

		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholestrol	Sodium	Trans Fat
Middle Lunch W1D1 (2019-2020)	CHICKEN TENDERS(Gold Kist)	202	18.4	218	1	1	19	9	1.25	11.1	1	49	382	0
Middle Lunch W1D1 (2019-2020)	MEATLOAF-W-cheese	190.3124	11	199.9999	9	1.44	60	12	5.9999	8.0938	1	39.9999	392.656	0
Middle Lunch W1D1 (2019-2020)	HAM AND CHEESE SANDWICH	295.2592	20.4889	268.0001	0	1.7956	336	12.5753	5.9876	28.2753	3	44.7531	1313.37	0
Middle Lunch W1D1 (2019-2020)	(CHICKEN)CHEF SALAD/RANCH	630.1773	29.9761	4773.343	58.8595	7.4487	220.0506	35.2894	10.6565	57.0662	9.8728	71.6249	1364.783	14.33
Middle Lunch W1D1 (2019-2020)	YOGURT PARFAIT STRWBRYw/granol	378.9999	9.2198	1300	1.7341	0.4806	199.9998	4.1785	1.4398	76.1101	3.7799	5.0002	190.9998	0
Middle Lunch W1D1 (2019-2020)	Scalloped Potatoes	153.3394	2.023	83.3491	0	0	52.7337	5.1885	3.1933	24.8703	1.9896	7.1709	501.5873	139.9227
Middle Lunch W1D1 (2019-2020)	FROZEN TURNIP GREENS	30.4293	2.4344	2130.054	4.3818	0.4382	73.5265	0	0	3.6516	2.4344	0	30.9254	16.5183
Middle Lunch W1D1 (2019-2020)	APPLESAUCE (CN)	100	0	0	2.4	0.36	0	0	0	25	2	0	5.0001	0
Middle Lunch W1D1 (2019-2020)	FRESH ORANGES	70	1.0001	100	78	0.36	60	0	0	21	7	0	0	0
Middle Lunch W1D1 (2019-2020)	MAS WG ROLL	140	5	0	0	1.44	20	2.5	1	32	7	5	80	0
Middle Lunch W1D1 (2019-2020)	DRESSING RANCH LITE NO MSG	95.6387	0.618	11.7114	0.1247	0.0425	14.2487	9.8942	1.5196	1.3126	0.0652	6.9769	203.6012	0
Middle Lunch W1D1 (2019-2020)	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
Middle Lunch W1D1 (2019-2020)	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
Middle Lunch W1D1 (2019-2020)	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
Middle Lunch W1D1 (2019-2020)	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0

		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholestrol	Sodium	Trans Fat
Middle Lunch W1D2 (2019-2020)	CHICK TACO MEAT (TYSON) 2015	220	26	300	0	1.08	0	11	4.5001	5	0	110	530.0001	0
Middle Lunch W1D2 (2019-2020)	CHICKEN FAJITA- PEPPER ONION	147.6303	18.4796	79.2469	2.4548	1.2837	14.4662	4.3884	1.2223	2.1734	0.3659	69.6662	371.2627	0
Middle Lunch W1D2 (2019-2020)	TURKEY & CHEESE SANDWICH	295	26.8	134.0001	0	1.4401	187.9999	10.3	4.5	27.65	3	68.5	934.5001	0
Middle Lunch W1D2 (2019-2020)	SOUTHWEST SALAD	347.4729	17.6629	425.8624	34.1468	5.3468	113.5388	8.8412	3.059	48.4484	8.7357	15.1565	623.6073	0
Middle Lunch W1D2 (2019-2020)	YOGURT PARFAIT STRWBRYw/granol	378.9999	9.2198	1300	1.7341	0.4806	199.9998	4.1785	1.4398	76.1101	3.7799	5.0002	190.9998	0
Middle Lunch W1D2 (2019-2020)	WHOLE KERNAL CORN (FROZEN)	94.7915	2.0224	245.3651	2.3323	0.3603	2.7527	2.1556	1.0421	15.015	2.002	4.393	0	0.3984
Middle Lunch W1D2 (2019-2020)	Juice Brilliant Burst	59.9999	0	90	59.9999	0	0	6	0	14	0	0	24.9999	0
Middle Lunch W1D2 (2019-2020)	STRAWBERRY CUPS (DoD)	90	0.9999	0	66	0.3599	20	0	0	22	2	0	0	0
Middle Lunch W1D2 (2019-2020)	FRESH BANANA	110	1.0001	0	9	0.36	0	0	0	29	4	0	0	0
Middle Lunch W1D2 (2019-2020)	Tostitos Chips (Elm; Mid)	120	2	0	0	0	23	4.5	0.5	18	2	0	100	0
Middle Lunch W1D2 (2019-2020)	Tortilla WG 10'	180	5	0	6	0	0	4.5	1.5	29	3	0	250	0
Middle Lunch W1D2 (2019-2020)	LETTUCE SHREDDED	0.8818	0	11.7578	0.2116	0	0	0	0	0.1764	0.0588	0	0.5879	0
Middle Lunch W1D2 (2019-2020)	SOUR CREAM	25	2	200	0	0	60	0	0	4	0	0	30	0
Middle Lunch W1D2 (2019-2020)	CHEESE SLICES (SHREDDED) 2015	70	7	0	0	0	0	4	2.5	2	0	15	210	0
Middle Lunch W1D2 (2019-2020)	SALSA MILD THICK & CHUNKY	20	0	0	7.2	0	0	0	0	4	0	0	360	0
Middle Lunch W1D2 (2019-2020)	MAYONNAISE REDC FAT REDC CALOR	40	0	100	0	0	0	4	0.5	1	0	5	90	0
Middle Lunch W1D2 (2019-2020)	MUSTARD INDIVIDUAL	5	0	0	0	0	0	0	0	0	0	0	65	0
Middle Lunch W1D2 (2019-2020)	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
Middle Lunch W1D2 (2019-2020)	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
Middle Lunch W1D2 (2019-2020)	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
Middle Lunch W1D2 (2019-2020)	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0

		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholestrol	Sodium	Trans Fat
Middle Lunch W1D3 (2019-2020)	SPAGHETTI & MEAT SAu MID&HIGH	369.9328	21.7966	652.4369	19.1598	3.7321	63.4286	8.0118	2.8236	48.4286	3.9228	55.4623	292.437	0
Middle Lunch W1D3 (2019-2020)	MINI CORN DOGS 2015	249.9999	11	0	0	3.6	0	10	1.5	31	1	15	630	0
Middle Lunch W1D3 (2019-2020)	HAM AND CHEESE SANDWICH	295.2592	20.4889	268.0001	0	1.7956	336	12.5753	5.9876	28.2753	3	44.7531	1313.37	0
Middle Lunch W1D3 (2019-2020)	YOGURT PARFAIT STRWBRYw/granol	378.9999	9.2198	1300	1.7341	0.4806	199.9998	4.1785	1.4398	76.1101	3.7799	5.0002	190.9998	0
Middle Lunch W1D3 (2019-2020)	CAESAR SALAD	586.0426	23.3517	536.835	38.706	7.3933	232.709	40.934	11.9465	36.1274	6.2117	132.6539	927.9182	1.95
Middle Lunch W1D3 (2019-2020)	ROMAINE GARDEN SALAD-(DOD)	91.4428	1.9549	8047.493	14.7858	0.7717	44.72	7.2649	1.0365	6.4341	1.9841	5.0625	299.901	69.7647
Middle Lunch W1D3 (2019-2020)	FROZEN STEAMED GREEN PEAS	114.2231	4.5899	2107.574	17.0314	1.635	23.8665	3.9086	2.4611	13.625	4.5417	10.3749	107.8649	0.941
Middle Lunch W1D3 (2019-2020)	PEACH CUPS (DoD)	80	1	300	162	0.36	0	0	0	19	1	0	0	0
Middle Lunch W1D3 (2019-2020)	FRUIT PUNCH	52.9101	0	0	3.1746	0	0	0	0	12.3457	0	0	8.8183	0
Middle Lunch W1D3 (2019-2020)	GARLIC BREADSTICK 2015	110	3	0	2.4	1.08	0	4	1	17	2	0	230	0
Middle Lunch W1D3 (2019-2020)	PARMESAN CHEESE PKTS. 2017	15	1	0	0	0	40	1	1	0	0	0	55	0
Middle Lunch W1D3 (2019-2020)	MAYONNAISE REDC FAT REDC CALOR	40	0	100	0	0	0	4	0.5	1	0	5	90	0
Middle Lunch W1D3 (2019-2020)	MUSTARD INDIVIDUAL	5	0	0	0	0	0	0	0	0	0	0	65	0
Middle Lunch W1D3 (2019-2020)	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
Middle Lunch W1D3 (2019-2020)	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
Middle Lunch W1D3 (2019-2020)	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
Middle Lunch W1D3 (2019-2020)	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0

		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
Middle Lunch W1D4 (2019-2020)	CHICKEN POPCORN SMACKERS	293	18	167	0	2	18	17	3	17	3	81	487	0
Middle Lunch W1D4 (2019-2020)	PIZZA STUFFED CRUST CHEESE	330	16	299.9999	0	2.7	299.9999	14	4.4999	36	2	15	840	0
Middle Lunch W1D4 (2019-2020)	TURKEY & CHEESE SANDWICH	295	26.8	134.0001	0	1.4401	187.9999	10.3	4.5	27.65	3	68.5	934.5001	0
Middle Lunch W1D4 (2019-2020)	(CHICKEN)CHEF SALAD/RANCH	630.1773	29.9761	4773.343	58.8595	7.4487	220.0506	35.2894	10.6565	57.0662	9.8728	71.6249	1364.783	14.33
Middle Lunch W1D4 (2019-2020)	YOGURT PARFAIT STRWBRYw/granol	378.9999	9.2198	1300	1.7341	0.4806	199.9998	4.1785	1.4398	76.1101	3.7799	5.0002	190.9998	0
Middle Lunch W1D4 (2019-2020)	SIMPLOT-SPUDSTERS	177.5701	2.8037	0	0	0.4206	23.0374	6.5421	0.9346	27.1028	2.8037	0	448.5981	0
Middle Lunch W1D4 (2019-2020)	CRINKLE CUT CARROTS	119.7732	2.0605	10092.27	4.7434	0.7114	81.0748	6.8039	4.2839	13.8352	5.9293	18.0598	118.5882	1.638
Middle Lunch W1D4 (2019-2020)	FRESH APPLE (GALA)	80	0	100	4.7999	0.36	0	0	0	22.0001	5	0	0	0
Middle Lunch W1D4 (2019-2020)	DICED PEARS (CN) W JUICE	59.9999	0	0	0	0	0	0	0	14	2.0001	0	10	0
Middle Lunch W1D4 (2019-2020)	GARLIC BREADSTICK 2015	110	3	0	2.4	1.08	0	4	1	17	2	0	230	0
Middle Lunch W1D4 (2019-2020)	KETCHUP INDIVIDUAL	10	0	0	0	0	0	0	0	3	0	0	85	0
Middle Lunch W1D4 (2019-2020)	MUSTARD INDIVIDUAL	5	0	0	0	0	0	0	0	0	0	0	65	0
Middle Lunch W1D4 (2019-2020)	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
Middle Lunch W1D4 (2019-2020)	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
Middle Lunch W1D4 (2019-2020)	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
Middle Lunch W1D4 (2019-2020)	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0

		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
Middle Lunch W1D5 (2019-2020)	FISH FILLET (2019)	290	15	0	0	1.08	20	15	7	22	2	55	600	0
Middle Lunch W1D5 (2019-2020)	BBQ NICKS PULLED PORK	98.0343	13.2723	15.8363	0.1267	1.561	1.0558	4.3738	1.5836	1.4328	0	28.6562	262.4303	0
Middle Lunch W1D5 (2019-2020)	HAM AND CHEESE HOAGIE	325.2593	20.4889	268	0	1.4355	296	14.5753	6.4877	30.2752	2.0001	44.7531	1303.37	0
Middle Lunch W1D5 (2019-2020)	SOUTHWEST SALAD	347.4729	17.6629	425.8624	34.1468	5.3468	113.5388	8.8412	3.059	48.4484	8.7357	15.1565	623.6073	0
Middle Lunch W1D5 (2019-2020)	YOGURT PARFAIT STRWBRYw/granol	378.9999	9.2198	1300	1.7341	0.4806	199.9998	4.1785	1.4398	76.1101	3.7799	5.0002	190.9998	0
Middle Lunch W1D5 (2019-2020)	COLE SLAW	87.568	0.3983	597.3662	11.9473	0.1434	15.9298	6.5672	1.194	5.5733	0.7964	2.9851	222.8903	0
Middle Lunch W1D5 (2019-2020)	NORTHERN BEAN	278.5301	9.8208	177.1166	1.9499	2.925	99.2009	6.5535	3.6145	40.6248	9.7499	15.2382	422.5001	1.3821
Middle Lunch W1D5 (2019-2020)	FRESH WATERMELON	21.7143	0.2714	271.4286	4.0714	0.1954	5.4286	0	0	7.3286	0.5429	0	2.7143	0
Middle Lunch W1D5 (2019-2020)	TROPICAL FRUIT (CN)	90	0.85	0	0	0	0	0	0	22	1.9999	0	0	0
Middle Lunch W1D5 (2019-2020)	MACARONI & CHEESE (2016)	208.3586	8.3154	421.3521	0.192	0.522	334.8519	12.7641	7.4334	14.23	0.5799	35.552	311.3632	266.0591
Middle Lunch W1D5 (2019-2020)	BREAD/GRAIN BUNS HAMBURGER WW	130	5	0	0	1.44	40	1.5	0	24	2	0	260	0
Middle Lunch W1D5 (2019-2020)	MUSTARD INDIVIDUAL	5	0	0	0	0	0	0	0	0	0	0	65	0
Middle Lunch W1D5 (2019-2020)	SAUCE TARTAR	40	0	0	0	0	0	3	0	3	0	5	100	0
Middle Lunch W1D5 (2019-2020)	SAUCE BBQ	15	0	100	0.6	0	0	0	0	4	0	0	160	0
Middle Lunch W1D5 (2019-2020)	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
Middle Lunch W1D5 (2019-2020)	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
Middle Lunch W1D5 (2019-2020)	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
Middle Lunch W1D5 (2019-2020)	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0
Middle Lunch W1D5 (2019-2020)	CHOC CHIP COOKIE	130	1	100	0	1.08	0	6	3	17	0	5	100	0

		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
Middle Lunch W2D1 (2019-2020)	PIZZA STUFFED CRUST/ PEPP 2016	330	16	299.9999	0	2.7	250	14	4.4999	36	2	20	880.0001	0
Middle Lunch W2D1 (2019-2020)	MEATBALL HOAGIE	413.6562	27.1088	353.5023	3.9041	2.5067	131.4486	18.9661	4.2728	34.6652	4.1266	91.3636	757.1984	0
Middle Lunch W2D1 (2019-2020)	TURKEY & CHEESE SANDWICH	295	26.8	134.0001	0	1.4401	187.9999	10.3	4.5	27.65	3	68.5	934.5001	0
Middle Lunch W2D1 (2019-2020)	CAESAR SALAD	586.0426	23.3517	536.835	38.706	7.3933	232.709	40.934	11.9465	36.1274	6.2117	132.6539	927.9182	1.95
Middle Lunch W2D1 (2019-2020)	YOGURT PARFAIT STRWBRYw/granol	378.9999	9.2198	1300	1.7341	0.4806	199.9998	4.1785	1.4398	76.1101	3.7799	5.0002	190.9998	0
Middle Lunch W2D1 (2019-2020)	BAKED SMILES (POTATOES)	130	2	0	2.4	0.36	0	4.5	0.5	20	2	0	180	0
Middle Lunch W2D1 (2019-2020)	FROZEN DUTCH BLEND	62.0558	1.3617	737.5136	28.0001	0	27.3471	2.2963	1.4459	5.6621	2.6667	6.0952	40.0001	0.5528
Middle Lunch W2D1 (2019-2020)	FRESH ORANGES	70	1.0001	100	78	0.36	60	0	0	21	7	0	0	0
Middle Lunch W2D1 (2019-2020)	GRAPE JUICE	80	0.8818	0	0	0	0	0	0	15.8731	0	0	15	0
Middle Lunch W2D1 (2019-2020)	MAYONNAISE REDC FAT REDC CALOR	40	0	100	0	0	0	4	0.5	1	0	5	90	0
Middle Lunch W2D1 (2019-2020)	KETCHUP INDIVIDUAL	10	0	0	0	0	0	0	0	3	0	0	85	0
Middle Lunch W2D1 (2019-2020)	MUSTARD INDIVIDUAL	5	0	0	0	0	0	0	0	0	0	0	65	0
Middle Lunch W2D1 (2019-2020)	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
Middle Lunch W2D1 (2019-2020)	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
Middle Lunch W2D1 (2019-2020)	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
Middle Lunch W2D1 (2019-2020)	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0

		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
Middle Lunch W2D2 (2019-2020)	SALISBURY STEAK & GRAVY	223.5088	14	0	1.2001	1.8001	39.9999	14.5878	6	7.5263	1	45	514.5615	0
Middle Lunch W2D2 (2019-2020)	CHICKEN BRD DRUMSTICK TYSON	190	16	100	0	1.08	20	11	2.5	5	1	50	450	0
Middle Lunch W2D2 (2019-2020)	HAM AND CHEESE SANDWICH	295.2592	20.4889	268.0001	0	1.7956	336	12.5753	5.9876	28.2753	3	44.7531	1313.37	0
Middle Lunch W2D2 (2019-2020)	(CHICKEN)CHEF SALAD/RANCH	630.1773	29.9761	4773.343	58.8595	7.4487	220.0506	35.2894	10.6565	57.0662	9.8728	71.6249	1364.783	14.33
Middle Lunch W2D2 (2019-2020)	YOGURT PARFAIT STRWBRYw/granol	378.9999	9.2198	1300	1.7341	0.4806	199.9998	4.1785	1.4398	76.1101	3.7799	5.0002	190.9998	0
Middle Lunch W2D2 (2019-2020)	MASHED POTATOES (PEARLS) 2017	70	1	1.9	6.4	0.19	7.11	1	0	15	1	0	340	0
Middle Lunch W2D2 (2019-2020)	GREEN BEANS 2015	60.0615	1.1192	340.5725	1.2821	0.3847	22.587	4.1129	2.5896	4.7005	2.1369	10.9168	149.5781	0.9902
Middle Lunch W2D2 (2019-2020)	FRESH STRAWBERRIES (whole)	22.5	0.517	0	48	0.36	10	0	0	6.2041	2.068	0	0	0
Middle Lunch W2D2 (2019-2020)	MIXED FRUIT (CN) W JUICE	70.0001	0	200.0001	1.2	0	0	0	0	18	1.0001	0	15	0
Middle Lunch W2D2 (2019-2020)	MAS WG ROLL	140	5	0	0	1.44	20	2.5	1	32	7	5	80	0
Middle Lunch W2D2 (2019-2020)	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
Middle Lunch W2D2 (2019-2020)	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
Middle Lunch W2D2 (2019-2020)	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
Middle Lunch W2D2 (2019-2020)	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0

		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
Middle Lunch W2D3 (2019-2020)	BUFFALO CHICKEN WRAP	546.9932	25.6937	94.5601	2.3381	2.1245	40.3524	30.4712	5.2437	42.0037	3.4707	61.2061	902.5869	0
Middle Lunch W2D3 (2019-2020)	CHIP DORITO NACHO RF WG	130	2	100	0	0.36	0	5	0.5	20	2	0	200	0
Middle Lunch W2D3 (2019-2020)	HAM AND CHEESE HOAGIE	325.2593	20.4889	268	0	1.4355	296	14.5753	6.4877	30.2752	2.0001	44.7531	1303.37	0
Middle Lunch W2D3 (2019-2020)	TURKEY & CHEESE SANDWICH	295	26.8	134.0001	0	1.4401	187.9999	10.3	4.5	27.65	3	68.5	934.5001	0
Middle Lunch W2D3 (2019-2020)	SOUTHWEST SALAD	347.4729	17.6629	425.8624	34.1468	5.3468	113.5388	8.8412	3.059	48.4484	8.7357	15.1565	623.6073	0
Middle Lunch W2D3 (2019-2020)	YOGURT PARFAIT STRWBRYw/granol	378.9999	9.2198	1300	1.7341	0.4806	199.9998	4.1785	1.4398	76.1101	3.7799	5.0002	190.9998	0
Middle Lunch W2D3 (2019-2020)	FRESH BABY CARROTS	120.445	1.0716	9785.374	1.9675	0.6733	36.9287	9.9863	1.5337	7.1527	2.1205	6.9769	258.8837	64.0355
Middle Lunch W2D3 (2019-2020)	STEAM BROCC FLORETS (DOD)	57.6799	2.8993	387.0918	74.3294	0.6862	39.0896	3.2805	2.0655	4.7511	2.8588	8.7075	23.8235	0.7897
Middle Lunch W2D3 (2019-2020)	MANDARIN ORANGES/w/JUICE (CN)	80.0001	0	500.0001	21	0.3599	20	0	0	20	1	0	10.0001	0
Middle Lunch W2D3 (2019-2020)	FRESH PEARS	100.0001	1	0	6.0001	0	20	1	0	24.9999	3.9999	0	0	0
Middle Lunch W2D3 (2019-2020)	MAYONNAISE REDC FAT REDC CALOR	40	0	100	0	0	0	4	0.5	1	0	5	90	0
Middle Lunch W2D3 (2019-2020)	MUSTARD INDIVIDUAL	5	0	0	0	0	0	0	0	0	0	0	65	0
Middle Lunch W2D3 (2019-2020)	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
Middle Lunch W2D3 (2019-2020)	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
Middle Lunch W2D3 (2019-2020)	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
Middle Lunch W2D3 (2019-2020)	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0

		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
Middle Lunch W2D4 (2019-2020)	CHILI	199.7544	18.7833	660.3976	4.2912	2.6232	28.9171	9.707	3.6968	8.1707	0.7067	107.3	425.7769	39.0659
Middle Lunch W2D4 (2019-2020)	Pizza Chicken Quesadilla	320.0001	18	300	0	2.7001	200	10.9999	10.9999	38.0001	4	19.9999	770	0
Middle Lunch W2D4 (2019-2020)	TURKEY & CHEESE SANDWICH	295	26.8	134.0001	0	1.4401	187.9999	10.3	4.5	27.65	3	68.5	934.5001	0
Middle Lunch W2D4 (2019-2020)	(CHICKEN)CHEF SALAD/RANCH	630.1773	29.9761	4773.343	58.8595	7.4487	220.0506	35.2894	10.6565	57.0662	9.8728	71.6249	1364.783	14.33
Middle Lunch W2D4 (2019-2020)	YOGURT PARFAIT STRWBRYw/granol	378.9999	9.2198	1300	1.7341	0.4806	199.9998	4.1785	1.4398	76.1101	3.7799	5.0002	190.9998	0
Middle Lunch W2D4 (2019-2020)	SIMPLOT-INFINITY FRIES	130	2	0	0.6	0.36	20	4	0.5	23	2	0	350	0
Middle Lunch W2D4 (2019-2020)	WHOLE KERNAL CORN (FROZEN)	94.7915	2.0224	245.3651	2.3323	0.3603	2.7527	2.1556	1.0421	15.015	2.002	4.393	0	0.3984
Middle Lunch W2D4 (2019-2020)	FRESH CANTALOUPE	29.1045	0.5821	2910.448	27.9403	0.2096	11.6418	0	0	6.9851	0.5821	0	14.5522	0
Middle Lunch W2D4 (2019-2020)	MIXED BERRY CUPS (DoD)	90	0	0	0	0	0	0	0	20	2	0	0	0
Middle Lunch W2D4 (2019-2020)	FRITOS CHIPS	160	0	0	0	0.2	30	10	1.5	16	1	0	170	0
Middle Lunch W2D4 (2019-2020)	CHEESE SLICES (SHREDDED) 2015	70	7	0	0	0	0	4	2.5	2	0	15	210	0
Middle Lunch W2D4 (2019-2020)	MAYONNAISE REDC FAT REDC CALOR	40	0	100	0	0	0	4	0.5	1	0	5	90	0
Middle Lunch W2D4 (2019-2020)	KETCHUP INDIVIDUAL	10	0	0	0	0	0	0	0	3	0	0	85	0
Middle Lunch W2D4 (2019-2020)	MUSTARD INDIVIDUAL	5	0	0	0	0	0	0	0	0	0	0	65	0
Middle Lunch W2D4 (2019-2020)	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
Middle Lunch W2D4 (2019-2020)	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
Middle Lunch W2D4 (2019-2020)	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
Middle Lunch W2D4 (2019-2020)	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0
Middle Lunch W2D4 (2019-2020)	CINNAMON ROLL (Lunch Dessert)	130	2	1000	0	1.08	20	4	1	22	2	0	125	0

		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
Middle Lunch W2D5 (2019-2020)	CHEESEBURGER (ADVANCE) 2015	293	21.8	234	0	3.24	208	10.8001	4.5	25.65	3	47.5	676.5001	0
Middle Lunch W2D5 (2019-2020)	BEEF and Pork H-DOG/W/BUN 2015	320	11	100	0	2.16	40	18.5	6	28	4	35.0001	430	0
Middle Lunch W2D5 (2019-2020)	CHILI topping 2019	99.8772	9.3916	330.1988	2.1456	1.3116	14.4585	4.8535	1.8484	4.0854	0.3534	53.65	212.8885	19.533
Middle Lunch W2D5 (2019-2020)	HAM AND CHEESE SANDWICH	295.2592	20.4889	268.0001	0	1.7956	336	12.5753	5.9876	28.2753	3	44.7531	1313.37	0
Middle Lunch W2D5 (2019-2020)	CAESAR SALAD	586.0426	23.3517	536.835	38.706	7.3933	232.709	40.934	11.9465	36.1274	6.2117	132.6539	927.9182	1.95
Middle Lunch W2D5 (2019-2020)	YOGURT PARFAIT STRWBRYw/granol	378.9999	9.2198	1300	1.7341	0.4806	199.9998	4.1785	1.4398	76.1101	3.7799	5.0002	190.9998	0
Middle Lunch W2D5 (2019-2020)	TATOR TRIANGLES	230	3.0001	0	3.6	0.72	0	10	1.5	31	3.0001	0	630.0001	0
Middle Lunch W2D5 (2019-2020)	BAKED BEANS (hanover)	161.4697	6.4588	0	0	1.9376	64.5878	1.0764	0	32.2939	7.5352	5.3824	581.2909	0
Middle Lunch W2D5 (2019-2020)	APPLESAUCE (CN)	100	0	0	2.4	0.36	0	0	0	25	2	0	5.0001	0
Middle Lunch W2D5 (2019-2020)	FRESH ORANGES	70	1.0001	100	78	0.36	60	0	0	21	7	0	0	0
Middle Lunch W2D5 (2019-2020)	CHEESE SLICES (SHREDDED) 2015	70	7	0	0	0	0	4	2.5	2	0	15	210	0
Middle Lunch W2D5 (2019-2020)	MAYONNAISE REDC FAT REDC CALOR	40	0	100	0	0	0	4	0.5	1	0	5	90	0
Middle Lunch W2D5 (2019-2020)	KETCHUP INDIVIDUAL	10	0	0	0	0	0	0	0	3	0	0	85	0
Middle Lunch W2D5 (2019-2020)	MUSTARD INDIVIDUAL	5	0	0	0	0	0	0	0	0	0	0	65	0
Middle Lunch W2D5 (2019-2020)	PICKLE DILL SLICE	3	0	0	0.072	0	0	0	0	0.06	0	0	228	0
Middle Lunch W2D5 (2019-2020)	LETTUCE SHREDDED	0.8818	0	11.7578	0.2116	0	0	0	0	0.1764	0.0588	0	0.5879	0
Middle Lunch W2D5 (2019-2020)	TOMATO VINE RIPE 5X6	5.8333	0.1667	3.3333	6.6667	0.3333	0.3333	0	0	1.1667	0.1667	0	0.8333	0
Middle Lunch W2D5 (2019-2020)	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
Middle Lunch W2D5 (2019-2020)	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
Middle Lunch W2D5 (2019-2020)	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
Middle Lunch W2D5 (2019-2020)	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0

		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
Middle Lunch W3D1 (2019-2020)	RCS FAMOUS CK/VEG BOWL 2016	578.1249	36.7248	196.0101	8.7299	1.9899	9.37	20.2251	4.5001	60.1748	4	65.0001	1591.5	0
Middle Lunch W3D1 (2019-2020)	PEPPER JACK ENCHILADAS	176.03	7.52	403.34	0	1.18	201.44	9.33	5.1	15.85	0.5	20.98	320.46	0
Middle Lunch W3D1 (2019-2020)	HAM AND CHEESE SANDWICH	295.2592	20.4889	268.0001	0	1.7956	336	12.5753	5.9876	28.2753	3	44.7531	1313.37	0
Middle Lunch W3D1 (2019-2020)	SOUTHWEST SALAD	347.4729	17.6629	425.8624	34.1468	5.3468	113.5388	8.8412	3.059	48.4484	8.7357	15.1565	623.6073	0
Middle Lunch W3D1 (2019-2020)	YOGURT PARFAIT STRWBRYw/granol	378.9999	9.2198	1300	1.7341	0.4806	199.9998	4.1785	1.4398	76.1101	3.7799	5.0002	190.9998	0
Middle Lunch W3D1 (2019-2020)	MASHED POTATOES (PEARLS) 2017	70	1	1.9	6.4	0.19	7.11	1	0	15	1	0	340	0
Middle Lunch W3D1 (2019-2020)	WHOLE KERNAL CORN (FROZEN)	94.7915	2.0224	245.3651	2.3323	0.3603	2.7527	2.1556	1.0421	15.015	2.002	4.393	0	0.3984
Middle Lunch W3D1 (2019-2020)	FRESH APPLE (GALA)	80	0	100	4.7999	0.36	0	0	0	22.0001	5	0	0	0
Middle Lunch W3D1 (2019-2020)	TROPICAL FRUIT (CN)	90	0.85	0	0	0	0	0	0	22	1.9999	0	0	0
Middle Lunch W3D1 (2019-2020)	MAS WG ROLL	140	5	0	0	1.44	20	2.5	1	32	7	5	80	0
Middle Lunch W3D1 (2019-2020)	MAYONNAISE REDC FAT REDC CALOR	40	0	100	0	0	0	4	0.5	1	0	5	90	0
Middle Lunch W3D1 (2019-2020)	MUSTARD INDIVIDUAL	5	0	0	0	0	0	0	0	0	0	0	65	0
Middle Lunch W3D1 (2019-2020)	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
Middle Lunch W3D1 (2019-2020)	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
Middle Lunch W3D1 (2019-2020)	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
Middle Lunch W3D1 (2019-2020)	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0

		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
MiddleLunch W3D2 (2019-2020)	BBQ NICKS PULLED PORK	98.0343	13.2723	15.8363	0.1267	1.561	1.0558	4.3738	1.5836	1.4328	0	28.6562	262.4303	0
MiddleLunch W3D2 (2019-2020)	TACO SOUP (2019)	252.8964	18.506	879.9196	11.4347	4.6258	94.6973	2.455	0.6607	34.4517	8.3767	36.9231	656.8307	62.1342
MiddleLunch W3D2 (2019-2020)	TURKEY & CHEESE SANDWICH	295	26.8	134.0001	0	1.4401	187.9999	10.3	4.5	27.65	3	68.5	934.5001	0
MiddleLunch W3D2 (2019-2020)	CAESAR SALAD	586.0426	23.3517	536.835	38.706	7.3933	232.709	40.934	11.9465	36.1274	6.2117	132.6539	927.9182	1.95
MiddleLunch W3D2 (2019-2020)	YOGURT PARFAIT STRWBRYw/granol	378.9999	9.2198	1300	1.7341	0.4806	199.9998	4.1785	1.4398	76.1101	3.7799	5.0002	190.9998	0
MiddleLunch W3D2 (2019-2020)	CELERY STICKS-W-RANCH	112.3054	1.7291	456.1558	2.7914	0.0425	58.6932	9.8941	1.5195	1.3127	1.1763	6.9769	281.379	0
MiddleLunch W3D2 (2019-2020)	Juice Power Punch	59.9999	0	50	59.9999	0	0	0	0	15	0	0	15	0
MiddleLunch W3D2 (2019-2020)	FRESH RED GRAPES (DOD)	30.82	0.2898	46	1.84	0.1334	6.44	0.161	0.0524	7.889	0.414	0	0.92	37.398
MiddleLunch W3D2 (2019-2020)	PEACHES (CN) W JUICE	70.0001	0	300	1.2	0	0	0	0	17	0.5	0	10	0
MiddleLunch W3D2 (2019-2020)	Tostitos Chips (Elm; Mid)	120	2	0	0	0	23	4.5	0.5	18	2	0	100	0
MiddleLunch W3D2 (2019-2020)	SALSA MILD THICK & CHUNKY	20	0	0	7.2	0	0	0	0	4	0	0	360	0
MiddleLunch W3D2 (2019-2020)	CHEESE SLICES (SHREDDED) 2015	70	7	0	0	0	0	4	2.5	2	0	15	210	0
MiddleLunch W3D2 (2019-2020)	MAYONNAISE REDC FAT REDC CALOR	40	0	100	0	0	0	4	0.5	1	0	5	90	0
MiddleLunch W3D2 (2019-2020)	MUSTARD INDIVIDUAL	5	0	0	0	0	0	0	0	0	0	0	65	0
MiddleLunch W3D2 (2019-2020)	SAUCE BBQ	15	0	100	0.6	0	0	0	0	4	0	0	160	0
MiddleLunch W3D2 (2019-2020)	SOUR CREAM	25	2	200	0	0	60	0	0	4	0	0	30	0
MiddleLunch W3D2 (2019-2020)	LETTUCE SHREDDED	0.8818	0	11.7578	0.2116	0	0	0	0	0.1764	0.0588	0	0.5879	0
MiddleLunch W3D2 (2019-2020)	TOMATO VINE RIPE 5X6	5.8333	0.1667	3.3333	6.6667	0.3333	0.3333	0	0	1.1667	0.1667	0	0.8333	0
MiddleLunch W3D2 (2019-2020)	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
MiddleLunch W3D2 (2019-2020)	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
MiddleLunch W3D2 (2019-2020)	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
MiddleLunch W3D2 (2019-2020)	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0

		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
Middle Lunch W3D3 (2019-2020)	BOSCO STICK CHEESE 6'	280	18	400	0	2.16	400	10	5	30	2	30	420.0001	0
Middle Lunch W3D3 (2019-2020)	PIZZA STUFFED CRUST/ PEPP 2016	330	16	299.9999	0	2.7	250	14	4.4999	36	2	20	880.0001	0
Middle Lunch W3D3 (2019-2020)	HAM AND CHEESE SANDWICH	295.2592	20.4889	268.0001	0	1.7956	336	12.5753	5.9876	28.2753	3	44.7531	1313.37	0
Middle Lunch W3D3 (2019-2020)	(CHICKEN)CHEF SALAD/RANCH	630.1773	29.9761	4773.343	58.8595	7.4487	220.0506	35.2894	10.6565	57.0662	9.8728	71.6249	1364.783	14.33
Middle Lunch W3D3 (2019-2020)	YOGURT PARFAIT STRWBRYw/granol	378.9999	9.2198	1300	1.7341	0.4806	199.9998	4.1785	1.4398	76.1101	3.7799	5.0002	190.9998	0
Middle Lunch W3D3 (2019-2020)	SQUASH & ZUCCHINI (DOD)	8.7865	0.2996	32.5839	2.268	0.0999	6.469	0.4179	0.2575	1.0737	0.3698	1.1025	1.7683	0.0901
Middle Lunch W3D3 (2019-2020)	SHAKER SALADS	91.4428	1.9549	8047.493	14.7858	0.7717	44.72	7.2649	1.0365	6.4341	1.9841	5.0625	299.901	69.7647
Middle Lunch W3D3 (2019-2020)	FRESH BANANA	110	1.0001	0	9	0.36	0	0	0	29	4	0	0	0
Middle Lunch W3D3 (2019-2020)	DICED PEARS (CN) W JUICE	59.9999	0	0	0	0	0	0	0	14	2.0001	0	10	0
Middle Lunch W3D3 (2019-2020)	MAYONNAISE REDC FAT REDC CALOR	40	0	100	0	0	0	4	0.5	1	0	5	90	0
Middle Lunch W3D3 (2019-2020)	MUSTARD INDIVIDUAL	5	0	0	0	0	0	0	0	0	0	0	65	0
Middle Lunch W3D3 (2019-2020)	SAUCE MARINARA CUP	49.3827	0.9876	0	4.7407	0.3555	0	2.963	0.4938	5.9259	0	0	167.9012	0
Middle Lunch W3D3 (2019-2020)	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
Middle Lunch W3D3 (2019-2020)	MILK HALF PINT CHOC	120.0001	7.9999	500.0001	1.2	0	299.9999	0	0	19.9999	0	5	180	0
Middle Lunch W3D3 (2019-2020)	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
Middle Lunch W3D3 (2019-2020)	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
Middle Lunch W3D3 (2019-2020)	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0

		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
Middle Lunch W3D4 (2019-2020)	BD CHICK SAND FILET(TYSON)2015	360	27	0	0	2.88	60	11.5	1.9999	38	3.0001	50.0001	640	0
Middle Lunch W3D4 (2019-2020)	Hot Honey Sloppy Joe 2019	258	15.9999	698	14	2	36	14	5	20	2	46	892	0
Middle Lunch W3D4 (2019-2020)	TURKEY & CHEESE SANDWICH	295	26.8	134.0001	0	1.4401	187.9999	10.3	4.5	27.65	3	68.5	934.5001	0
Middle Lunch W3D4 (2019-2020)	SOUTHWEST SALAD	347.4729	17.6629	425.8624	34.1468	5.3468	113.5388	8.8412	3.059	48.4484	8.7357	15.1565	623.6073	0
Middle Lunch W3D4 (2019-2020)	YOGURT PARFAIT STRWBRYw/granol	378.9999	9.2198	1300	1.7341	0.4806	199.9998	4.1785	1.4398	76.1101	3.7799	5.0002	190.9998	0
Middle Lunch W3D4 (2019-2020)	FRZ STEAMED PEAS & CARROTS	70.7785	2.8485	7589.218	8.426	1.0111	19.6794	3.2229	2.0293	8.426	2.8086	8.5547	65.5355	0.7759
Middle Lunch W3D4 (2019-2020)	Sweet Potatoe Lattice	283.1501	2.0226	404.5	2.4269	0.8089	40.45	14.1575	2.0226	36.4049	4.0449	0	343.8251	0
Middle Lunch W3D4 (2019-2020)	FRESH APPLE (GALA)	80	0	100	4.7999	0.36	0	0	0	22.0001	5	0	0	0
Middle Lunch W3D4 (2019-2020)	PINEAPPLE TIBITS (CN) W JUICE	70	0	0	6	0.36	20	0	0	16	1	0	0	0
Middle Lunch W3D4 (2019-2020)	BREAD/GRAIN BUNS HAMBURGER WW	130	5	0	0	1.44	40	1.5	0	24	2	0	260	0
Middle Lunch W3D4 (2019-2020)	KETCHUP INDIVIDUAL	10	0	0	0	0	0	0	0	3	0	0	85	0
Middle Lunch W3D4 (2019-2020)	MUSTARD INDIVIDUAL	5	0	0	0	0	0	0	0	0	0	0	65	0
Middle Lunch W3D4 (2019-2020)	PICKLE DILL SLICE	3	0	0	0.072	0	0	0	0	0.06	0	0	228	0
Middle Lunch W3D4 (2019-2020)	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
Middle Lunch W3D4 (2019-2020)	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
Middle Lunch W3D4 (2019-2020)	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
Middle Lunch W3D4 (2019-2020)	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0
		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
Middle Lunch W3D5 (2019-2020)	CHICKEN POPCORN SMACKERS	293	18	167	0	2	18	17	3	17	3	81	487	0
Middle Lunch W3D5 (2019-2020)	TOASTED GRILLED CHEESE SAND.	453.6479	17.3134	819.3866	0	1.4401	714.7216	28.3854	15.7835	34.6	4	74.3809	865.9999	2.2113
Middle Lunch W3D5 (2019-2020)	HAM AND CHEESE SANDWICH	295.2592	20.4889	268.0001	0	1.7956	336	12.5753	5.9876	28.2753	3	44.7531	1313.37	0
Middle Lunch W3D5 (2019-2020)	CAESAR SALAD	586.0426	23.3517	536.835	38.706	7.3933	232.709	40.934	11.9465	36.1274	6.2117	132.6539	927.9182	1.95
Middle Lunch W3D5 (2019-2020)	YOGURT PARFAIT STRWBRYw/granol	378.9999	9.2198	1300	1.7341	0.4806	199.9998	4.1785	1.4398	76.1101	3.7799	5.0002	190.9998	0
Middle Lunch W3D5 (2019-2020)	FRESH BROC FLORET/RANCH (DOD)	80.4044	2.156	114.3529	29.7318	0.2745	35.4971	7.0875	1.0125	3.5497	1.1435	5.0625	282.9044	0
Middle Lunch W3D5 (2019-2020)	PINTO BEANS	154.9576	6.6752	76.591	0	1.9136	80.4699	3.1469	1.5632	22.5913	11.9602	6.5894	186.047	0.5976
Middle Lunch W3D5 (2019-2020)	MIXED FRUIT (CN) W JUICE	70.0001	0	200.0001	1.2	0	0	0	0	18	1.0001	0	15	0
Middle Lunch W3D5 (2019-2020)	GRAPE JUICE	80	0.8818	0	0	0	0	0	0	15.8731	0	0	15	0
Middle Lunch W3D5 (2019-2020)	GARLIC BREADSTICK 2015	110	3	0	2.4	1.08	0	4	1	17	2	0	230	0
Middle Lunch W3D5 (2019-2020)	DRESSING HONEY MUSTARD CUP	120	0	0	0	0	0	10	1.5	8	0	10	125	0
Middle Lunch W3D5 (2019-2020)	MAYONNAISE REDC FAT REDC CALOR	40	0	100	0	0	0	4	0.5	1	0	5	90	0
Middle Lunch W3D5 (2019-2020)	KETCHUP INDIVIDUAL	10	0	0	0	0	0	0	0	3	0	0	85	0
Middle Lunch W3D5 (2019-2020)	MUSTARD INDIVIDUAL	5	0	0	0	0	0	0	0	0	0	0	65	0
Middle Lunch W3D5 (2019-2020)	LETTUCE SHREDDED	0.8818	0	11.7578	0.2116	0	0	0	0	0.1764	0.0588	0	0.5879	0
Middle Lunch W3D5 (2019-2020)	TOMATO VINE RIPE 5X6	5.8333	0.1667	3.3333	6.6667	0.3333	0.3333	0	0	1.1667	0.1667	0	0.8333	0
Middle Lunch W3D5 (2019-2020)	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
Middle Lunch W3D5 (2019-2020)	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
Middle Lunch W3D5 (2019-2020)	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
Middle Lunch W3D5 (2019-2020)	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0
Middle Lunch W3D5 (2019-2020)	MOON PIE MINI CHO. (2017)	30.8	0.28	0	0	0.2016	0	0.84	0.56	5.6	0	0	26.6	0
Middle Lunch W3D5 (2019-2020)	MOON PIE MINI VANILLA (2017)	110	1	0	0	0.72	0	3	2	20	0	0	95	0