Contains Egg, Soy.	151.97	5.09	25.51
Brown Rice - NER1169 (1/2 c.)	117.19	0.69	25.51
Brown Sugar Baked Beans - NER1191 (1/2 c.)	114.38	0.00	25.52
Brown Sugar Cinnamon Oatmeal Roundabout - NER1166 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	280.00	8.00	44.00
Bruschetta Pizza - NER1099 (1 slice)Contains Milk, Wheat, Gluten. May contain Egg, Soy.	311.07	11.27	32.34
Buffalo Chicken Salad - NER1175 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	314.38	14.48	26.55
Build-Your-Own Burrito Creation Station - NER1119 (1 ea.)Contains Milk, Wheat, Gluten.	438.78	16.05	43.09
BYO Nachos - NER1067 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	591.24	28.02	51.78
Cajun Style Beans - NER1070 (1/2 c.)Contains Soy.	180.48	1.60	30.92
California Blend Vegetable - NER1194 (1/2 c.)	26.10	0.00	5.22
California Blend w/Cheese - NER1063 (1/2 c.)Contains Milk, Soy.	360.31	26.11	10.17
Canadian Bacon Pizza - NER1329 (1 slice)Contains Milk, Wheat, Gluten. May contain Egg, Soy.	328.59	14.18	30.62
Carolina Coleslaw - NER1171 (1/3 c.)Contains Egg, Soy.	94.74	4.80	12.03
Cauliflower w/Cheese - NER1258 (1/2 c.)Contains Milk, Soy.	165.08	12.14	4.53
Cheese BLT Sandwich - NER1127 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	431.80	25.51	34.26
Cheese Sauce - NER1230 (1 serving (4 oz))Contains Milk, Soy.	300.93	23.14	11.51

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Cheese Smothered Refried Beans - NER1192 (1/2 c.)Contains Milk. May contain Soy.	187.69	7.54	20.00
Cheesy Chicken Pasta - NER1214 (1 c.)Contains Milk, Wheat, Soy, Gluten.	462.20	16.75	53.95
Cheesy Chicken Quesadilla - NER1083 (1 ea.)Contains Milk, Wheat, Gluten.	287.21	12.38	17.28
Cheesy Enchilada - NER1251 (1 ea.)Contains Milk, Wheat, Gluten.	439.46	23.52	40.17
Cheesy Hash Brown Casserole - NER1054 (1/2 c.)Contains Milk, Wheat, Soy, Gluten.	269.94	10.17	35.64
Cheesy Nachos - NER1190 (1 ea.)Contains Milk, Soy.	473.58	29.33	34.85
Cheesy Pork Quesadilla - NER1084 (1 ea.)Contains Milk, Wheat, Gluten.	355.83	17.58	28.75
Cheesy Quesadilla - NER1170 (1 ea.)Contains Milk, Wheat, Gluten.	370.00	20.00	29.00
Cherry Jell-O - NER1154 (1/2 c.)	76.04	0.00	17.36
Chicago Dog - NER1210 (1 serving (1 hot dog))Contains Wheat, Soy, Gluten.	360.76	18.33	37.80
Chicken Bacon Ranch Pizza - NER1095 (1 slice)Contains Milk, Wheat, Soy, Gluten. May contain Egg.	370.03	17.45	29.04
Chicken BLT Salad - NER1309 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	461.74	19.44	43.15
Chicken BLT Salad - NER1313 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	451.10	19.33	41.12
Chicken Burger - NER1237 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	300.00	8.00	33.00
Chicken Caesar Salad - NER1311 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	286.56	12.96	20.46
Chicken Cordon Bleu Sandwich - NER1123 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	421.36	17.40	35.70
Chicken Enchilada - NER1185 (2 Each enchilada)Contains Milk, Wheat, Soy, Gluten.	490.68	21.41	48.36
Chicken Fajitas - NER1295 (1 ea.)Contains Wheat, Soy, Gluten.	337.30	11.09	37.16

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Chicken Fried Rice - NER1250 (4 1/3 oz.)Contains Milk, Egg, Soy.	495.09	5.25	89.70
Chicken Nachos - NER1139 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	391.12	20.49	33.45
Chicken Parmesan on Whole Grain Pasta - NER1201 (1 serving)Contains Milk, Egg, Wheat, Soy, Gluten.	408.51	14.03	40.02
Chicken Popper Kidzables - NER1018 (1 Box)Contains Milk, Wheat, Soy, Gluten.	430.91	9.47	63.32
Chicken Ranchero Wrap - NER1131 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	424.85	21.24	36.94
Chicken Sticks - NER1074 (5 ea.)	(M)	(M)	(M)
Chickpeas - NER1245 (1/2 c.)	130.00	2.00	22.00
Chili Cheese Dog - NER1179 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	446.65	21.22	45.42
Chinese Bar Creation Station - NER1120 (1 ea.)Contains Milk, Egg, Fish, Wheat, Soy, Gluten.	528.24	19.57	63.31
Chinese Street Eat - NER1325 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	473.96	15.29	61.48
Chocolate Milk - NER1332 (1 ea.)Contains Milk.	120.00	0.00	20.00
Chunky Salsa - NER1301 (2 tbsp.)	12.00	0.00	3.00
Cilantro Lime Rice - NER1149 (1/2 c.)	134.31	2.54	25.78
Cinnamon and Sugar Sliced Apples - NER1193 (1/2 c.)	57.93	0.13	15.55
Cinnamon Applesauce - NER1165 (1/2 c.)	60.33	0.16	16.47
Citrus Glazed Carrots - NER1195 (1/2 c.)	41.19	0.10	9.88
Classic Green Bean Casserole - NER1058 (1/2 c.)Contains Milk, Wheat, Soy, Gluten.	145.25	6.47	13.31
Coll Ranch Doritos - NER1224 (1 ea.)Contains Milk.	130.00	5.00	19.00
Combo Pizza - NER1090 (1 slice)Contains Milk, Wheat, Soy, Gluten. May contain Egg.	294.94	11.82	30.74

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Cool Cheese Sandwich - NER1016 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	362.50	20.23	32.00
Corn & Cilantro Salad - NER1150 (1/2 c.)	64.00	0.63	12.41
Creamy Cucumber Yogurt Salad - NER1247 (1/2 c.)Contains Milk.	36.13	1.06	5.05
Creamy Mac and Cheese - NER1157 (1 c.)Contains Milk, Wheat, Soy, Gluten.	487.09	25.70	40.81
Creamy Tomato & Cucumber Salad - NER1234 (4 oz.)Contains Milk.	30.06	0.54	5.60
Create a Salad Bar Toppings - NER1240 (1/2 c.)	194.40	10.30	22.88
Crispito with Cheese Sauce - NER1140 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	127.70	9.83	2.41
Crispy Apple Crisp - NER1285 (1/2 c.)Contains Milk, Wheat, Soy, Gluten.	107.82	0.42	25.27
Crispy Bacon & Egg Flatbread - NER1177 (1 pizza whole)Contains Milk, Egg, Wheat, Soy, Gluten.	442.27	23.63	34.24
Crispy Bacon Breakfast Boat - NER1008 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	210.00	8.00	25.00
Crispy Bacon Breakfast Pizza - NER1097 (1 slice)Contains Milk, Egg, Wheat, Soy, Gluten.	469.45	26.30	37.76
Crispy Baked Beef Fries - NER1079 (4 ea.)Contains Wheat.	7.68	0.50	0.36
Crispy Caesar Salad - NER1239 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	296.25	13.13	21.80
Crispy Chicken Biscuit - NER1125 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	400.00	20.00	31.00
Crispy Chicken Nuggets - NER1148 (5 ea.)Contains Wheat, Soy, Gluten.	274.77	15.70	17.01
Crispy Chicken Sandwich on Whole Grain Bun - NER1085 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	363.86	13.21	35.08
Crispy Oven Fries - NER1205 (1/2 c.)	99.10	3.43	16.77

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Crispy Peach Crisp - NER1048 (1/2 c.)Contains Milk, Wheat, Soy, Gluten.	136.71	0.61	32.49
Crispy Pork Tenderloin on Whole Grain Bun - NER1077 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	420.00	19.00	42.00
Crispy Tater Tots - NER1262 (1/2 c.)Contains Soy.	129.77	5.99	15.97
Crunchy Cauliflower - NER1121 (1/2 c.)	13.38	0.15	2.66
Crunchy Taco Pizza - NER1093 (1 slice)Contains Milk, Wheat, Soy, Gluten. May contain Egg.	360.35	14.89	35.96
Cuban Sandwich - NER1261 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	376.90	11.76	35.56
Cucumber Hummus Wrap - NER1235 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	371.03	17.16	43.40
Curried Chickpea Salad - NER1252 (1/2 c.)Contains Soy.	184.15	7.71	22.34
Deli Bar - NER1055 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	226.13	12.34	15.43
Disney's Frozen Cereal - NER1003 (1 ea.)Contains Wheat, Gluten.	100.00	0.00	24.00
Dorothy Lynch Dressing - NER1047 (1 tbsp.)Contains Soy.	30.00	0.00	7.00
Dutch Waffle - NER1009 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	90.91(M)	0.33(M)	23.65(M)
Egg & Cheese Biscuit - NER1014 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	320.63	18.56	28.00
Egg & Cheese Croissant - NER1011 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	255.63	15.56	18.00
Egg & Cheese English Muffin - NER1272 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	291.25	15.11	24.00
Egg & Sausage on Whole Grain English Muffin - NER1278 (1 sandwich)Contains Milk, Egg, Wheat, Gluten.	250.00	10.50	24.00
Egg & Turkey Sausage Croissant - NER1266 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	265.00	15.50	18.00

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Fajita Blend - NER1283 (1/2 c.)	16.67	0.00	3.33
Fajita Chicken Filling - NER1153 (3 oz.)Contains Wheat, Gluten.	100.39	2.34	2.73
Fast Takes Sandwich or Wrap - NER1317 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	412.93	17.69	40.71
Fiesta Beef Soft Taco - NER1178 (2 tacos)Contains Milk, Wheat, Soy, Gluten.	326.85	10.07	35.77
Fishwich - NER1238 (1 ea.)Contains Milk, Fish, Wheat, Soy, Gluten.	380.13	13.01	45.01
Flavorful Vegetable Pasta - NER1118 (1/2 c.)Contains Milk, Wheat, Gluten.	125.82	2.93	18.82
French Bread Pizza - NER1122 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	330.00	15.00	30.00
Fresh Baked Whole Grain Muffin - NER1035 (1 ea.)Contains Egg, Wheat, Soy, Gluten.	190.00	6.00	31.00
Fresh Broccoli - NER1215 (3/4 c.)	16.27	0.18	3.18
Fresh Broccoli with Cheese - NER1052 (1/2 c.)Contains Milk, Soy.	169.16	12.18	5.29
Fresh Canteloupe - NER1273 (1/2 c.)	45.33	0.25	10.88
Fresh Fruit Bowl with Cheese - NER1129 (1 ea.)Contains Milk.	330.76	12.69	45.49
Fresh Fruit Plate with Muffin - NER1023 (1 Box)Contains Milk, Egg, Wheat, Soy, Gluten.	686.33	21.92	113.36
Fresh Spinach - NER1031 (1/2 c.)	21.00	0.27	2.54
Fresh Steamed Carrots - NER1282 (1/2 c.)	25.38	0.09	5.97
Fresh Steamed Cauliflower - NER1279 (1/2 c.)	13.38	0.15	2.66
Fresh Strawberries - NER1160 (1/2 c.)	26.56	0.25	6.37
Fresh Vegetable Plate - NER1030 (1 Box)Contains Milk, Wheat, Gluten. Processed in a facility that also processes Egg, Soy.	358.65	6.25	55.33
Froot Loops - NER1002 (1 ea.)Contains Wheat, Soy, Gluten.	110.00	1.00	24.00
Frozen Juice Cup - NER1335 (1 ea.)	70.00	0.00	19.00



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Fruit & Yogurt Salad - NER1182 (1/2 c.)Contains Milk.	111.19	0.26	27.66
Fruit Mix Dessert - NER1233 (1/2 c.)Contains Milk.	124.06	4.72	18.81
Fruity Breakfast Pizza - NER1206 (1 slice)Contains Milk, Wheat, Gluten. May contain Egg, Soy.	150.06	1.15	30.87
Garden Beets - NER1060 (1/2 c.)	1.03	0.00	0.26
Garlic Toast - NER1330 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	118.69	4.68	17.18
Garlic Whipped Potatoes - NER1244 (1/2 c.)Contains Milk.	116.91	1.54	22.46
General Tso Chicken - NER1141 (3 oz.)Contains Egg, Wheat, Soy, Gluten.	310.00	12.00	32.00
Goey Grilled Cheese Sandwich - NER1217 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	362.50	20.23	32.00
Granola Bar Chocolate Chunk - NER1227 (1 ea.)Contains Soy. May contain Milk.	90.83	2.02	19.18
Grapefruit - NER1034 (1 ea.)	84.55	0.33	16.26
Green Peas - NER1021 (1/2 c.)	69.85	0.36	12.36
Ham & Cheese Croissant - NER1269 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	200.63	10.93	17.75
Ham & Cheese English Muffin - NER1207 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	185.63	5.93	23.75
Ham & Egg Bagel - NER1013 (1 sandwich)Contains Milk, Egg, Wheat, Gluten. Processed in a facility that also processes Soy.	255.00	6.38	35.75
Ham & Egg Croissant - NER1268 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	220.00	11.38	18.75
Ham & Provolone Sandwich - NER1130 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	270.00	8.75	33.50
Ham & Provolone Wrap - NER1287 (1 ea.)Contains Milk, Wheat, Gluten.	360.00	17.25	31.50
Ham & Swiss on Whole Grain Bagel - NER1275 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. Processed in a facility that also processes Egg.	235.00	5.38	35.00

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Ham & Swiss on Whole Grain Bagel - NER1284 (1 sandwich)Contains Milk, Wheat, Soy, Gluten. Processed in a facility that also processes Egg.	235.00	5.38	35.00
Ham & Swiss on Whole Grain Bread - NER1286 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	210.00	9.75	18.00
Ham & Swiss Wrap - NER1133 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	325.63	11.36	38.28
Ham, Egg, & Cheese Croissant - NER1197 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	270.63	15.93	18.75
Hardy Chef Salad - NER1260 (1 salad)Contains Milk, Egg.	139.37	8.03	4.61
Hardy Chef Salad - NER1281 (1 salad)Contains Milk, Egg.	150.00	8.14	6.65
Hawaiian Pizza - NER1094 (1 slice)Contains Milk, Wheat, Gluten. May contain Egg, Soy.	318.82	13.74	31.56
Hawaiian Salad - NER1043 (1 ea.)Contains Milk.	249.88	7.16	37.30
Hawaiian Salad - NER1299 (1 ea.)Contains Milk.	239.25	7.05	35.27
Hearty Breakfast Burrito - NER1236 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	540.00	27.00	56.00
Hearty Breakfast Taco - NER1158 (2 tacos)Contains Milk, Egg, Wheat, Soy, Gluten.	507.93	23.92	40.50
Hearty Garden Salad - NER1039 (1 ea.)Contains Egg.	195.49	6.37	22.40
Hearty Garden Salad - NER1310 (1 ea.)Contains Egg.	184.86	6.27	20.36
Hearty Ham Kidzables - NER1028 (1 Box)Contains Milk, Soy.	376.48	13.17	53.12
Hearty Hamburger Pizza - NER1091 (1 slice)Contains Milk, Wheat, Soy, Gluten. May contain Egg.	294.71	11.47	29.62
Heartzels - NER1229 (1 ea.)Contains Wheat, Gluten.	80.00	1.50	15.00
Home Style Macaroni & Cheese - NER1231 (1 c.)Contains Milk, Wheat, Soy, Gluten.	488.45	24.07	49.54

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Hot Ham & Cheese Breakfast Sandwich - NER1219 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	185.63	6.43	22.75
Hot Ham and Cheese Sandwich - NER1218 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	240.63	7.31	32.50
Hot Sauce - NER1057 (1 tbsp.)	0.00	0.00	0.00
Hot Turkey and Cheese Sandwich - NER1220 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	302.29	9.89	31.83
Hummus - NER1221 (1/2 c.)Contains Soy.	280.00	16.00	28.00
Italian Cheese Pizza - NER1087 (1 slice)Contains Milk, Wheat, Gluten. May contain Egg, Soy.	301.25	13.50	29.25
Italian Chef Salad - NER1312 (1 ea.)Contains Milk.	211.25	13.71	14.75
Italian Chicken Parmesan Sandwich - NER1124 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	418.86	16.21	38.58
Italian Dunkers - NER1306 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	425.13	25.01	34.13
Italian Pizza - NER1327 (1 slice)Contains Milk, Wheat, Soy, Gluten. May contain Egg.	393.25	20.50	30.25
Italian Whipped Potatoes - NER1243 (1/2 c.)Contains Milk.	111.89	1.53	21.36
Jumbo Cheese Ravioli - NER1025 (3 ea.)Contains Milk, Egg, Wheat, Gluten.	246.94	4.81	34.96
Lasagna Roll-Up - NER1019 (1 ea.)Contains Milk, Egg, Wheat, Gluten.	79.33	0.47	14.60
Lemon Wedges - NER1263 (1/2 c.)	24.00	0.20	5.40
Lime Jell-O - NER1156 (1/2 c.)	76.04	0.00	18.77
Loaded Supreme Pizza - NER1126 (1 slice)Contains Milk, Wheat, Gluten. May contain Egg, Soy.	294.04	11.10	32.19
Mandarin Chicken Salad - NER1265 (1 ea.)Contains Egg, Wheat, Soy, Gluten.	226.00	9.76	20.34

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Mandarin Chicken Salad - NER1314 (1 ea.)Contains Egg, Wheat, Soy, Gluten.	236.63	9.87	22.38
Margarine Cup - NER1046 (1 ea.)Contains Milk, Soy.	30.00	3.50	0.00
Margherita Pizza - NER1089 (1 slice)Contains Milk, Wheat, Gluten. May contain Egg, Soy.	309.80	13.59	31.06
Meat Lovers Pizza - NER1092 (1 slice)Contains Milk, Wheat, Soy, Gluten. May contain Egg.	292.27	11.93	29.44
Mediterranean Hummus Bowl - NER1106 (1 ea.)Contains Milk, Wheat, Soy.	527.26	24.36	64.18
Mexi Fries - NER1198 (1/2 c.)Contains Wheat, Soy, Gluten.	162.80	5.25	26.38
Mighty Meatball Sub - NER1307 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	365.61	16.20	37.42
Mini Corn Dogs - NER1200 (6 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	341.05	20.25	29.84
Mixed Fruit - NER1167 (1/2 c.)	65.00	0.00	14.08
Nacho Cheese Doritos - NER1225 (1 ea.)	130.00	5.00	20.00
Noodle Bowl Creation Station - NER1315 (1 ea.)Contains Wheat, Soy, Gluten.	490.13	6.34	76.07
Ooey Goey Cinnamon Roll - NER1147 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	131.50	0.63	28.35
Orange Jell-O - NER1155 (1/2 c.)	76.04	0.00	18.07
Oriental Blend Vegetable with Cheese - NER1071 (1/2 c.)Contains Milk, Soy.	167.08	12.01	5.48
Parmesan Mashed Potatoes - NER1291 (1/2 c.)Contains Milk.	128.05	2.60	21.51
Pasta Bar Creation Station - NER1116 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	646.17	22.46	76.31
Pea & Cheddar Salad - NER1053 (1/2 c.)Contains Milk, Egg, Soy.	197.97	9.60	19.01
Pepperoni Pizza Kidzable - NER1022 (1 Box)Contains Milk, Wheat, Soy.	446.23	15.46	61.42

# Menu Item Nutrient Report

Generated on: 8/7/2017 11:06:34 AM by Alecia Elliott

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Carb (g)
Peppy Pepperoni and Cheddar Kidzables - NER1026 (1 Box)Contains Milk, Wheat, Soy, Gluten.	433.15	17.10	62.31
Philly Bar Creation Station - NER1050 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	467.66	16.48	48.44
Pinata Salad - NER1115 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	374.88	13.35	40.40
Pineapple Mango Smoothie - NER1199 (1 ea.)Contains Milk.	267.95	2.75	55.86
Pizza Sticks - NER1036 (2 ea.)	290.00	11.00	30.00
Popcorn Chicken Basket - NER1187 (1 Basket)Contains Milk, Wheat, Soy, Gluten.	412.15	13.32	50.04
Popcorn Chicken Bowl - NER1259 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	545.71	18.55	62.59
Poppin' Chicken Salad - NER1020 (1 salad)Contains Milk, Wheat, Soy, Gluten.	317.81	14.88	19.73
Poppin' Chicken Salad - NER1297 (1 salad)Contains Milk, Wheat, Soy, Gluten.	328.44	14.99	21.76
Pork Bacon - NER1072 (2 slice)	0.80	0.07	0.00
Potato Chips - NER1226 (1 ea.)	80.00	5.00	8.00
Potato Salad - NER1069 (1/2 c.)Contains Egg.	190.00	8.00	28.00
Red Wine Vinegar - NER1304 (2 tbsp.)	8.00	0.00	2.00
Rice Krispies Treat - NER1001 (1 ea.)Contains Milk, Soy.	160.00	4.00	31.00
Roasted Pineapple - NER1253 (1/2 c.)Contains Soy.	56.83	2.27	8.82
Roasted Veggie Pizza - NER1328 (1 slice)Contains Milk, Wheat, Gluten. May contain Egg, Soy.	308.50	13.50	30.50
Robust Cherry Tomatoes - NER1017 (1/2 c.)	18.00	0.20	3.89
Romaine Blend - NER1180 (1 c.)	13.07	0.22	1.89
Salad Creation Station - NER1061 (1 ea.)Contains Milk, Egg, Tree nuts, Wheat, Peanuts, Soy, Gluten.	506.07	19.52	50.86

# Menu Item Nutrient Report

Generated on: 8/7/2017 11:06:34 AM by Alecia Elliott

Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Carb (g)
Sausage and Cheese Croissant - NER1159 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	245.63	15.06	17.00
Sausage Biscuit & Gravy - NER1232 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	543.50	33.34	55.35
Sausage Breakfast Boat - NER1007 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	200.00	7.00	26.00
Sausage Pancake Sandwich - NER1012 (1 sandwich)Contains Egg, Wheat, Soy, Gluten.	213.33	8.50	27.33
Savory Salisbury Steak - NER1138 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	173.75	7.67	9.75
Savory Sausage & Egg Flatbread Pizza - NER1176 (1 pizza whole)Contains Milk, Egg, Wheat, Soy, Gluten.	410.96	20.45	34.40
Scalloped Potatoes - NER1056 (1/2 c.)Contains Milk, Wheat, Soy, Gluten.	105.30	2.70	18.63
Self-Service Waffle - NER1049 (1 ea.)Contains Milk, Wheat, Gluten.	213.38	2.54	44.71
Shelled Edamame - NER1024 (1/2 c.)Contains Soy.	7.82	0.34	0.57
Skillet Bowl - NER1308 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	490.93	22.72	53.16
Skim Milk - NER1333 (1 ea.)Contains Milk.	90.00	0.00	13.00
Sloppy Joe - NER1294 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	281.75	4.33	43.71
Smiles - NER1040 (4 ea.)	130.00	4.50	20.00
Smokey BBQ Chicken Salad - NER1037 (1 ea.)Contains Milk, Soy.	196.11	6.79	14.95
Smokey BBQ Chicken Salad - NER1274 (1 ea.)Contains Milk, Soy.	185.48	6.68	12.91
Smoky BBQ Chicken Pizza - NER1100 (1 slice)Contains Milk, Wheat, Soy, Gluten. May contain Egg.	333.36	13.92	30.25
Soft Baked Pretzel - NER1174 (1 ea.)Contains Wheat, Gluten.	140.00	0.50	30.00

# Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Carb (g)
Sour Cream & Chive Mashed Potatoes - NER1292 (1/2 c.)Contains Milk.	135.39	3.41	21.96
Southwest Chicken Salad - NER1277 (1 ea.)Contains Milk, Wheat, Gluten.	197.62	8.77	14.25
Southwest Chicken Salad - NER1280 (1 ea.)Contains Milk, Wheat, Gluten.	186.99	8.66	12.22
Southwest Pinto Beans - NER1151 (1/2 c.)	119.00	0.25	21.46
Southwest Pork Rice Bowl - NER1082 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	481.49	13.56	62.26
Spaghetti Meatballa - NER1213 (1 serving)Contains Milk, Wheat, Soy, Gluten.	406.19	16.00	44.62
Spanish Rice - NER1186 (2/3 c.)Contains Wheat, Gluten.	167.16	2.79	32.30
Spicy Black Beans - NER1152 (1/2 c.)Contains Wheat, Gluten.	127.71	0.51	24.69
Spicy Buffalo Chicken Salad - NER1276 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	303.75	14.37	24.52
Spicy Chicken Wrap - NER1290 (1 wrap)Contains Milk, Egg, Wheat, Soy, Gluten.	484.14	20.66	54.36
Stir Fry Blend - NER1242 (1/2 c.)	25.00	0.00	6.00
Strawberries - NER1161 (1/2 c.)	26.80	0.00	6.93
Strawberries - NER1162 (1/2 c.)	124.41	0.17	33.59
Strawberry Fields Parfait - NER1112 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	459.00	3.50	97.09
Strawberry Spring Salad - NER1110 (1 ea.)Contains Milk, Egg, Tree nuts, Wheat, Peanuts, Soy, Gluten.	508.17	32.31	41.49
Strawberry Spring Salad - NER1300 (1 ea.)Contains Milk, Egg, Tree nuts, Wheat, Peanuts, Soy, Gluten.	498.17	32.31	38.82
Street Style BBQ - NER1320 (1 ea.)Contains Milk, Egg, Fish, Wheat, Soy, Gluten.	468.44 (M)	12.59(M)	74.92(M)
Street Taco Creation Station - NER1319 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	506.52	21.90	44.41

# Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Carb (g)
Street Taco Street Eatz - NER1322 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	364.85 (M)	17.08(M)	33.52(M)
Stuffed Pepper - NER1264 (1 ea.)Contains Milk, Soy.	421.40	24.38	28.57
Sub Sandwich Meal Kit - NER1105 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	360.49	20.15	36.26
Summer Smoothie - NER1249 (8 oz.)Contains Milk.	255.62	1.56	53.38
Sunset Strips Street Eatz - NER1321 (1 ea.)Contains Milk, Egg, Fish, Wheat, Soy, Gluten.	359.85 (M)	14.89(M)	46.19(M)
Super Spinach Pasta Salad - NER1204 (1 c.)Contains Milk, Wheat, Gluten.	263.74	3.61	47.87
Sweet & Sour Broccoli Salad - NER1181 (1/2 c.)Contains Wheat, Soy, Gluten.	47.16	1.68	7.61
Sweet and Sour Chicken - NER1208 (1 c.)Contains Egg, Wheat, Gluten.	312.34	12.80	36.01
Sweet Cream Pretzel Bites - NER1010 (4 ea.)	(M)	(M)	(M)
Sweet Potato Casserole - NER1254 (1/2 c.)Contains Milk, Wheat, Soy, Gluten.	164.57	6.12	24.67
Sweet Potato Cross Trax - NER1188 (1/2 c.)	109.56	3.91	18.00
Taco Salad - NER1202 (1 salad)Contains Milk, Wheat, Soy, Gluten.	262.69	9.89	27.63
Taco: Walking Taco - NER1184 (1 ea.)Contains Milk, Wheat, Gluten.	467.01	24.28	39.41
Tater Tot Bake - NER1209 (1/2 c.)Contains Milk, Wheat, Soy, Gluten.	293.63	13.90	22.52
Terrific Turkey Kidzables - NER1015 (1 Box)Contains Milk, Wheat, Soy, Gluten.	426.83	16.38	50.73
Three-Cheese Sub - NER1135 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	396.94	21.67	31.51
Toasted Bagel with Cream Cheese - NER1164 (1 ea.)Contains Milk, Wheat, Gluten. Processed in a facility that also processes Egg, Soy.	229.38	5.74	36.28



# Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Carb (g)
Tomato Wedge - NER1068 (1/2 c.)	19.00	0.20	3.90
Turkey & Cheddar Sandwich - NER1137 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	307.35	9.89	33.34
Turkey & Cheese Sub - NER1128 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	302.29	9.89	31.83
Turkey & Pepperjack on Whole Grain Bread - NER1289 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	301.67	9.33	33.33
Turkey & Pepper-jack Sub - NER1134 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	301.67	9.33	32.33
Turkey Carving Station - NER1168 (2 oz.)	121.75	5.77	0.48
Turkey Club Sandwich - NER1132 (1 ea.)Contains Wheat, Soy, Gluten.	339.30	11.28	35.26
Turkey Pinwheel - NER1136 (1 ea.)Contains Milk, Wheat, Gluten.	362.72	17.40	27.95
Tuscan Roma Pizza - NER1101 (1 slice)Contains Milk, Egg, Wheat, Soy, Gluten.	411.65	21.27	37.87
Tuscan Salad - NER1246 (1/2 c.)	42.87	2.58	5.00
Uncrustable Sandwich Kit - NER1203 (1 ea.)Contains Wheat, Peanuts, Gluten.	718.13	33.86	84.74
Vegetable Oil - NER1302 (1 tbsp.)Contains Soy.	130.00	14.00	0.00
Veggie Torta - NER1331 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	333.46	9.50	48.96
Whole Grain Blueberry Muffin - NER1172 (1 ea.)Contains Milk, Egg, Wheat, Soy.	319.89	9.22	53.50
Whole Grain Chocolate Mini Donuts - NER1005 (1 pkg.)Contains Milk, Egg, Wheat, Soy, Gluten.	320.00	15.00	41.00
Whole Grain Cookie - NER1336 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	111.38	3.54	18.23
Whole Grain Dinner Roll - NER1075 (1 ea.)Contains Wheat, Soy, Gluten.	110.00	1.50	20.00

# Menu Item Nutrient Report

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Item Name (Serving Size)	Calories (Kcal)	Fat (g)	Carb (g)
Whole Grain Glazed Donut - NER1044 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	346.88	16.16	45.31
Whole Grain Powdered Mini Donuts - NER1006 (1 pkg.)Contains Milk, Egg, Wheat, Soy, Gluten.	270.16	11.01	41.02
Whole Grain Strawberry Toaster Pastry - NER1271 (1 pkg.)Contains Wheat, Soy, Gluten.	180.00	2.50	38.00
Whole Grain Waffle Sticks - NER1027 (4 ea.)Contains Milk, Egg, Wheat, Gluten.	300.00	12.00	42.00
Wrap Meal Kit - NER1103 (1 ea.)	181.44	2.86	36.41
Yams - NER1062 (1/2 c.)	123.11	0.00	27.08
Zesty Italian Chef Salad - NER1108 (1 ea.)Contains Milk.	221.88	13.82	16.79
Zesty Italian Wrap - NER1296 (1 ea.)Contains Milk, Wheat, Gluten.	339.74	13.42	37.39
Zesty Marinara Sauce - NER1211 (1/2 c.)	84.59	0.01	19.01
Zesty Marinara Sauce - NER1212 (1/2 c.)	49.06	0.00	9.81
Zesty Pepperoni Pizza - NER1088 (1 slice)Contains Milk, Wheat, Gluten. May contain Egg, Soy.	323.03	15.50	29.20

## Legend

(M) Indicates missing nutrient values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.

## Report Selections

Meal Pattern: [USDA]Meal Pattern SY 2017-2022

Serving Group: 9-12

Data Source: Nebraska