

This Excel spreadsheet contains the nutrition information for all middle school lunch entrees. The main entrees 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 several grill and pizza items are served daily. Please see the last tab for the corresponding nutritional information.

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

All milk and condiments are listed in a separate Excel spreadsheet.

Cycle Dates 2017-2018

September 2017				
Mo	Tu	We	Th	Fr
	5	2	6	3
11	6	12	7	15
18	11	19	12	22
25	16	26	17	23

October 2017				
Mo	Tu	We	Th	Fr
2	21	3	22	4
9	1	10	2	15
16	6	17	7	18
23	11	24	12	25
30	16	31	17	

November 2017				
Mo	Tu	We	Th	Fr
		1	18	2
6	21	7	22	15
13	1	14	2	18
20	6	21	7	22
27	11	28	12	29

December 2017				
Mo	Tu	We	Th	Fr
				1
4	16	5	17	6
11	21	12	22	15
18	1	19	2	3
				4

January 2018				
Mo	Tu	We	Th	Fr
				1
8	16	9	17	15
15	21	16	22	18
22	27	18	23	21
29	6	30	7	8

February 2018				
Mo	Tu	We	Th	Fr
			1	9
5	11	6	12	10
12	16	13	14	15
19	24	14	15	16
26	1	27	2	3

March 2018				
Mo	Tu	We	Th	Fr
			1	4
5	6	6	7	8
12	11	13	12	13
19	16	20	17	18
				19

April 2018				
Mo	Tu	We	Th	Fr
				1
9	6	10	7	15
16	11	17	12	13
23	16	24	17	18
30	21			

May/June 2018				
Mo	Tu	We	Th	Fr
				1
7	1	8	2	15
14	6	15	7	16
21	11	22	12	23
28	18	29	17	30





RECIPE NUTRITIONAL SUMMARY - MS Lunch Entrees 17/18 SY

2018-01-24 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	M53766	The Crispy Srirachan Burger	1 each (0 g)	340	100	11	4.5	0	40	780	41	3	10	19	4	4	15	15
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	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
2	M51418	Bacon Cheeseburger	1 each (0 g)	310	110	12	5	0	45	620	30	2	5	20	2	0	15	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	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
3	M53227	Breaded Chicken Salsa Melt	1 sandwich (0 g)	400	140	16	4.5	0	60	1120	42	3	6	24	6	6	15	20
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	M52900	Beef Nachos	1 each (0 g)	390	160	18	8	0	50	1000	40	4	<1	18	10	4	35	10
4	M53703	Meatball Pizza Sub	1 sandwich (0 g)	340	120	13	5	0	35	900	35	6	*7	21	8	6	15	15
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	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
5	M52547	Pizza Burger	1 each (0 g)	340	130	14	6	0	45	750	33	3	6	21	4	15	15	15
5	M52452	Vegetable Pizza	1/8 cut (0 g)	350	130	14	6	0	35	560	37	4	7	18	8	8	30	15



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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
6	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
6	M52189	Soft Pretzel Rod	1 each (0 g)	70	0	0.5	0	0	0	65	14	1	0	2	0	0	0	4
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	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
7	M52682	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	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	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
8	M52544	BBQ Onion Cheeseburger	1 each (0 g)	330	90	11	4.5	0	40	690	41	2	14	19	2	4	15	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	M54571	Chicken Nachos	1 each (0 g)	410	180	20	7	*0	65	710	36	3	0	20	6	2	25	6
9	M52610	Hot Dog on Bun	1 each (0 g)	290	130	14	4	0	50	1040	29	2	4	12	6	0	10	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	M54077	Cheeseburger Rolletto	1 each (0 g)	350	130	15	6	0	40	760	35	3	6	17	0	2	15	15
10	M51183	Breaded Fish Melt	1 sandwich (0 g)	360	100	12	3.5	0	70	780	44	4	6	23	2	0	15	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



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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	M50864	BBQ Chicken Melt	1 sandwich (0 g)	460	140	16	4.5	0	60	1240	58	3	21	24	4	6	15	20
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	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
12	M52544	BBQ Onion Cheeseburger	1 each (0 g)	330	90	11	4.5	0	40	690	41	2	14	19	2	4	15	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	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
13	M53766	The Crispy Srirachan Burger	1 each (0 g)	340	100	11	4.5	0	40	780	41	3	10	19	4	4	15	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	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
14	M52547	Pizza Burger	1 each (0 g)	340	130	14	6	0	45	750	33	3	6	21	4	15	15	15
14	M52451	Sausage Pizza	1/8 cut (0 g)	370	150	17	7	0	40	590	35	4	6	19	8	0	30	15
15	M52900	Beef Nachos	1 each (0 g)	390	160	18	8	0	50	1000	40	4	<1	18	10	4	35	10
15	M53367	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	M52452	Vegetable Pizza	1/8 cut (0 g)	350	130	14	6	0	35	560	37	4	7	18	8	8	30	15



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16	M66509	Chicken Quesadilla	1 each (0 g)	360	150	17	8	*0	55	520	31	2	2	22	8	0	30	10
16	M52682	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	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	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
17	M53766	The Crispy Srirachan Burger	1 each (0 g)	340	100	11	4.5	0	40	780	41	3	10	19	4	4	15	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	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
18	M50904	Grilled Ham & Cheese Sandwich	1 sandwich (0 g)	370	160	17	9	0	60	1430	32	2	6	21	8	0	30	15
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	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
19	M53090	Chicken Bruschetta Melt	1 sandwich (0 g)	400	140	16	4.5	0	55	880	41	3	5	25	4	4	15	20
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	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
20	M52546	Pesto Cheeseburger	1 each (0 g)	320	130	14	5	0	40	640	30	2	5	19	2	0	15	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



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21	M51072	Spaghetti	1 cup (0 g)	210	35	4	0	0	0	15	40	5	2	7	0	0	4	15
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	M52418	Meatballs	5 each (0 g)	150	90	10	4	0.5	35	210	2	1	*	13	2	2	2	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
21	M53227	Breaded Chicken Salsa Melt	1 sandwich (0 g)	400	140	16	4.5	0	60	1120	42	3	6	24	6	6	15	20
21	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
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
22	M50849	Buffalo Chicken Sandwich	1 sandwich (0 g)	440	210	23	4.5	0	60	1140	40	3	5	22	4	0	8	20
22	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
23	M51979	Chicken Pot Pie	1 serving (0 g)	390	140	16	11	0	60	680	38	4	4	24	50	6	15	10
23	M51418	Bacon Cheeseburger	1 each (0 g)	310	110	12	5	0	45	620	30	2	5	20	2	0	15	15
23	M52451	Sausage Pizza	1/8 cut (0 g)	370	150	17	7	0	40	590	35	4	6	19	8	0	30	15
24	M53499	Beef & Rice Bowl	1 bowl (0 g)	380	110	12	6	*0	40	740	50	3	2	17	30	10	15	15
24	M52546	Pesto Cheeseburger	1 each (0 g)	320	130	14	5	0	40	640	30	2	5	19	2	0	15	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	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
25	M52547	Pizza Burger	1 each (0 g)	340	130	14	6	0	45	750	33	3	6	21	4	15	15	15
25	M52452	Vegetable Pizza	1/8 cut (0 g)	350	130	14	6	0	35	560	37	4	7	18	8	8	30	15



RECIPE NUTRITIONAL SUMMARY - MS Daily Serves 17/18 SY

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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)
SALADS																		
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	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	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	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	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
SANDWICHES/GRILL OFFERINGS																		
Daily	M50821	Cheeseburger	1 each (0 g)	290	90	11	4.5	0	40	550	30	2	5	19	2	0	15	15
Daily	M50851	Chicken Patty Sandwich	1 sandwich (0 g)	340	110	12	2	0	45	750	39	3	4	21	2	0	6	20
Daily	M52223	Chicken Tenders	3 each (0 g)	210	100	11	2	0	55	730	13	1	1	15	2	0	2	10
Daily	M52189	Soft Pretzel Rod	1 each (0 g)	70	0	0.5	0	0	0	65	14	1	0	2	0	0	0	4
Daily	M53275	Grilled Cheese Sandwich	1 sandwich (0 g)	380	180	20	11	0	65	1320	32	2	7	19	10	0	40	10
Daily	M53340	Peanut Butter & Jelly Sandwich	1 sandwich (0 g)	630	300	33	6	0	0	620	71	6	*28	20	0	0	4	20
Daily	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
Daily	M50111	Veggie Burger	1 each (0 g)	220	45	5	0	0	0	710	33	6	4	16	0	0	8	20



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