

SCHEDULED MENU NUTRIENT COMPOSITION 7/2/2018*															
STOCK NUMBER	MENU ITEM	QUANTITY	PORTION	CALORIES	TOTAL FAT	SAT FAT	CARB	SODIUM	PROTEIN	VIT C	IRON	CALCIUM	DIETARY FIBER	CHOLESTEROL	NUT LINK
1003	TORTILLA CHIPS; BAKED	1	PACKAGE (24 OZ)	4200	224	28	504	3080	56	0	56	56	28	0	900058
1011	PEANUT BUTTER, SMOOTH W/O SALT	1	1 CUP	1505	129	26	50	44	64	0	5	110	15	0	16398
1015	SCH CHIPS, TORTILLA	1	1 OUNCE	140	7	1	16	110	2	0	0	21	1	0	900162
1027	TORTILLAS, WG 10" PKG (12CT)	1	1 TORTILLA (55 GRAMS)	170	4	1	29	260	5	0	10	4	2	0	900056
1157	BREAD, WG LOAF(24OZ)-SL1(7)	1	1 SLICE (28 GRAMS)	70	1	0	13	160	2	0	6	4	1	0	900267
1172	BUN; WW HAMBURGER PKG(24CT)	1	1 BUN (43 GRAMS)	110	2	0	21	220	4	0	6	15	2	0	901682
1260	ROLL; WG DINNER PKG (96CT)	1	1 DINNER ROLL (1 OZ)	80	1	0	13	120	3	6	6	15	2	0	900054
1700	SMP BUNS, WG HAMBURGER 8PK	1	1 BUN (43 GRAMS)	47	1	0	9	95	2	0	0	0	1	0	900050
1728	SMP TORTILLA, WG 6" 24PK	1	1 TORTILLA (56.7 GRAMS)	180	4	1	30	430	6	0	10	6	4	0	900186
2002	CAULIFLOWER, FRESH LB	1	1 POUND	113	1	0	23	136	9	219	2	100	9	0	11135
2003	CELERY; FRESH LB	1	1 CUP	4	0	0	0	21	0	1	0	11	0	0	11143
2004	CHERRY TOMATOES, LB	1	1 CUP	41	0	0	9	11	2	31	1	23	3	0	900154
2005	CILANTRO, LB	1	1 CUP	0	0	0	0	0	0	0	0	3	0	0	114811
2006	CUCUMBERS, FRESH, LB	1	1 CUP	14	0	0	3	2	1	4	0	17	1	0	900199
2008	ONIONS, DRY FRESH LB	1	1 CUP, SLICE	64	0	0	15	6	2	12	0	37	3	0	11282
2009	TOMATOES, FRESH LB	1	1 CUP, SLICE	32	0	0	7	9	2	25	0	18	2	0	11529
2010	ROMAINE LETTUCE	1	1 CUP, CHOPPED	11	0	0	3	4	1	16	1	15	2	0	902723
3000	CUCUMBER, PEELED, RAW	1	1 POUND	82	1	0	18	23	4	62	1	45	5	0	900268
3001	TOMATOES, RED, RIPE, RAW YR RND	1	1 CUP, SLICED	32	0	0	7	9	2	25	0	18	2	0	900201
3002	LETTUCE, ROMERIA, FRESH, LB	1	1 POUND	17	0	0	3	8	1	4	1	33	2	0	900155
3003	COLESLAW MIXED (SHRED CAB, CAR)	1	1 PACKAGE (255 GRAMS)	32	10	0	16	0	2	0	0	0	10	0	900237
3004	TOMATOES, PLUMP, RAW	1	1 POUND	82	1	0	18	23	4	58	1	45	5	0	901590
3005	AVOCADOES, RAW	1	1 CUP	234	21	3	12	10	3	15	1	18	10	0	9037
3006	CARROTS, RAW	1	1 CUP	50	0	0	12	84	1	7	0	40	3	0	11124
3007	OLIVES, COLOSSAL, BLK, GREEN	1	1 CUP	992	71	0	57	7371	0	0	4	227	28	0	103661
3008	PEPPER, SWT, GRN, RAW	1	1 CUP	30	0	0	7	4	1	120	1	15	3	0	11333
3009	KALE, RAW, LB	1	1 CUP	33	1	0	6	26	3	80	1	101	1	0	11233
3010	PEPPER, SWT, RED, RAW	1	1 CUP, CHOPPED	39	2	0	9	6	1	191	1	10	0	0	900168
3011	PEPPERS, JALAPENO, CND, SOL&LIQ	1	1 OUNCE	10	0	0	2	419	0	3	1	10	0	0	990129
3012	GARLIC, RAW, LB	1	1 CUP	203	1	0	45	23	9	42	2	246	3	0	900171
3500	KIWI, CHINESE GOOSEBERRIES, RAW	1	1 OUNCE	17	0	0	4	1	0	26	0	10	1	0	9148
3501	FRUIT MIX, DRIED	1	1 OUNCE	73	0	0	19	1	1	0	0	14	2	0	51441
3502	GRAPES, AMERICAN, TYPES	1	1 OUNCE	19	0	0	5	1	0	1	0	4	0	0	902727
3504	STRAWBERRIES, RAW, LB	1	1 CUP	49	0	0	12	2	1	89	1	24	3	0	9316
3505	BANANAS, FRESH, LB	1	1 CUP, SLICED	134	0	0	34	2	2	13	0	8	4	0	9040
3506	ORANGES, FRESH LB	1	1 CUP	10	0	0	3	0	0	12	0	9	1	0	9200
3507	GRPE; CONCORD, RAW	1	1 OUNCE	19	0	0	5	1	0	1	0	4	0	0	900785
3515	APPLE; FRESH 135CT	1	1 POUND	237	1	0	63	5	1	21	1	27	11	0	51448
3518	SCH PINEAPPLE CHUNKS	1	1 CAN (106 OZ)	1803	3	0	468	33	15	282	8	465	40	0	900022
3519	SCH PEACHES, CS GCT CN (105OZ)	1	1 CAN (105 OZ)	1488	0	0	506	298	29	447	0	0	30	0	900020
113977	MUSTARD PC PKTS	1	1 TEFASPOON	10	0	0	1	0	1	0	0	0	0	0	111818
820397	SAUCE SPAGHETTI, AP CS CN 6# 10	1	1 CAN (102 OZ)	1070	47	0	165	16927	47	212	17	470	47	0	900133
1207786	SCH/RF TUNA LT 24/12.5Z 5Y	1	1 PACKAGE (354 GRAMS)	411	3	1	0	1200	90	0	5	37	0	0	900030
2118820	TORTILLAS, 10" SPIN PKG 12 EUR	1	2 TORTILLAS (56.7 GRAMS)	170	3	1	30	290	6	0	10	4	4	0	900136
2344653	SCH SAUCE SPAGHETTI, NO MEAT	1	1 CUP	3	0	0	1	28	0	1	0	1	0	0	900150
2349207	SCH SAUCE CHEDDAR CHEESE	1	1 OUNCE	100	9	5	2	400	5	0	0	20	0	25	900268
2358301	SCH/AP BROCCOLI FROZEN	1	1 CUP	64	0	0	12	54	7	0	0	0	7	0	902454
2358301	SCH/AP BROCCOLI FROZEN	1	1 OUNCE	8	0	0	2	7	1	0	0	0	10	0	902454
2810679	KETCHUP PACKETS PC	1	1 PC PACKET (9 GRAM)	10	0	0	2	100	0	0	0	0	0	0	103376
3109396	CHIPS; TORTILLA BAK BAG/18 LBS	1	TORTILLA CHIPS (10Z)	140	7	0	16	0	2	0	0	4	2	0	900122
3552928	SEASONED BEEF STAK CS (6/5LB)	1	1 SERVING (56.7 GRAMS)	105	6	3	2	240	10	0	5	10	0	29	900034
3566657	SCH ROASTER DELI (POTATO)	1	1 OUNCE	1	0	0	0	1	0	0	0	0	0	0	901662
3704836	WHEAT SUB BUN; PKG 24CT	1	1 BUN (105 OZ)	260	1	0	29	260	10	0	0	0	3	0	900124
3765312	SCH SEASONING TACO 3/6 5LB 3Y	1	1 OUNCE	282	0	0	4	56	9030	0	0	10	0	0	902458
3917028	BLUEBERRY FRZ WLD CS 30#	1	1 CUP	80	0	0	19	0	0	2	1	25	6	0	900230
4838644	SCH DRESSING RNCH FATFREE BULK	1	1 OUNCE	28	0	0	8	369	0	0	0	0	1	0	901689
4924811	ORANGES; MANDARIN CS GCT-105OZ	1	1/2 CUP	44	0	0	11	6	1	13	0	13	1	0	900019
4965385	SCH/RF CHEESE AMERICAN SLICED	1	1/4 CUP	140	10	6	4	540	8	0	0	500	0	0	901696
5235194	POTATOES; MSH PP CS 42/15.5 OZ	1	1/2 CUP	77	3	1	13	415	2	26	1	74	1	4	900114
5278759	MAYONNAISE CS 4/1 GAL	1	1 CUP	605	60	8	15	1436	0	0	0	0	0	151	900098
5483561	SCH SWIRL CUP BERRY LEMON	1	1/2 CUP	70	0	0	18	5	0	60	0	80	3	0	902508
5598643	RICE, BROWN WG CS 12/1LB	1	1 CUP	685	5	1	143	13	15	0	3	43	7	0	20036
5598644	PEAS, FRZN CS 30 LBS	1	1 CUP	60	0	0	10	6	4	32	3	72	5	0	11302
5808305	SCH PORK SHREDDED	1	1/4 CUP	107	5	2	1	200	15	0	0	0	0	0	902592
5853840	SCH COOKIE OATMEAL RAISIN WG	1	1 COOKIE	252	9	2	42	156	3	0	5	0	0	0	902625
6070288	AP CHS 5 BLEND SHRD	1	1/4 CUP	164	7	4	1	223	94	1	0	179	0	19	901694
6204724	SCH/RF CROULTON PC PKT	1	1 PKG (25 OZ)	30	1	0	5	70	0	0	0	0	0	0	902593
6357065	SCH/RF SYRUP PC 100/1.5GM 7M	1	1 PP (1.5 OZ)	120	0	0	31	45	0	0	0	0	0	0	900149
6375864	SCH PANCAKES BLUEBERRY MINI	1	1 SVG	210	6	1	35	310	4	0	15	6	4	10	902519
6447279	SCH SAUCE APPLE UNSWEET	1	1 CUP	66	0	0	16	9	0	2	3	0	2	0	900023
6524592	SCH CANNED CRN 6/#10 3Y	1	1 CUP	1	0	0	0	0	0	0	0	0	0	0	900018
6818400	SCH SAU CHKN BRKFS 6/5LB	1	1 SVG (1.25 OZ)	84	5	1	1	224	9	0	1	0	0	34	900049
6823616	SCH PEAS GREEN 30LB 2Y	1	1 CUP	170	0	0	30	244	12	80	7	100	10	0	902628
6865331	FSH STK; ALA POLLOCK WG CS 160	1	1 SVG (4 STKS)	190	60	1	18	270	15	0	1	2	2	55	900106
6944663	SCH/RF CHEESE SHRED CHEDR FNC	1	1 SVG (2 OZ)	62	5	3	0	102	4	0	0	0	0	17	900197
6976422	SCH SPRAY BUTTERMILK	1	1 SPRAY (0.25 GRAM)	0	0	0	0	0	0	0	0	0	0	0	900015
7295283	SCH BEEF GROUND 6/5LB	1	1 OUNCE	41	2	1	0	19	5	0	1	5	0	20	900031
7352876	SCH MACARONI ELBOW WG	1	1 CUP	393	2	0	85	10	17	0	4	46	9	0	900026
7593669	BEEF, BRD PTK CS 5/5LB CT54	1	1 SVG (2.45 OZ)	186	12	5	0	254	0	0	0	12	49	0	900081
7909570	CHKN; GRILD FLT 4/6.25 LB	1	1 SVG (2.26OZ)	156	5	2	2	328	23	0	0	0	0	62	900132
7909571	CHKN; PULLED CS (10LB)	1	1 SVG (2OZ)	87	3	1	1	77	13	0	0	0	0	40	900095
7909572	SCH WG CRSPY CHKN FILET 6/5.15	1	1 SVG (2OZ)	140	7	1	9	250	12	0	0	0	1	25	900082
7923931	SCH SCE HNAN ORNGE CS 6/5LB	1	1 OUNCE	46	0	0	11	183	0	7	0	5	0	0	900085
7923552	BREAD; CARROT CS 112/1.45OZ	1	1/2 SVG PKG (1.45 OZ)	100	5	1	12	110	1	0	0	0	0	15	900105
7923655	SCH SC GNRLT TS05 6/5LB 24M	1	1 SVG (1 OZ)	69	1	0	16	187	0	0	0	3	0	0	900096
7923977	BREAD; ZUCHINNI CS 112/1.45OZ	1	1 SVG (1.45 OZ)	162	9	1	18	169	1	0	0	0	0	22	900104
7923986	BEAN-CHILI THREE BN 6/5LB	1	1 SVG (4 OZ)	141	5	1	20	296	7	0	3	64	15	0	900083
7948841	POTATO FRIES CS 6/5 LB	1	1 CUP	267	4	0	51	173	5	0	0	0	5	0	900128
7948843	POTATO; SWT WEDGES CS 6/2.5LB	1	1 SVG (4 OZ)	120	3	0	21	53	1	8	5	5	4	0	900088
7948850	Apple 5L UNSW CS (6CT) (N1000Z)	1	1/2 CUP	36	0	0	9	5	0	1	1	0	1	0	50356
7948983	SCH PSTA BWITIE WG 12/16OZ 3Y	1	1 OUNCE	106	1	0	21	0	4	0	5	0	0	0	900089
7949805	EGG, DICD CS 20LB (4/5LB)	1	1 OUNCE	45	3	1	1	70	3	0	0	17	0	120	900144
7949807	VEG KYOTO BLND CS 6 (2.5LB)	1	1 CUP	184	5	0	24	40	11	0	0	0	8	0	900080
7949810	CROISNTS;WG CS 4/1.76/2.5OZ	1	1 SVG (2.5OZ)	220	9	4	30	3							

E41	GREEN PEA/CHS SALAD	1	1 CUP	107	1	1	19	275	5	37	3	93	7	3	80248
E42	PASTA PEA SALAD	1	1 CUP	310	2	1	64	319	13	1	3	44	10	3	80249
E43	RICE-PEA SALAD	1	1 CUP	251	3	1	50	330	9	1	1	16	8	3	80251
E44	SALAD FOR BURGERS	1	1/2 CUP	9	0	0	2	125	1	9	0	14	1	0	80263
F10	GRILLED HAM & CH SANDWICH	1	1 SANDWICH	713	11	4	128	2010	28	0	8	250	7	33	80054
F11	CHICKEN SALAD CROISSANT	1	1 SANDWICH	375	17	6	34	503	22	0	0	14	2	128	80050
F12	GRILLED CH SANDWICH	1	1 SANDWICH	531	12	6	87	1420	18	0	5	500	5	0	80055
F13	PHILLY CHS STX ON WG SUB BUN	1	1 PHILLY CHS/BUN	234	11	5	13	493	19	2	6	267	1	29	80027
F14	TUNA SLD CROISSANT	1	1 SANDWICH	337	14	5	31	573	21	0	4	31	2	78	80051
F15	GRILLED CHKN BURGER	1	1 BURGER	392	15	3	32	767	33	8	10	35	3	81	80023
F16	FISH/CHEESE ON WG BUN	1	1 FISH/CHS ON WG BUN	576	19	5	66	1020	36	8	18	290	7	80	80025
F17	CHICKEN SLD SANDWICH	1	1 SANDWICH	542	45	6	41	925	39	0	9	70	0	527	80052
F18	FISH/CHEZ PO BOY ON WG SUB BUN	1	1 FISH ON BUN	420	67	4	49	800	29	8	11	287	5	55	80026
F19	TUNA SLD SANDWICH	1	1 SANDWICH	298	25	1	35	617	29	0	10	8	0	74	80100
F20	CHEESE HAMBURGER	1	1 CHEESEBURGER	334	23	7	13	753	17	0	1	145	1	68	80024
F23	GRILLED HAM & CH CROISSANT	1	1 SANDWICH	331	16	7	33	738	14	0	3	272	2	24	80103
F29	EGG CHS SAUSAGE CROISSANT	1	1 CROISSANT SANDWICH	384	20	7	33	753	20	0	3	166	2	113	80144
F30	EGG CHEESE & HAM TACO	1	2 TACOS	461	13	4	64	927	19	0	22	103	6	100	80148
F31	FISH STICK TACOS	1	2 FISH TACOS	595	70	3	85	1050	25	1	21	22	8	67	80151
F32	FISH TACOS/PICO SALSA	1	2 FISH TACOS	369	63	2	51	841	20	6	11	25	6	55	80157
F33	PEANUT DIPPING SAUCE	1	1/4 CUP	789	64	13	34	168	32	6	2	59	8	0	80164
F34	VEG STIR FRY RICE /KYOTO VEG	1	1 CUP	395	13	3	54	505	15	1	2	56	5	240	80163
I20	SWEET POTATO WEDGES	1	1/2 CUP	104	3	0	19	46	1	7	5	5	3	0	80011
I21	CORN; SEASONED	1	1/2 CUP	63	1	0	15	155	2	1	0	3	2	1	80040
I22	BROCCOLI FLORETS	1	1/2 CUP	33	0	0	6	28	1	0	0	0	2	1	80041
I23	RANCHERO BEANS	1	1 CUP	338	2	0	61	333	20	3	5	105	20	0	80049
I25	PEAS/CARROTS	1	1/2 CUP	55	0	0	11	91	2	18	1	32	3	1	80045
I26	MASHED POTATOES	1	1/2 CUP	84	3	2	14	452	2	29	1	82	1	4	80020
I27	DELI ROASTERS	1	1/2 CUP	4	0	0	1	4	0	0	0	0	2	0	80046
I28	SUGAR SNAP PEAS	1	1/2 CUP	44	0	0	8	0	2	13	1	44	2	0	80048
I29	POTATO OVEN FRIES	1	1/2 CUP	45	1	0	9	123	1	0	0	0	1	0	80047
I30	KYOTO VEGTABLES	1	1/2 CUP	81	2	0	11	18	5	0	0	0	4	0	80042
I31	SEASONED CARROTS	1	1/2 CUP	34	1	0	7	55	1	2	0	33	3	0	80044
I32	BEANS; GREEN SEASONED	1	1/2 CUP	24	0	0	4	208	1	0	0	0	3	0	80073
I33	HONEY GLAZED CARROTS	1	1/2 CUP	55	1	0	13	55	1	3	1	34	3	0	80099
I34	BAKED BEANS	1	1/2 CUP	155	1	0	28	198	10	0	0	0	7	0	80108
I35	POTATOES; SWT WEDGES; CANDIED	1	1/2 CUP	111	3	0	21	44	1	7	4	8	3	0	80128
I37	THREE AMIGO BEANS	1	1/2 CUP	175	7	1	24	626	7	1	4	68	15	0	80140
I38	TAMATO PICO SALSA, FRESH	1	1/4 CUP	9	0	0	2	281	0	6	0	15	1	0	80149
I39	ROASTED VEGETABLES	1	1/2 CUP	46	1	1	6	97	4	25	0	72	2	3	80160
I41	CORN/PEAS, SEASONED	1	1/2 CUP	114	1	0	24	78	5	20	2	25	5	0	80177
I42	CORN/SNAP PEAS/CARROTS MIX	1	1/2 CUP	167	2	0	36	46	6	11	1	47	7	0	80193
I43	RANCH-STYLE BEANS	1	1/2 CUP	285	3	1	50	332	15	2	4	83	15	0	80195
I44	GREEN PEAS, SEASONED	1	1/2 CUP	140	0	0	25	132	9	0	0	0	9	0	80197
I45	VEGGIE EGGROLL W/ ORANGE SAUCE	1	1 EGGROLL	164	1	0	23	215	6	26	8	2	2	4	80203
I47	REFRIED BEANS	1	1/2 CUP	214	16	1	33	72	12	1	3	95	11	5	80206
M3	MILK; ASST	1	1 CARTON	114	1	0	19	116	9	0	0	0	1	7	80074
S1	TARTAR SAUCE	1	2 TABLESPOONS	41	3	0	5	144	0	1	0	4	0	7	80162
S10	BALSAMIC VINAIGRETTE DRESSING	1	1/2 CUP	492	52	7	8	2	1	4	0	21	0	8	80258
S11	LEMON VINAIGRETTE DRESSING	1	1/2 CUP	468	52	7	1	1	0	0	0	1	0	0	80259
S12	CILANTRO VINAIGRETTE DRESSING	1	1/2 CUP	482	52	7	5	9	0	0	0	16	0	0	80270
S2	FRESH FRUIT INSTRUCTIONS	1	1 QUART	1	0	0	0	4	0	2	0	4	0	0	80191
S3	BROWN GRAVY	1	2 TABLESPOONS	21	1	0	2	18	0	0	0	2	0	0	80199
S4	GREEK SALAD DRESSING	1	2 TABLESPOONS	104	4	1	16	393	2	2	0	10	2	0	80241
S5	SPICY HERB RANCH DRESSING	1	1/2 CUP	39	0	0	10	393	0	2	1	28	2	0	80242
S6	3 BASIL RANCH DRESSING	1	1/2 CUP	30	0	0	8	391	0	1	0	0	1	0	80243
S7	GREEN GODDESS RANCH DRESSING	1	1/2 CUP	31	0	0	8	391	0	0	0	4	1	0	80244
S8	RANCHERO RANCH DRESSING	1	1/2 CUP	32	0	0	8	390	0	0	0	3	1	0	80245
S9	BASIC VINAIGRETTE DRESSING	1	1 CUP	373	41	5	2	0	0	1	0	0	0	0	80257

* NUTRITIONAL ANALYSIS IS STILL PENDING REVIEW AS SOME PORTION SIZES, PRODUCTS AND RECIPES HAVE CHANGED.