

This Excel spreadsheet contains the nutrition information for all high school lunch entrees. The entrees are listed in their corresponding station tabs along the bottom. The cycle date for the menu item is listed in the far left column for Home Zone, Custom Bros Grill, and Corner Crust. Please refer to the Cycle Dates Calendar (right) to determine which calendar date corresponds with a cycle date. Custom Bros Grill and Corner Crust also have their daily serve entrees listed. Green Street Deli and Tortilla Fresh are completely made to order (MTO) - all ingredients are listed for these stations.

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	¹¹ 3	¹² 4	¹³ 5	⁶ 21	⁷ 22	¹⁵ 23	⁹ 24	¹⁰ 25
¹¹ 6	¹² 7	¹³ 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	¹⁰ 18	¹¹ 19	¹² 20	⁵ 11	⁶ 12	⁷ 13	⁸ 14	⁹ 15
¹¹ 21	¹² 22	¹³ 23	¹⁴ 24	¹⁵ 25	¹⁵ 21	¹⁶ 22	¹⁷ 23	¹⁸ 24	¹⁹ 25	¹² 16	¹³ 17	¹⁴ 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	¹¹ 8	¹² 9	¹³ 10	⁷ 1	⁸ 2	¹⁵ 3	¹⁰ 4	¹¹ 5
¹² 11	¹³ 12	¹⁴ 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 - Home Zone Entrees 17/18 SY

2018-01-24 15:33

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
2	M51114	Rotini	1 cup (0 g)	200	25	2.5	0	0	0	15	40	5	2	7	0	0	4	15
2	M55706	Italian Meat Sauce	3/4 cup (0 g)	210	80	9	3.5	0	50	105	13	2	8	18	20	15	4	20
2	M51831	Fresh Baked Breadstick	1 each (0 g)	80	10	1	0	0	0	100	14	2	2	3	0	0	0	4
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	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
4	M53275	Grilled Cheese Sandwich	1 sandwich (0 g)	380	180	20	11	0	65	1320	32	2	7	19	10	0	40	10
4	M51085	Tomato Soup	8 fl oz (0 g)	90	0	0	0	0	0	470	20	<1	12	2	8	10	0	4
5	M54044	General Tso Popcorn Chicken w/ Broccoli	8 fl oz (0 g)	330	130	15	3	*0	20	660	33	5	12	17	15	80	6	15
5	M51074	Brown Rice	1 cup (0 g)	200	15	1.5	0	0	0	10	42	2	0	5	0	0	0	2
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
6	M52890	Italian Flatbread	4 wedge (0 g)	180	45	5	1	0	0	310	28	3	2	5	0	0	2	8
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	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
8	M66401	Cheesy Baked Penne	1/24 cut (0 g)	370	90	10	4.5	*0	35	420	52	7	9	22	15	30	35	20
8	M51831	Fresh Baked Breadstick	1 each (0 g)	80	10	1	0	0	0	100	14	2	2	3	0	0	0	4
9	M52920	Pancakes	2 each (0 g)	140	35	4	0	0	10	220	28	2	4	4	0	0	0	8
9	M51502	Chicken Sausage Patty	2 patty (0 g)	200	110	12	3	0	80	500	2	0	0	22	0	0	0	8
9	M52659	Cinnamon Apples	1/8 cup (0 g)	25	0	0	0	*0	0	0	7	<1	6	0	0	0	0	0



RECIPE NUTRITIONAL SUMMARY - Home Zone Entrees 17/18 SY

2018-01-24 15:33

10	M54077	Cheeseburger Rolletto	1 each (0 g)	350	130	15	6	0	40	760	35	3	6	17	0	2	15	15
11	M52908	Cheese Pizza Sticks	3 each (0 g)	390	110	12	3	0	15	900	45	3	6	24	10	0	60	20
11	M55766	Marinara Sauce	1/4 cup (0 g)	30	0	0	0	0	0	25	5	<1	2	<1	4	8	0	2
12	M55694	Chicken and Spicy Maple Cinnamon Waffle	1 sandwich (0 g)	420	140	16	2	0	45	850	51	3	10	20	15	0	15	30
13	M52593	Orange Popcorn Chicken w/ Broccoli	8 fl oz (0 g)	360	130	15	3	*0	20	560	38	5	16	18	15	80	6	15
13	M51356	Vegetarian Fried Rice	6 fl oz (0 g)	160	35	4	1	0	95	240	25	1	1	6	10	6	4	4
14	M52169	Spaghetti Carbonara with Peas, Bacon and Chicken	8 fl oz (0 g)	330	110	12	6	*0	60	560	31	4	2	24	8	4	25	15
14	M51831	Fresh Baked Breadstick	1 each (0 g)	80	10	1	0	0	0	100	14	2	2	3	0	0	0	4
15	M66199	Cajun Chili	6 fl oz (0 g)	150	50	6	2.5	*0	25	210	13	3	3	11	4	30	8	15
15	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
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	M53701	Parsley Noodles	1 cup (0 g)	230	45	5	1.5	0	0	60	41	5	2	7	0	0	4	15
17	M53447	Country Chicken Nugget Bowl	1 bowl (0 g)	430	130	15	4.5	0	50	840	54	4	6	21	6	35	15	15
17	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
18	M66121	Chili Mac	12 fl oz (0 g)	350	80	9	3	0	30	310	51	7	7	20	8	40	10	30
18	M51831	Fresh Baked Breadstick	1 each (0 g)	80	10	1	0	0	0	100	14	2	2	3	0	0	0	4
19	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
19	M51751	Traditional Stuffing	1/2 cup (0 g)	170	60	6	0	*0	0	490	27	0	0	7	0	0	0	0
20	M55592	French Toast Sticks	4 stick (0 g)	260	90	10	2	0	0	300	38	3	9	6	0	0	4	10
20	M51108	Cheddar Cheese Omelet	1 each (0 g)	130	100	11	3.5	0	170	280	1	0	0	7	6	0	8	4
21	M51114	Rotini	1 cup (0 g)	200	25	2.5	0	0	0	15	40	5	2	7	0	0	4	15
21	M52418	Meatballs	5 each (0 g)	150	90	10	4	0.5	35	210	2	1	*	13	2	2	2	8



RECIPE NUTRITIONAL SUMMARY - Home Zone Entrees 17/18 SY

2018-01-24 15:33

21	M55704	Spaghetti Sauce	1/2 cup (0 g)	60	0	0	0	0	0	45	11	2	7	2	15	15	0	8
21	M51831	Fresh Baked Breadstick	1 each (0 g)	80	10	1	0	0	0	100	14	2	2	3	0	0	0	4
22	M51950	Fish Sticks	4 each (0 g)	180	50	6	1	0	50	260	18	2	1	15	0	0	2	6
22	M53289	Macaroni & Cheese	6 fl oz (0 g)	240	100	11	6	*0	30	440	25	3	1	11	6	0	30	10
23	M51979	Chicken Pot Pie	1 serving (0 g)	390	140	16	11	0	60	680	38	4	4	24	50	6	15	10
24	M66653	Chicken Fajita	1 each (0 g)	360	120	13	6	*0	55	460	36	4	4	23	8	35	20	15
24	M52224	Mexican Spiced Rice	1/2 cup (0 g)	110	10	1	0	*0	0	65	22	1	0	3	4	0	0	4
25	M51871	Sweet and Sour Popcorn Chicken w/ Broccoli	8 fl oz (0 g)	320	140	15	3	*0	20	480	30	5	10	17	15	70	6	15
25	M51356	Vegetarian Fried Rice	6 fl oz (0 g)	160	35	4	1	0	95	240	25	1	1	6	10	6	4	4



RECIPE NUTRITIONAL SUMMARY - Custom Bros Grill Entrees 17/18 SY

2018-01-24 15:33

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)
FEATURED GRILL ENTREES																		
1	M53766	The Crispy Srirachan Burger	1 each (0 g)	340	100	11	4.5	0	40	750	41	3	9	19	4	4	15	15
2	M51418	Bacon Cheeseburger	1 each (0 g)	310	110	12	5	0	45	620	30	2	5	20	2	0	15	15
3	M53227	Breaded Chicken Salsa Melt Burger with Jalapeno Cheese Sauce and Salsa	1 sandwich (0 g)	400	140	16	4.5	0	60	1120	42	3	6	24	6	6	15	20
4	M50460	Pizza Burger	1 each (0 g)	270	80	9	3	0	30	560	31	2	5	17	2	4	10	15
5	M52547	Breaded California Ranch Chicken Sandwich	1 sandwich (0 g)	400	150	17	3	0	50	900	41	3	5	22	20	8	8	20
6	M52614	Cheeseburger w/ Cajun Slaw Topping	1 each (0 g)	320	120	13	4.5	0	40	620	32	3	5	19	10	0	15	15
7	M52682	BBQ Onion Cheeseburger	1 each (0 g)	330	90	11	4.5	0	40	690	41	2	14	19	2	4	15	15
8	M52544	Buffalo Chicken Sandwich	1 sandwich (0 g)	440	210	23	4.5	0	60	1140	40	3	5	22	4	0	8	20
9	M50849	Breaded Fish Melt	1 sandwich (0 g)	340	100	11	3	0	60	780	43	4	5	21	2	0	15	15
10	M51953	BBQ Chicken Melt	1 sandwich (0 g)	460	140	16	4.5	0	60	1240	58	3	21	24	4	6	15	20
11	M50864	The Crispy Srirachan Burger	1 each (0 g)	340	100	11	4.5	0	40	750	41	3	9	19	4	4	15	15
12	M53766	BBQ Onion Cheeseburger	1 each (0 g)	330	90	11	4.5	0	40	690	41	2	14	19	2	4	15	15
13	M52544	Pizza Burger	1 each (0 g)	340	130	14	6	0	45	750	33	3	6	21	4	15	15	15
14	M52547	BBQ Pork Riblet Sandwich	1 sandwich (0 g)	370	110	12	3.5	0	30	980	53	3	25	17	2	8	8	15
15	M53367	Cheeseburger w/ Cajun Slaw Topping	1 each (0 g)	320	120	13	4.5	0	40	620	32	3	5	19	10	0	15	15
16	M52682	The Crispy Srirachan Burger	1 each (0 g)	340	100	11	4.5	0	40	750	41	3	9	19	4	4	15	15
17	M53766	Grilled Ham & Cheese Sandwich	1 sandwich (0 g)	370	160	17	9	0	60	1430	32	2	6	21	8	0	30	15
18	M50904	Chicken Bruschetta Melt	1 sandwich (0 g)	400	140	16	4.5	0	55	880	41	3	5	25	4	4	15	20
19	M53090	Pesto Cheeseburger	1 each (0 g)	320	130	14	5	0	40	640	30	2	5	19	2	0	15	15
20	M52546																	



RECIPE NUTRITIONAL SUMMARY - Custom Bros Grill Entrees 17/18 SY

2018-01-24 15:33

21	M52614	Breaded California Ranch Chicken Sandwich	1 sandwich (0 g)	400	150	17	3	0	50	900	41	3	5	22	20	8	8	20
22	M50862	Taco Cheeseburger	1 each (0 g)	310	100	12	4.5	0	40	720	32	2	5	19	4	8	15	15
23	M51418	Bacon Cheeseburger	1 each (0 g)	310	110	12	5	0	45	620	30	2	5	20	2	0	15	15
24	M52180	Chicken Sandwich with GingerTeriyaki Vegetable	1 sandwich (0 g)	360	110	12	2	0	45	840	43	3	7	21	8	30	6	20
25	M52547	Pizza Burger	1 each (0 g)	340	130	14	6	0	45	750	33	3	6	21	4	15	15	15
DAILY SERVE GRILL ENTREES																		
	M50821	Cheeseburger	1 each (0 g)	290	90	11	4.5	0	40	550	30	2	5	19	2	0	15	15
	M51456	Grilled Chicken Sandwich	1 sandwich (0 g)	240	50	6	1	0	40	510	28	2	4	20	0	0	4	10
	M50851	Chicken Patty Sandwich	1 sandwich (0 g)	340	110	12	2	0	45	750	39	3	4	21	2	0	6	20
	M52223	Chicken Tenders	3 each (0 g)	210	100	11	2	0	55	730	13	1	1	15	2	0	2	10
	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
	M53275	Grilled Cheese Sandwich	1 sandwich (0 g)	380	180	20	11	0	65	1320	32	2	7	19	10	0	40	10
	M51417	Hamburger	1 each (0 g)	240	60	7	2	0	25	350	29	2	4	16	0	0	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
	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
	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 - Corner Crust Entrees 17/18 SY

2018-01-24 15:33

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)
FEATURED PIZZA ENTREES																		
1	M51148	Meat Lover's Pizza	1/8 cut (0 g)	380	160	17	7	0	45	710	35	4	6	21	10	0	25	15
2	M51806	Chicken Parmesan Pizza	1/8 cut (0 g)	350	130	14	7	0	40	810	31	3	3	22	4	0	35	8
3	M52345	Buffalo Chicken Artisan Flatbread Pizza	1 each (0 g)	380	160	17	6	0	50	800	31	3	3	22	4	0	25	6
4	M52344	Bruschetta Chicken Artisan Flatbread Pizza	1 each (0 g)	410	170	19	6	0	50	740	33	3	4	23	8	8	25	8
5	M52452	Vegetable Pizza	1/8 cut (0 g)	350	130	14	6	0	35	560	37	4	7	18	8	8	30	15
6	M66178	White Cheese, Sausage & Herb Artisan FB Pizza	1 each (0 g)	410	170	18	7	*0	55	870	33	3	*3	26	6	6	30	10
7	M51148	Meat Lover's Pizza	1/8 cut (0 g)	380	160	17	7	0	45	710	35	4	6	21	10	0	25	15
8	M53051	Stuffed Crust Cheese Pizza	1 each (0 g)	360	140	16	6	0	25	600	39	3	12	16	10	0	35	15
9	M52451	Sausage Pizza	1/8 cut (0 g)	370	150	17	7	0	40	590	35	4	6	19	8	0	30	15
10	M66177	White Cheese, Tomato & Herb Artisan Pizza	1 each (0 g)	360	150	16	8	*0	30	750	33	3	*3	20	6	6	45	6
11	M52451	Sausage Pizza	1/8 cut (0 g)	370	150	17	7	0	40	590	35	4	6	19	8	0	30	15
12	M53331	Alfredo Chicken & Spinach Pizza	1 each (0 g)	380	140	16	6	0	50	770	35	6	2	25	200	4	40	15
13	M66395	Beef Mexican Pizza	1/8 cut (0 g)	350	150	17	8	*0	40	670	32	3	3	19	15	10	35	10
14	M51148	Meat Lover's Pizza	1/8 cut (0 g)	380	160	17	7	0	45	710	35	4	6	21	10	0	25	15
15	M52452	Vegetable Pizza	1/8 cut (0 g)	350	130	14	6	0	35	560	37	4	7	18	8	8	30	15
16	M51148	Meat Lover's Pizza	1/8 cut (0 g)	380	160	17	7	0	45	710	35	4	6	21	10	0	25	15
17	M50262	Spicy Pepperoni Artisan Flatbread Pizza	1 each (0 g)	410	170	19	9	0	40	1290	33	4	4	23	8	10	40	6
18	M52974	Bruschetta Pizza	1/8 cut (0 g)	350	140	16	8	0	30	690	31	3	3	19	8	6	40	6
19	M52452	Vegetable Pizza	1/8 cut (0 g)	350	130	14	6	0	35	560	37	4	7	18	8	8	30	15
20	M52345	Buffalo Chicken Artisan Flatbread Pizza	1 each (0 g)	380	160	17	6	0	50	800	31	3	3	22	4	0	25	6



RECIPE NUTRITIONAL SUMMARY - Corner Crust Entrees 17/18 SY

2018-01-24 15:33

21	M53331	Alfredo Chicken & Spinach Pizza	1 each (0 g)	380	140	16	6	0	50	770	35	6	2	25	200	4	40	15
22	M52451	Sausage Pizza	1/8 cut (0 g)	370	150	17	7	0	40	590	35	4	6	19	8	0	30	15
23	M51148	Meat Lover's Pizza	1/8 cut (0 g)	380	160	17	7	0	45	710	35	4	6	21	10	0	25	15
24	M55108	Spicy Chicken Pizza	1/8 cut (0 g)	360	140	15	6	0	35	1000	34	4	3	20	8	0	30	8
25	M53051	Stuffed Crust Cheese Pizza	1 each (0 g)	360	140	16	6	0	25	600	39	3	12	16	10	0	35	15

DAILY SERVE PIZZAS

	M53378	Cheese Pizza	1/8 cut (0 g)	340	130	14	6	0	35	510	35	4	6	18	8	0	30	15
	M50994	Pepperoni Pizza	1/8 cut (0 g)	350	140	15	6	0	40	640	35	4	6	19	10	0	25	15



RECIPE NUTRITIONAL SUMMARY - Green Street Deli MTO 17/18 SY

2018-01-24 15:33

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)
BREAD																	
M66605	10" Flour Tortilla	1 each (0 g)	180	40	4.5	1.5	0	0	250	29	3	2	5	0	0	10	8
M50348	Cheddar Goldfish Crackers	1 package (0 g)	100	35	4	0.5	0	0	170	14	1	0	2	0	0	2	4
M52782	Flatbread	1 each (0 g)	180	45	5	1	0	0	310	28	3	2	5	0	0	2	4
M52708	Sub Roll	1 roll (0 g)	170	25	3	0.5	0	0	180	28	3	3	6	0	0	0	8
M52639	Sub Roll Topped with Cheddar	1 roll (0 g)	200	45	5	2	0	10	230	28	3	3	8	0	0	6	8
MEAT & CHEESE																	
M51005	American Cheese Slices	3 slice (0 g)	130	90	10	7	0	35	600	2	0	2	8	6	0	20	0
M53381	Cheddar Cheese Slices	2 slice (0 g)	110	80	9	5	0	30	180	1	0	0	6	0	0	20	0
M51976	Chicken Salad	Scoop (0 g)	90	50	5	1	0	30	135	2	0	0	9	0	0	0	0
M54969	Ham Slices	1 serving (0 g)	40	20	2	1	0	20	240	2	0	*	5	0	0	0	0
M51631	Hummus	Scoop (0 g)	200	100	12	0	0	0	460	23	7	3	7	0	6	6	20
M51003	Provolone Cheese Slices	2 slice (0 g)	100	60	7	5	0	20	250	1	0	0	7	0	0	20	0
M51153	Tuna Salad	Scoop (0 g)	60	25	2.5	0	0	20	160	<1	0	0	8	0	0	0	0
M53393	Turkey Slices	1 serving (0 g)	60	20	2	0.5	0	25	220	2	0	0	9	0	0	2	2
VEGETABLES																	
M53389	Black Olives	1/8 cup (0 g)	30	25	2.5	0	0	0	115	1	<1	0	0	0	0	0	0
M50176	Dill Pickle Slices	2 slice (0 g)	0	0	0	0	0	0	160	0	0	0	0	0	0	0	0
M52661	Fresh Cucumber Slices	1/8 cup (0 g)	0	0	0	0	0	0	0	<1	0	0	0	0	0	0	0
M52663	Fresh Green Peppers	1/4 cup (0 g)	5	0	0	0	0	0	0	2	0	<1	0	2	30	0	0



RECIPE NUTRITIONAL SUMMARY - Green Street Deli MTO 17/18 SY

2018-01-24 15:33

M51008	Fresh Tomato Slices	1/8 cup (0 g)	5	0	0	0	0	0	0	0	1	0	<1	0	4	6	0	0
M51013	Onions	1 slice (0 g)	0	0	0	0	0	0	0	0	<1	0	0	0	0	0	0	0
M51017	Romaine Lettuce Leaf	1 each (0 g)	0	0	0	0	0	0	0	0	0	0	0	0	25	0	0	0
M50893	Sliced Banana Peppers	1 tablespoon (0 g)	0	0	0	0	0	0	200	0	0	0	0	0	0	8	0	0
CONDIMENTS																		
M52084	Honey Mustard Dressing	1 tablespoon (0 g)	60	50	5	1	0	5	90	3	0	3	0	0	0	0	0	0
M50060	Mayonnaise	1 tablespoon (0 g)	35	30	3.5	0.5	0	<5	100	1	0	0	0	0	0	0	0	0
M50622	Ranch Dressing Lite	1 tablespoon (0 g)	50	45	5	1	0	<5	140	<1	0	<1	<1	0	0	0	0	0
M51676	Sriracha Mayonnaise	1 tablespoon (0 g)	35	30	3	0	0	<5	120	1	0	0	0	0	0	0	0	0
M50291	Yellow Mustard	1 tablespoon (0 g)	10	0	0	0	0	0	180	<1	0	0	0	0	0	0	0	0



RECIPE NUTRITIONAL SUMMARY - Tortilla Fresh Mex MTO 17/18 SY

2018-01-24 15:33

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)
GRAINS																	
M66461	6" Flour Tortilla	2 each (0 g)	180	45	5	1	0	0	250	28	2	2	6	0	0	10	8
M66605	10" Flour Tortilla	1 each (0 g)	180	40	4.5	1.5	0	0	250	29	3	2	5	0	0	10	8
M52224	Mexican Spiced Rice	1/2 cup (0 g)	110	10	1	0	*0	0	65	22	1	0	3	4	0	0	4
M54048	Tortilla Scoops	1 serving (0 g)	180	40	4.5	1	0	0	210	33	3	0	3	0	0	4	4
MEAT & CHEESE																	
M54027	Beef Taco Topping	Scoop (0 g)	60	25	2.5	1	0	20	190	3	<1	<1	7	6	4	2	4
M53386	Cheddar Cheese Shreds	2 fl oz (0 g)	110	80	9	6	0	30	190	1	0	0	7	6	0	20	0
M50921	Cheese Sauce	3 fl oz (0 g)	150	90	10	7	0	30	600	4	0	0	7	6	0	30	4
M53869	Chicken Taco Topping	Scoop (0 g)	70	25	2.5	1	*0	25	75	2	0	0	9	0	0	0	2
VEGETABLES																	
M53904	Black Charro Beans	1/4 cup (0 g)	60	0	0	0	*0	0	65	11	4	0	4	0	2	6	6
M51007	Fresh Diced Tomato	1/8 cup (0 g)	0	0	0	0	0	0	0	1	0	<1	0	4	6	0	0
M50816	Kickin' Pintos	1/4 cup (0 g)	70	0	0	0	0	0	100	13	3	0	3	0	2	4	4
M52379	Onions	1/8 cup (0 g)	10	0	0	0	0	0	0	2	0	<1	0	0	2	0	0
M51012	Refried Beans	1/4 cup (0 g)	70	15	1.5	0	0	0	170	10	5	0	3	0	0	0	4
M50686	Shredded Romaine Lettuce	1/4 cup (0 g)	0	0	0	0	0	0	0	0	0	0	0	15	0	0	0
M50892	Sliced Jalapenos	1 tablespoon (0 g)	0	0	0	0	0	0	170	0	0	0	0	4	0	0	0
CONDIMENTS																	
M53295	Sour Cream	1 tablespoon (0 g)	30	25	3	2	0	10	25	1	0	*	<1	2	0	2	0
M50407	Thick & Chunky Salsa	1/8 cup (0 g)	10	0	0	0	0	0	170	2	0	1	0	2	6	0	0



RECIPE NUTRITIONAL SUMMARY

2018-01-24 15:33

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)
M50727	Penne	1 cup (0 g)	200	25	2.5	0	0	0	15	40	5	2	7	0	0	4	15
M51072	Spaghetti	1 cup (0 g)	210	35	4	0	0	0	15	40	5	2	7	0	0	4	15
M51091	Alfredo Sauce	1/4 cup (0 g)	50	25	2.5	1	0	0	300	6	0	2	1	0	0	2	0
M51114	Rotini	1 cup (0 g)	200	25	2.5	0	0	0	15	40	5	2	7	0	0	4	15
M51831	Fresh Baked Breadstick	1 each (0 g)	80	10	1	0	0	0	100	14	2	2	3	0	0	0	4
M52418	Meatballs	5 each (0 g)	150	90	10	4	0.5	35	210	2	1	*	13	2	2	2	8
M53448	Parm It Topping	1 tablespoon (0 g)	25	15	1.5	1	0	<5	80	<1	0	0	2	0	0	8	6
M54712	Chicken	1 Spoodle 3 FLOZ	140	50	6	1.5	0	60	110	2	0	0	20	0	0	0	4
M55704	Spaghetti Sauce	1/2 cup (0 g)	60	0	0	0	0	0	45	11	2	7	2	15	15	0	8
M55708	Italian Meat Sauce	3/4 cup (0 g)	190	60	7	3	0	30	240	15	2	8	13	15	15	4	20



RECIPE NUTRITIONAL SUMMARY

2018-01-24 16:17

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)
Vegetables																	
M52604	Romaine Salad	1 cup (0 g)	5	0	0	0	0	0	0	1	<1	0	0	70	2	0	2
M52831	Spinach Salad	1 cup (0 g)	15	0	0	0	0	0	55	3	2	0	2	130	35	8	10
M55402	Cold Green Peas	1/8 cup (0 g)	20	0	0	0	0	0	25	3	1	1	1	10	8	0	2
M51007	Fresh Diced Tomato	1/8 cup (0 g)	0	0	0	0	0	0	0	1	0	<1	0	4	6	0	0
M51546	Fresh Broccoli	1/8 cup (0 g)	0	0	0	0	0	0	0	<1	0	0	0	0	10	0	0
M51549	Fresh Cauliflower	1/8 cup (0 g)	0	0	0	0	0	0	0	<1	0	0	0	0	10	0	0
M52337	Shredded Carrot	1/8 cup (0 g)	0	0	0	0	0	0	10	1	0	<1	0	40	0	0	0
M52338	Fresh Green Pepper	1/8 cup (0 g)	0	0	0	0	0	0	0	<1	0	0	0	0	25	0	0
M50891	Black Olives	1 tablespoon (0 g)	15	10	1.5	0	0	0	60	<1	0	0	0	0	0	0	0
M50892	Sliced Jalapenos	1 tablespoon (0 g)	0	0	0	0	0	0	170	0	0	0	0	4	0	0	0
M52661	Fresh Cucumber Slices	1/8 cup (0 g)	0	0	0	0	0	0	0	<1	0	0	0	0	0	0	0
Proteins/Cheese																	
M51824	Chicken	2 fl oz (0 g)	70	25	3	1	0	30	55	<1	0	0	10	0	0	0	0
M51014	Ham Slices	1 serving (0 g)	60	25	2.5	1	0	20	550	<1	0	<1	9	0	0	0	0
M52365	Diced Turkey	3 fl oz (0 g)	60	20	2	0.5	0	25	230	2	0	0	10	0	0	2	2
M51541	Black Beans	1/4 cup (0 g)	60	0	0	0	0	0	45	10	4	0	4	0	0	4	6
M52390	Garbanzo Beans	1/4 cup (0 g)	60	10	1	0	0	0	50	9	2	0	3	0	0	2	2
M50670	Hard Boiled Egg	1 each (0 g)	80	45	5	1.5	0	185	60	1	0	1	6	6	0	2	4
M51720	Mozzarella Cheese Shreds	2 fl oz (0 g)	90	50	6	3.5	0	15	210	1	0	0	7	2	0	20	0

M53961	Cheddar Cheese Cubes	12 piece (0 g)	90	60	7	4.5	0	20	190	0	0	0	7	6	0	20	2
M51721	Cottage Cheese	2 fl oz (0 g)	40	0	0.5	0	0	<5	220	3	0	2	7	2	0	6	0
Breads																	
M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
M53498	Seasoned Croutons	1 serving (0 g)	100	35	4	0	0	0	280	16	0	0	4	0	0	0	0
Dressing																	
M50622	Ranch Dressing Lite	1 tablespoon (0 g)	50	45	5	1	0	<5	140	<1	0	<1	<1	0	0	0	0
M50693	Italian Dressing Lite	1 tablespoon (0 g)	20	15	2	0	0	0	135	1	0	1	0	0	0	0	0
M52084	Honey Mustard Dressing	1 tablespoon (0 g)	60	50	6	1	0	10	90	3	0	3	0	0	0	0	0
M53360	Caesar Dressing	1 tablespoon (0 g)	70	70	8	1.5	0	0	135	<1	0	<1	<1	0	0	0	0
M53361	French Dressing FF	1 tablespoon (0 g)	15	0	0	0	0	0	170	5	<1	4	0	0	0	0	0