

This Excel spreadsheet contains the nutrition information for all elementary school lunch entrees. The main entrees (options 1 and 2) are listed in the first five tabs (CD ## - ###) and correspond with a cycle date. The cycle date for the menu item is listed in the far left column. Please refer to the Cycle Dates Calendar (right) to determine which calendar date corresponds with a cycle date.

Salads rotate on a Monday - Friday basis and PB&Js are served daily. Please see the last tab for the corresponding nutritional information.

All fruits and vegetables are listed in a separate Excel spreadsheet.

Cycle Dates 2017-2018

September 2017					October 2017					November 2017				
Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr
					² 21	³ 22	⁴ 23	⁵ 24	⁶ 25			¹ 18	² 19	³ 20
	⁵ 2	⁶ 3	⁷ 4	⁸ 5	⁹ 1	¹⁰ 2	^{LS} 3	¹² 4	¹³ 5	⁶ 21	⁷ 22	^{LS} 23	⁹ 24	¹⁰ 25
¹¹ 6	¹² 7	^{LS} 8	¹⁴ 9	¹⁵ 10	¹⁶ 6	¹⁷ 7	¹⁸ 8	¹⁹ 9	²⁰ 10	¹³ 1	¹⁴ 2	¹⁵ 3	¹⁶ 4	¹⁷ 5
¹⁸ 11	¹⁹ 12	²⁰ 13	²¹ 14	²² 15	²³ 11	²⁴ 12	²⁵ 13			²⁰ 6	²¹ 7			
²⁵ 16	²⁶ 17	²⁷ 18	²⁸ 19	²⁹ 20	³⁰ 16	³¹ 17				²⁷ 11	²⁸ 12	²⁹ 13	³⁰ 14	

December 2017					January 2018					February 2018				
Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr
				¹ 15		² 12	³ 13	⁴ 14	⁵ 15				¹ 9	² 10
⁴ 16	⁵ 17	⁶ 18	⁷ 19	⁸ 20	⁸ 16	⁹ 17	^{LS} 18	¹¹ 19	¹² 20	⁵ 11	⁶ 12	⁷ 13	⁸ 14	⁹ 15
¹¹ 21	¹² 22	^{LS} 23	¹⁴ 24	¹⁵ 25	¹⁵ 21	¹⁶ 22	¹⁷ 23	¹⁸ 24	¹⁹ 25	¹² 16	¹³ 17	^{LS} 18	¹⁵ 19	
¹⁸ 1	¹⁹ 2	²⁰ 3	²¹ 4	²² 5		²³ 2	²⁴ 3	²⁵ 4	²⁶ 5		²⁰ 22	²¹ 23	²² 24	²³ 25
					²⁹ 6	³⁰ 7	³¹ 8			²⁶ 1	²⁷ 2	²⁸ 3		

March 2018					April 2018					May/June 2018				
Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr
			¹ 4	² 5		³ 2	⁴ 3	⁵ 4	⁶ 5		¹ 22	² 23	³ 24	⁴ 25
⁵ 6	⁶ 7	⁷ 8	⁸ 9	⁹ 10	⁹ 6	¹⁰ 7	^{LS} 8	¹² 9	¹³ 10	⁷ 1	⁸ 2	^{LS} 3	¹⁰ 4	¹¹ 5
¹² 11	¹³ 12	^{LS} 13	¹⁵ 14	¹⁶ 15	¹⁶ 11	¹⁷ 12	¹⁸ 13	¹⁹ 14	²⁰ 15	¹⁴ 6	¹⁵ 7	¹⁶ 8	¹⁷ 9	¹⁸ 10
¹⁹ 16	²⁰ 17	²¹ 18	²² 19		²³ 16	²⁴ 17	²⁵ 18	²⁶ 19	²⁷ 20	²¹ 11	²² 12	²³ 13	²⁴ 14	²⁵ 15
					³⁰ 21						²⁹ 17	³⁰ 18	³¹ 19	¹ 20
										⁴ 21	⁵ 22	⁶ 23	⁷ 24	⁸ 25





RECIPE NUTRITIONAL SUMMARY - ES Lunch Entrees 17/18 SY

2018-01-16 16:33

Menu Cycle Date	Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
1	M54325	Breaded Chicken Drumstick	1 each (0 g)	190	100	11	2.5	0	50	450	5	1	0	16	2	0	2	6
1	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
1	M50111	Veggie Burger	1 each (0 g)	220	45	5	0	0	0	710	33	6	4	16	0	0	8	20
2	M53275	Grilled Cheese Sandwich	1 sandwich (0 g)	380	180	20	11	0	65	1320	32	2	7	19	10	0	40	10
2	M51085	Tomato Soup	8 fl oz (0 g)	90	0	0	0	0	0	470	20	<1	12	2	8	10	0	4
2	M51787	Turkey & Cheese Sub	1 sandwich (0 g)	310	100	11	5	0	55	990	32	3	5	22	4	0	20	10
3	M55592	French Toast Sticks	4 stick (0 g)	260	90	10	2	0	0	300	38	3	9	6	0	0	4	10
3	M51108	Cheddar Cheese Omelet	1 each (0 g)	130	100	11	3.5	0	170	280	1	0	0	7	6	0	8	4
3	M50058	Maple Syrup	1 each (0 g)	110	0	0	0	0	0	25	29	0	21	0	0	0	0	0
3	M53290	Broccoli & Cheese Baked Potato	1 each (0 g)	400	180	20	13	0	60	810	37	4	2	19	20	50	50	15
3	M52189	Soft Pretzel Rod	1 each (0 g)	70	0	0.5	0	0	0	65	14	1	0	2	0	0	0	4
4	M50821	Cheeseburger	1 each (0 g)	290	90	11	4.5	0	40	550	30	2	5	19	2	0	15	15
4	M50081	Diced Roast Turkey Breast in Gravy	4 fl oz (0 g)	140	35	4	2	0	60	580	5	0	2	20	0	0	0	6
4	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
5	M51132	Pepperoni Pizza	1 each (0 g)	300	100	11	4.5	0	15	640	36	4	14	15	8	0	20	15
5	M51183	Breaded Fish Melt	1 sandwich (0 g)	360	100	12	3.5	0	70	780	44	4	6	23	2	0	15	15



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2018-01-16 16:33

Menu Cycle Date	Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
6	M50851	Chicken Patty Sandwich	1 sandwich (0 g)	340	110	12	2	0	45	750	39	3	4	21	2	0	6	20
6	M52859	Meatloaf	1 each (0 g)	180	100	11	4.5	0	40	150	4	1	2	15	2	8	2	10
6	M50531	Beef Gravy	1/4 cup (0 g)	25	0	0	0	0	0	125	5	0	0	0	0	0	0	0
7	M51355	Chicken Mashed Potato Bowl	1 bowl (0 g)	420	180	20	6	0	30	800	43	5	3	19	6	30	15	10
7	M52189	Soft Pretzel Rod	1 each (0 g)	70	0	0.5	0	0	0	65	14	1	0	2	0	0	0	4
7	M53515	Ham & Cheese Sub	1 sandwich (0 g)	300	110	12	5	0	50	1340	30	3	6	21	4	0	20	10
8	M52610	Hot Dog on Bun	1 each (0 g)	290	130	14	4	0	50	1040	29	2	4	12	6	0	10	15
8	M53079	Macaroni & Cheese	6 fl oz (0 g)	360	180	21	13	*0	60	700	27	3	1	19	15	0	50	10
8	M52189	Soft Pretzel Rod	1 each (0 g)	70	0	0.5	0	0	0	65	14	1	0	2	0	0	0	4
9	M50821	Cheeseburger	1 each (0 g)	290	90	11	4.5	0	40	550	30	2	5	19	2	0	15	15
9	M51975	BBQ Chicken Cheddar Melt	1 sandwich (0 g)	340	100	11	3.5	0	55	640	39	2	13	22	0	4	15	10
10	M50995	Cheese Pizza	1 each (0 g)	300	100	11	4	0	15	580	37	4	15	15	10	0	30	15
10	M51457	Chicken Nuggets	5 each (0 g)	200	90	10	2	0	45	440	12	1	0	16	2	0	2	10
10	M52189	Soft Pretzel Rod	1 each (0 g)	70	0	0.5	0	0	0	65	14	1	0	2	0	0	0	4



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11	M51508	Cheese Pizza Sticks	2 each (0 g)	260	70	8	2	0	10	600	30	2	4	16	8	0	40	10
11	M55766	Marinara Sauce	1/4 cup (0 g)	30	0	0	0	0	0	25	5	<1	2	<1	4	8	0	2
11	M50111	Veggie Burger	1 each (0 g)	220	45	5	0	0	0	710	33	6	4	16	0	0	8	20
12	M55592	French Toast Sticks	4 stick (0 g)	260	90	10	2	0	0	300	38	3	9	6	0	0	4	10
12	M51108	Cheddar Cheese Omelet	1 each (0 g)	130	100	11	3.5	0	170	280	1	0	0	7	6	0	8	4
12	M50058	Maple Syrup	1 each (0 g)	110	0	0	0	0	0	25	29	0	21	0	0	0	0	0
12	M51787	Turkey & Cheese Sub	1 sandwich (0 g)	310	100	11	5	0	55	990	32	3	5	22	4	0	20	10
13	M66525	Beef Soft Tacos	2 each (0 g)	340	130	14	6	0	45	670	33	4	4	22	40	8	25	20
13	M52675	Spicy Breaded Chicken Sandwich	1 sandwich (0 g)	350	120	13	2.5	0	55	770	39	3	4	20	10	0	6	20
14	M51275	Golden Crispy Boneless Chicken Wing	5 each (0 g)	250	100	11	2	0	50	400	15	1	1	23	0	0	2	10
14	M52189	Soft Pretzel Rod	1 each (0 g)	70	0	0.5	0	0	0	65	14	1	0	2	0	0	0	4
14	M50904	Grilled Ham & Cheese Sandwich	1 sandwich (0 g)	370	160	17	9	0	60	1430	32	2	6	21	8	0	30	15
15	M51132	Pepperoni Pizza	1 each (0 g)	300	100	11	4.5	0	15	640	36	4	14	15	8	0	20	15
15	M51360	Fish Sticks	4 each (0 g)	190	50	6	1	0	55	270	18	2	1	15	0	0	2	6
15	M52189	Soft Pretzel Rod	1 each (0 g)	70	0	0.5	0	0	0	65	14	1	0	2	0	0	0	4



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Menu Cycle Date	Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
16	M50851	Chicken Patty Sandwich	1 sandwich (0 g)	340	110	12	2	0	45	750	39	3	4	21	2	0	6	20
16	M50405	Salisbury Steak	1 each (0 g)	200	130	14	6	0	45	350	4	<1	<1	14	0	0	4	10
16	M50531	Beef Gravy	1/4 cup (0 g)	25	0	0	0	0	0	125	5	0	0	0	0	0	0	0
16	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
17	M52900	Beef Nachos	1 each (0 g)	390	160	18	8	0	50	1000	40	4	<1	18	10	4	35	10
17	M52224	Mexican Spiced Rice	1/2 cup (0 g)	110	10	1	0	*0	0	65	22	1	0	3	4	0	0	4
17	M51082	Tuna Salad Sub	1 sandwich (0 g)	260	70	7	0.5	0	35	640	32	4	5	22	60	10	6	10
18	M52223	Chicken Tenders	3 each (0 g)	210	100	11	2	0	55	730	13	1	1	15	2	0	2	10
18	M52189	Soft Pretzel Rod	1 each (0 g)	70	0	0.5	0	0	0	65	14	1	0	2	0	0	0	4
18	M51737	Grilled Turkey & Cheese Sandwich	1 sandwich (0 g)	370	150	17	9	0	65	1230	33	2	6	21	8	0	30	15
19	M50821	Cheeseburger	1 each (0 g)	290	90	11	4.5	0	40	550	30	2	5	19	2	0	15	15
19	M51790	Braised Shredded Pork	1 Spoodle 3 FLOZ	150	90	10	3.5	0	55	35	<1	0	0	14	0	0	0	6
19	M50531	Beef Gravy	1/4 cup (0 g)	25	0	0	0	0	0	125	5	0	0	0	0	0	0	0
19	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
20	M50995	Cheese Pizza	1 each (0 g)	300	100	11	4	0	15	580	37	4	15	15	10	0	30	15
20	M51456	Grilled Chicken Sandwich	1 sandwich (0 g)	240	50	6	1	0	40	510	28	2	4	20	0	0	4	10



RECIPE NUTRITIONAL SUMMARY - ES Lunch Entrees 17/18 SY

2018-01-16 16:33

Menu Cycle Date	Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
21	M52920	Pancakes	2 each (0 g)	140	35	4	0	0	10	220	28	2	4	4	0	0	0	8
21	M51502	Chicken Sausage Patty	2 patty (0 g)	200	110	12	3	0	80	500	2	0	0	22	0	0	0	8
21	M50058	Maple Syrup	1 each (0 g)	110	0	0	0	0	0	25	29	0	21	0	0	0	0	0
21	M50111	Veggie Burger	1 each (0 g)	220	45	5	0	0	0	710	33	6	4	16	0	0	8	20
22	M51457	Chicken Nuggets	5 each (0 g)	200	90	10	2	0	45	440	12	1	0	16	2	0	2	10
22	M52189	Soft Pretzel Rod	1 each (0 g)	70	0	0.5	0	0	0	65	14	1	0	2	0	0	0	4
22	M53515	Ham & Cheese Sub	1 sandwich (0 g)	300	110	12	5	0	50	1340	30	3	6	21	4	0	20	10
23	M52963	Popcorn Chicken	1 serving (0 g)	250	130	14	2.5	0	20	380	15	3	1	15	2	0	4	10
23	M51979	Chicken Pot Pie	1 serving (0 g)	400	140	16	11	0	60	680	38	4	4	24	50	6	15	15
24	M52263	Corn Dog	1 each (0 g)	240	70	8	2.5	0	40	390	30	5	5	9	0	0	8	10
24	M53902	Grilled Chicken Sandwich	1 sandwich (0 g)	240	50	6	1	0	40	600	29	2	4	20	0	0	4	10
25	M51132	Pepperoni Pizza	1 each (0 g)	300	100	11	4.5	0	15	640	36	4	14	15	8	0	20	15
25	M50111	Veggie Burger	1 each (0 g)	220	45	5	0	0	0	710	33	6	4	16	0	0	8	20



RECIPE NUTRITIONAL SUMMARY - ES Lunch Salad & PBJ 17/18 SY

2018-01-16 16:33

Day	Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
Mon	M50833	Italian Salad w/ Ham	1 each (0 g)	190	100	11	5	0	45	920	5	<1	3	18	30	15	15	4
Mon	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
Tue	M51432	All-American Chef Salad	1 each (0 g)	150	70	7	3.5	0	85	540	5	<1	3	15	30	15	15	4
Tue	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
Wed	M52944	Winter Fruit & Cheese Plate	1 each (0 g)	220	130	14	9	0	40	390	9	2	7	14	35	8	40	6
Wed	M50348	Cheddar Goldfish Crackers	1 package (0 g)	100	35	4	0.5	0	0	170	14	1	0	2	0	0	2	4
Wed	M50349	Pretzel Goldfish Crackers	1 package (0 g)	90	15	1.5	0	0	0	200	16	1	0	2	0	0	0	4
Thu	M50488	Popcorn Chicken Salad	1 each (0 g)	260	140	15	5	0	30	390	15	3	3	16	30	15	15	10
Thu	M52189	Soft Pretzel Rod	1 each (0 g)	70	0	0.5	0	0	0	65	14	1	0	2	0	0	0	4
Fri	M50832	Ham Chef Salad	1 each (0 g)	150	70	8	3.5	0	80	750	4	<1	3	16	30	15	10	4
Fri	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
Mon-Fri	M53340	Peanut Butter & Jelly Sandwich	1 sandwich (0 g)	630	300	33	6	0	0	620	71	6	*28	20	0	0	4	20