

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 2018-2019

September 2018				
Mo	Tu	We	Th	Fr
	4 2	5 3	6 4	7 5
10 6	11 7	12 8	13 9	14 10
17 11	18 12	19 13	20 14	21 15
24 16	25 17	26 18	27 19	28 20

October 2018				
Mo	Tu	We	Th	Fr
1 21	2 22	3 23	4 24	5 25
8 1	9 2	10 3	11 4	12 5
15 6	16 7	17 8	18 9	19 10
22 11	23 12	24 13		
29 16	30 17	31 18		

November 2018				
Mo	Tu	We	Th	Fr
			1 19	2 20
5 21	6 22	7 23	8 24	9 25
12 1	13 2	14 3	15 4	16 5
19 6	20 7			
26 11	27 12	28 13	29 14	30 15

December 2018				
Mo	Tu	We	Th	Fr
3 16	4 17	5 18	6 19	7 20
10 21	11 22	12 23	13 24	14 25
17 1	18 2	19 3	20 4	21 5

January 2019				
Mo	Tu	We	Th	Fr
		2 13	3 14	4 15
7 16	8 17	9 18	10 19	11 20
14 21	15 22	16 23	17 24	18 25
	22 2	23 3	24 4	25 5
28 6	29 7	30 8	31 9	

February 2019				
Mo	Tu	We	Th	Fr
				1 10
4 11	5 12	6 13	7 14	8 15
11 16	12 17	13 18	14 19	15 20
	19 22	20 23	21 24	22 25
25 1	26 2	27 3	28 4	

March 2019				
Mo	Tu	We	Th	Fr
				1 5
4 6	5 7	6 8	7 9	8 10
11 11	12 12	13 13	14 14	15 15
18 16	19 17	20 18	21 19	

April 2018				
Mo	Tu	We	Th	Fr
1 1	2 2	3 3	4 4	5 5
8 6	9 7	10 8	11 9	12 10
15 11	16 12	17 13	18 14	
22 16	23 17	24 18	25 19	26 20
29 21	30 22			

May/June 2018				
Mo	Tu	We	Th	Fr
		1 23	2 24	3 25
6 1	7 2	8 3	9 4	10 5
13 6	14 7	15 8	16 9	17 10
20 11	21 12	22 13	23 14	24 15
	28 17	29 18	30 19	31 20
3 21	4 22	5 23	6 24	7 25





RECIPE NUTRITIONAL SUMMARY - Home Zone Entrees 18/19 SY

2019-01-14 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	M54442	Roast Turkey	2 ozw (57 g)	90	30	3.5	1	*	30	390	2	0	0	12	0	0	0	6
1	M51444	Poultry Gravy	1/4 cup (0 g)	40	10	1	0	0	<5	130	6	0	<1	0	0	0	0	0
1	M51751	Traditional Stuffing	1/2 cup (0 g)	170	60	6	0	*0	0	490	27	0	0	7	0	0	0	0
2	M55748	Breaded Chicken Parmesan	1 serving (0 g)	280	130	14	4.5	0	55	630	15	1	1	22	6	4	20	10
2	M55704	Spaghetti Sauce	1/2 cup (0 g)	60	0	0	0	0	0	45	11	2	7	2	15	15	0	8
2	M51072	Spaghetti	1 cup (0 g)	210	35	4	0	0	0	15	40	5	2	7	0	0	4	15
3	M68186	Chili Cheese Baked Potato	1 each (0 g)	310	110	12	7	*0	40	300	36	4	3	16	*8	*35	25	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	M55592	French Toast Sticks	4 stick (0 g)	260	90	10	2	0	0	300	38	3	9	6	0	0	4	10
4	M51108	Cheddar Cheese Omelet	1 each (0 g)	130	100	11	3.5	0	170	280	1	0	0	7	6	0	8	4
5	M54280	Vegetable Egg Roll	1 each (0 g)	140	30	3.5	1	0	0	150	22	4	4	4	4	0	4	6
5	M52464	Vegetarian Fried Rice	12 fl oz (0 g)	320	70	8	2.5	0	190	490	49	3	3	12	*25	*15	8	8
6	M66972	Mac and Cheese with Turkey Ham	12 fl oz (0 g)	460	170	19	11	*0	60	990	50	6	*2	23	4	0	40	20
7	M50639	Spicy Popcorn Chicken Bowl	1 bowl (0 g)	440	160	18	5	0	30	780	50	4	6	18	6	35	15	15
7	M51680	Dinner Roll	1 each (0 g)	100	15	2	0	0	0	80	17	2	2	4	0	0	0	2
8	M51829	Jumbo Cheese Ravioli	3 each (0 g)	180	25	3	1.5	0	50	490	23	1	1	15	4	0	15	6
8	M55765	Marinara Sauce	1/2 cup (0 g)	60	10	1	0	0	0	50	10	2	5	2	10	15	4	6
8	M67287	Breadstick	1 each (0 g)	70	10	1	0	0	0	130	13	1	1	2	0	0	0	2
9	M51508	Cheese Pizza Sticks	2 each (0 g)	260	80	9	3	0	10	560	30	2	4	18	*	*	40	8
9	M55766	Marinara Sauce	1/4 cup (0 g)	30	0	0	0	0	0	25	5	<1	2	<1	4	8	0	2
10	M68149	Cajun Chili Fries	1 bowl (0 g)	470	210	24	11	*0	45	890	45	6	2	18	*8	*35	30	15
11	M52859	Meatloaf	1 each (0 g)	180	100	11	4.5	0	40	150	4	1	2	15	2	8	2	10
11	M53950	Rosemary Gravy	1/4 cup (0 g)	25	0	0.5	0	*0	0	125	5	0	*0	0	0	0	0	0



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11	M52890	Italian Flatbread	4 wedge (0 g)	180	45	5	1	0	0	310	28	3	2	5	0	0	2	6
12	M66166	Chicken & Sausage Etouffee	1 Spoodle 6 FLOZ	170	60	7	2	*0	45	250	10	2	3	15	10	30	6	8
12	M52605	Cilantro Lime Rice	1 cup (0 g)	240	15	2	0	0	0	190	47	2	0	5	*0	*0	0	2
13	M67371	Roast Pork	2 ozw (0 g)	90	25	2.5	1	0	50	45	0	0	0	16	0	0	0	4
13	M51680	Dinner Roll	1 each (0 g)	100	15	2	0	0	0	80	17	2	2	4	0	0	0	2
14	M51979	Chicken Pot Pie	1 serving (0 g)	350	120	13	8	0	45	630	37	4	4	19	50	6	15	15
15	M66653	Chicken Fajita	1 each (0 g)	330	110	12	5	*0	45	460	35	4	4	20	8	35	20	15
15	M52224	Mexican Spiced Rice	1/2 cup (0 g)	110	10	1	0	*0	0	65	22	1	0	3	*4	*0	0	4
16	M54325	Breaded Chicken Drumstick	1 each (0 g)	190	100	11	2.5	0	50	450	5	1	0	16	2	0	2	6
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	M68135	Vegetable Bean Chili Mac	16 fl oz (0 g)	350	30	3	0	*0	0	210	69	12	7	15	*50	*45	15	30
18	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
18	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
19	M52920	Pancakes	2 each (0 g)	150	35	4	0.5	0	5	220	27	2	3	3	0	0	0	6
19	M51502	Chicken Sausage Patty	2 patty (0 g)	200	110	12	3	0	80	460	2	0	0	22	0	0	0	8
20	M53538	Chicken Rice Soup	8 fl oz (0 g)	100	20	2.5	0.5	0	25	170	9	1	1	8	*45	*2	2	2
20	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
21	M50405	Salisbury Steak	1 each (0 g)	200	130	14	6	0	45	350	4	<1	<1	14	0	0	4	10
21	M53701	Parsley Noodles	1 cup (0 g)	230	45	5	1.5	0	0	60	41	5	2	7	0	0	4	15
21	M50531	Beef Gravy	1/4 cup (0 g)	25	0	0	0	0	0	125	5	0	0	0	0	0	0	0
22	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
22	M51074	Brown Rice	1 cup (0 g)	200	15	1.5	0	0	0	10	42	2	0	5	*0	*0	0	2
23	M53275	Grilled Cheese Sandwich	1 sandwich (0 g)	380	180	20	11	0	65	1320	32	2	7	19	10	0	40	10
23	M51085	Tomato Soup	8 fl oz (0 g)	90	0	0	0	0	0	470	20	<1	12	2	8	10	0	4
24	M67943	BBQ Chicken & Black Bean Rolletto	1 each (0 g)	350	110	13	4.5	0	55	720	39	4	8	20	*0	*4	15	15



RECIPE NUTRITIONAL SUMMARY - Home Zone Entrees 18/19 SY

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25	M52169	Spaghetti Carbonara with Peas, Bacon and Chicken	8 fl oz (0 g)	310	100	11	5	*0	50	550	30	4	2	20	8	4	25	15
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RECIPE NUTRITIONAL SUMMARY - Custom Bros Grill Entrees 18/19 SY

2019-01-14 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	M54541	Sriracha Crunch Cheese Burger	1 each (0 g)	350	110	12	4.5	0	40	760	42	3	9	20	4	4	15	15
2	M52544	BBQ Onion Cheeseburger	1 each (0 g)	330	90	11	4.5	0	40	690	41	2	14	19	2	4	15	15
3	M55693	Chicken and Spicy Maple Cinnamon Waffle	1 sandwich (0 g)	420	130	15	1.5	0	45	670	48	5	10	23	10	0	10	25
4	M55175	Mini Chicken Corn Dogs	6 each (0 g)	270	110	12	4	0	35	420	30	4	6	10	0	0	10	15
5	M50526	Pizza Burger	1 each (0 g)	340	130	14	6	0	45	760	32	3	6	22	4	2	15	20
6	M68173	Chili Cheese Dog	1 each (0 g)	340	150	17	6	*0	60	1120	31	2	4	16	*8	*4	20	15
7	M53878	Grilled C.Ham & Cheese Sandwich	1 sandwich (0 g)	380	160	18	10	0	70	1240	33	2	7	20	8	0	30	15
8	M52119	Jalepeno Garlic Mayo Hamburger	1 each (0 g)	380	170	19	4	0	30	510	34	3	6	17	*0	4	6	15
9	M52682	Cheeseburger w/ Cajun Slaw Topping	1 each (0 g)	320	110	13	4.5	*0	40	620	32	3	5	19	10	0	15	15
10	M50849	Buffalo Chicken Sandwich	1 sandwich (0 g)	440	210	23	4.5	0	60	1150	40	3	5	22	4	0	8	20
11	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
12	M68104	Chipotle Cheese Burger	1 each (0 g)	330	120	13	4.5	*0	40	670	34	3	5	19	*6	*8	15	20
13	M50862	Taco Cheeseburger	1 each (0 g)	310	100	12	4.5	0	40	860	32	2	5	19	*2	8	15	15
14	M54407	Ciabatta Chicken Patty, Bacon and Cheddar Cheese Melt	1 sandwich (0 g)	440	180	20	6	0	65	780	43	4	5	26	2	0	15	20
15	M53090	Chicken Bruschetta Melt	1 sandwich (0 g)	400	140	16	4.5	0	55	880	41	3	5	25	4	4	15	20
16	M54335	BBQ Pork Sandwich	1 sandwich (0 g)	340	50	5	1.5	0	60	980	44	2	19	28	0	6	4	15
17	M53430	Chicken Pizza Burger	1 each (0 g)	430	200	22	8	0	105	1200	31	3	6	29	6	2	15	15
18	M51418	Bacon Cheeseburger	1 each (0 g)	310	110	12	5	0	45	620	30	2	5	20	2	0	15	15
19	M53437	Jerk Chicken and Cheddar Flatbread	1 each (0 g)	350	110	13	5	0	50	730	36	4	7	20	*10	30	15	10
20	M55217	Chipotle Ranch Burger	1 each (0 g)	290	110	12	2.5	0	30	480	31	3	5	17	35	4	8	15
21	M54406	Ciabatta Chicken Patty Salsa and American Cheese Melt	1 sandwich (0 g)	420	150	17	5	0	60	990	45	4	7	24	6	6	10	20



RECIPE NUTRITIONAL SUMMARY - Custom Bros Grill Entrees 18/19 SY

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22	M51183	Breaded Fish Melt	1 sandwich (0 g)	360	100	12	3.5	0	70	780	44	4	6	23	2	0	15	15
23	M52180	Breaded Chicken Sandwich with Ginger Teriyaki Vegetables	1 sandwich (0 g)	360	110	12	2	0	45	840	43	3	7	21	8	30	6	20
24	M52546	Pesto Cheeseburger	1 each (0 g)	320	130	14	5	0	40	640	30	2	5	19	2	0	15	15
25	M54695	Chicken and Pimento Style Grilled Cheese Sandwich	1 sandwich (0 g)	320	100	11	5	0	50	620	33	2	5	22	*8	25	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
	M52610	Hot Dog on a Bun	1 each (0 g)	290	130	14	4	0	50	1040	29	2	4	12	6	0	10	15



RECIPE NUTRITIONAL SUMMARY - Corner Crust Entrees 18/19 SY

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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)
FEATURED PIZZA ENTREES																		
1	M53243	White Pizza with Chicken Sausage	1/8 cut (0 g)	350	130	15	6	0	50	780	31	3	3	22	6	6	30	10
2	M51550	Hawaiian Pizza	1/8 cut (0 g)	350	120	14	6	0	35	1040	34	3	6	20	*6	4	30	8
3	M52987	Cheeseburger Pizza	1/8 cut (0 g)	360	150	17	9	0	45	750	31	3	3	20	8	0	30	10
4	M52761	BBQ Chicken Sriracha Glazed Crust Pizza	1/8 cut (0 g)	380	140	16	8	0	45	900	40	3	11	20	8	15	30	8
5	M66395	Beef Mexican Pizza	1/8 cut (0 g)	350	150	17	8	*0	40	690	32	3	3	19	*10	10	35	10
6	M52344	Bruschetta Chicken Artisan Flatbread Pizza	1 each (0 g)	390	160	18	6	0	45	740	32	3	4	21	8	8	25	8
7	M51559	Vegetable Pesto Pizza	1/8 cut (0 g)	410	190	22	8	0	30	770	32	3	3	20	10	60	45	6
8	M52997	Meat Lover's Pizza	1/8 cut (0 g)	380	170	19	8	0	40	890	31	3	3	20	6	0	35	8
9	M51803	Buffalo Chicken Pizza	1/8 cut (0 g)	340	130	14	7	0	35	890	31	3	4	19	6	0	30	6
10	M53942	BBQ Chicken & Cheddar Calzone	1 each (0 g)	340	100	11	6	*0	50	500	39	3	10	22	6	2	20	10
11	M52988	Taco Pizza	1/8 cut (0 g)	350	150	17	8	*0	40	1000	32	3	3	18	*10	8	30	10
12	M51805	Greek Chicken Pizza	1/8 cut (0 g)	360	140	16	6	*0	30	710	34	4	4	20	8	25	35	10
13	M52968	Vegetable Pizza	1/8 cut (0 g)	360	140	16	8	0	30	860	33	4	4	20	10	15	40	8
14	M66176	Chicken Club Artisan Flatbread Pizza	1 each (0 g)	400	170	19	6	*0	45	750	32	3	*3	21	4	6	25	8
15	M53244	Spicy Chicken Sausage Pizza	1/8 cut (0 g)	420	190	21	11	0	60	1110	33	4	4	24	*10	4	40	10
16	M53539	Chicken, Onion & Pepper Stromboli	1 each (0 g)	320	100	11	5	0	45	390	33	3	5	22	10	35	20	10
17	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
18	M54075	Chicken Mac and Cheese Pizza	1/8 cut (0 g)	410	160	18	9	0	50	880	38	4	2	22	6	0	40	10
19	M51574	Broccoli, Pepper & Onion Pizza	1/8 cut (0 g)	370	140	16	8	0	30	810	34	4	4	20	15	30	45	8
20	M53942	BBQ Chicken & Cheddar Calzone	1 each (0 g)	340	100	11	6	*0	50	500	39	3	10	22	6	2	20	10
21	M52997	Meat Lover's Pizza	1/8 cut (0 g)	380	170	19	8	0	40	890	31	3	3	20	6	0	35	8



RECIPE NUTRITIONAL SUMMARY - Corner Crust Entrees 18/19 SY

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22	M66395	Beef Mexican Pizza	1/8 cut (0 g)	350	150	17	8	*0	40	690	32	3	3	19	*10	10	35	10
23	M51922	BBQ Chicken Pizza	1/8 cut (0 g)	390	140	16	8	0	45	810	43	3	15	19	6	6	30	8
24	M52992	White Pizza Bruschetta Chicken Artisan	1/8 cut (0 g)	330	120	14	6	0	30	740	31	3	3	20	6	0	40	6
25	M52344	Flatbread Pizza	1/8 cut (0 g)	390	160	18	6	0	45	740	32	3	4	21	8	8	25	8
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 18/19 SY

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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	1.5	0	10	230	29	3	4	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	1 No 16 Scoop	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	1 No 10 Scoop	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	1 No 20 Scoop	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																	
M50891	Black Olives	1 tablespoon (0 g)	15	10	1.5	0	0	0	60	<1	0	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
M51008	Fresh Tomato Slices	1/8 cup (0 g)	5	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	<1	0	0	0	0	0	0	0



RECIPE NUTRITIONAL SUMMARY - Green Street Deli MTO 18/19 SY

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M51017	Romaine Lettuce Leaf	1 each (0 g)	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	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
M50060	Mayonnaise	1 tablespoon (0 g)	35	30	3.5	0.5	0	<5	100	1	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
M51676	Sriracha Mayonnaise	1 tablespoon (0 g)	35	30	3	0	0	<5	120	1	0	0	0	0	0	0	0
M52094	Yellow Mustard	1 tablespoon (0 g)	10	5	0.5	0	0	0	180	<1	<1	0	<1	0	0	0	0



RECIPE NUTRITIONAL SUMMARY - Tortilla Fresh Mex MTO 18/19 SY

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	1 No 20 Scoop	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	1 No 24 Scoop	70	25	2.5	1	*0	25	75	2	0	0	9	0	0	0	2
VEGETABLES																	
M68219	Black Charro Beans	1/4 cup (0 g)	60	0	0	0	*0	0	70	10	3	<1	3	*0	*0	4	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
M67968	Kickin' Pintos	1/4 cup (0 g)	60	0	0	0	0	0	100	10	3	<1	4	*0	*0	4	6
M52379	Onions	1/8 cup (0 g)	10	0	0	0	0	0	0	2	0	<1	0	0	2	0	0
M67588	Refried Beans	1/4 cup (0 g)	70	10	1	0	0	0	250	12	3	<1	3	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

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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	95	15	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

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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)	
Salad Entrees																		
		1 each																
	Chicken Chef Salad	(0 g)	180	90	10	4.5	0	140	450	6	<1	3	15	30	15	15	6	2
		1 each																
	Spicy Popcorn Chicken Salad	(0 g)	260	140	15	5	0	30	380	16	3	2	15	100	10	15	10	10
		1 each																
	Breaded Chicken Caesar Salad	(0 g)	290	120	14	3	0	50	690	23	2	2	21	30	15	10	10	2
		1 each																
	Chicken Nacho Salad	(0 g)	290	140	16	7	*0	50	360	21	3	2	17	35	15	25	8	0
		1 each																
	Italian Salad w/ Ham	(0 g)	190	100	11	5	0	45	920	5	<1	3	18	30	15	15	4	0
		1 each																
	Beef Nacho Salad	(0 g)	310	160	18	8	*0	45	430	22	3	2	16	35	15	25	10	0
		1 each																
	Tossed Salad with Cheese	(0 g)	210	140	15	10	0	45	410	5	<1	2	15	35	15	40	4	0
		1 each																
	Chicken Chef Salad	(0 g)	130	60	6	2.5	0	120	140	4	<1	2	13	30	15	8	6	0
		1 each																
	Fruit & Cheese Plate	(0 g)	220	130	14	9	0	40	390	9	2	7	14	35	8	40	6	0
		1 each																
	Popcorn Chicken Salad	(0 g)	260	140	15	5	0	30	390	15	3	3	16	30	15	15	10	0
LETTUCE																		
	M52604	Romaine Salad		1 cup	(0 g)	5	0	0	0	0	0	1	<1	0	0	70	2	0
				1 cup	(0 g)													
	M52831	Spinach Salad		(0 g)	15	0	0	0	0	0	55	3	2	0	2	130	35	8
MEAT & CHEESE																		
	M53569	Black Forest Deli Chicken Ham Slices		1 serving	(0 g)	80	40	4.5	1.5	0	40	330	2	0	1	8	0	0
				12 piece	(0 g)													
	M53961	Cheddar Cheese Cubes		(0 g)	90	60	7	4.5	0	20	190	0	0	0	7	6	0	20
				2 fl oz	(0 g)													
	M51824	Chicken		(0 g)	70	25	3	1	0	30	55	<1	0	0	0	0	0	0
				2 fl oz	(0 g)													
	M51721	Cottage Cheese		(0 g)	40	0	0.5	0	0	<5	220	3	0	2	7	2	0	6
				3 fl oz	(0 g)													
	M52365	Diced Turkey		(0 g)	60	20	2	0.5	0	25	230	2	0	0	0	0	0	2
				1 each	(0 g)													
	M50670	Hard Boiled Egg		(0 g)	80	45	5	1.5	0	185	60	1	0	1	6	6	0	2
		Mozzarella Cheese		2 fl oz	(0 g)													
	M51720	Shreds		(0 g)	90	50	6	3.5	0	15	210	1	0	0	7	2	0	20

VEGETABLES																		
	M68209	Black Beans	1/4 cup (0 g)	50	0	0	0	0	0	55	9	3	0	3	*	*	4	
	M50891	Black Olives	1 tablespoon	15	10	1.5	0	0	0	60	<1	0	0	0	0	0	0	
	M51714	Celery Sticks	1/4 cup (0 g)	5	0	0	0	0	0	25	<1	<1	0	0	2	0	0	
	M51546	Fresh Broccoli	1/8 cup (0 g)	0	0	0	0	0	0	0	<1	0	0	0	0	10	0	
	M51549	Fresh Cauliflower	1/8 cup (0 g)	0	0	0	0	0	0	0	<1	0	0	0	0	10	0	
	M52661	Fresh Cucumber Slices	1/8 cup (0 g)	0	0	0	0	0	0	0	<1	0	0	0	0	0	0	
	M51007	Fresh Diced Tomato	1/8 cup (0 g)	0	0	0	0	0	0	0	1	0	<1	0	4	6	0	
	M52338	Fresh Green Pepper	1/8 cup (0 g)	0	0	0	0	0	0	0	<1	0	0	0	0	25	0	
	M68126	Garbanzo Beans	1/4 cup (0 g)	60	10	1	0	0	0	45	10	2	0	3	*	*	0	
	M53083	Green Peas	1/4 cup (0 g)	35	0	0	0	0	0	35	7	2	2	2	20	8	0	
	M51671	Kidney Beans	1/4 cup (0 g)	60	0	0	0	0	0	50	11	3	<1	4	0	0	4	
	M52337	Shredded Carrot	1/8 cup (0 g)	0	0	0	0	0	0	10	1	0	<1	0	40	0	0	
	M50892	Sliced Jalapenos	1 tablespoon	0	0	0	0	0	0	170	0	0	0	0	4	0	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