

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 14 day 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 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 - MS Lunch Entrees 18/19 SY

2018-08-24 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	M50081	Diced Roast Turkey Breast in Gravy	4 fl oz (0 g)	140	35	4	2	0	60	580	6	0	2	20	0	0	0	6
1	M51751	Traditional Stuffing	1/2 cup (0 g)	170	60	6	0	*0	0	490	27	0	0	7	0	0	0	0
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
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	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
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
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	M66437	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
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
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	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
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
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	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
5	M50526	Pizza Burger	1 each (0 g)	340	130	14	6	0	45	760	32	3	6	22	4	2	15	20
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



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2018-08-24 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)
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
6	M66439	Chili Cheese Dog	1 each (0 g)	340	150	17	6	*0	60	1120	31	2	4	16	8	4	20	15
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	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
7	M53275	Grilled Cheese Sandwich	1 sandwich (0 g)	380	180	20	11	0	65	1320	32	2	7	19	10	0	40	10
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	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
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
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	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
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
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	M51857	Cajun Chili Fries Bowl	1 bowl (0 g)	470	210	24	11	*0	45	890	46	6	2	18	8	35	30	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
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



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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)
11	M54753	South Western Meatloaf	1 each (0 g)	200	130	14	5	0.5	45	250	7	1	2	12	2	0	2	8
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
11	M52890	Italian Flatbread	4 wedge (0 g)	180	45	5	1	0	0	310	28	3	2	5	0	0	2	6
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
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	M66166	Chicken & Sausage Etouffee	FLOZ (0 g)	170	60	7	2	*0	45	250	10	2	3	15	10	30	6	8
12	M66379	Smokey Black Bean Salsa Cheeseburger	1 each (0 g)	330	120	13	4.5	*0	40	670	34	3	5	20	*6	8	15	20
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	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
13	M50862	Taco Cheeseburger	1 each (0 g)	310	100	12	4.5	0	40	860	32	2	5	19	*2	8	15	15
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	M55115	Pittsburgh Style Chicken Sandwich	1 sandwich (0 g)	520	190	21	8	0	50	1010	56	6	3	24	0	6	20	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
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	M66546	Chicken Soft Tacos	2 each (0 g)	350	120	13	5	*0	60	670	33	3	4	26	*40	20	25	15
15	M52229	Mexican Spiced Rice	1 cup (0 g)	220	15	2	0	*0	0	130	45	2	0	5	*6	*0	2	6
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
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



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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
16	M51792	Shredded BBQ Pork Sandwich	1 sandwich (0 g)	340	110	12	3.5	0	55	530	39	2	15	19	0	4	6	15
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	M66446	Vegetarian Chili Mac	16 fl oz (0 g)	360	30	3.5	0	*0	0	220	71	13	8	16	50	45	15	25
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	M53430	Chicken Pizza Burger	1 each (0 g)	430	200	22	8	0	105	1200	31	3	6	29	6	2	15	15
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	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
18	M51801	Chicken Cheesteak	1 sandwich (0 g)	310	100	11	5	0	55	820	35	4	8	19	4	6	20	10
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	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
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
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	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
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
20	M67715	Meat Lover Pizza	1/8 cut (0 g)	380	170	18	8	0	40	850	31	3	3	21	8	0	35	8



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2018-08-24 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)
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
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
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
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
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
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	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
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
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	M54017	BBQ Chicken, Black Bean and Jalepeno Rolletto	1 each (0 g)	350	110	13	4.5	0	55	700	39	4	8	19	*0	4	15	10
24	M52546	Pesto Cheeseburger	1 each (0 g)	320	130	14	5	0	40	640	30	2	5	19	2	0	15	15
24	M52992	White Pizza	1/8 cut (0 g)	330	120	14	6	0	30	740	31	3	3	20	6	0	40	6
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
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



# RECIPE NUTRITIONAL SUMMARY - MS Lunch Entrees 18/19 SY

2018-08-24 16:33

25	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
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# RECIPE NUTRITIONAL SUMMARY - MS Daily Serves 18/19 SY

2018-01-24 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)
<b>SALADS</b>																		
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
	M54063	Chicken Chef Salad	1 each (0 g)	180	90	10	4.5	0	140	450	6	<1	3	15	30	15	15	6
	M52677	Spicy Popcorn Chicken Salad	1 each (0 g)	260	140	15	5	0	30	380	16	3	2	15	100	10	15	10
	M52948	Breaded Chicken Caesar Salad	1 each (0 g)	290	120	14	3	0	50	690	23	2	2	21	30	15	10	10
	M54591	Chicken Nacho Salad	1 each (0 g)	290	140	16	7	*0	50	360	21	3	2	17	35	15	25	8
	M50833	Italian Salad w/ Ham	1 each (0 g)	190	100	11	5	0	45	920	5	<1	3	18	30	15	15	4
	M54586	Beef Nacho Salad	1 each (0 g)	310	160	18	8	*0	45	430	22	3	2	16	35	15	25	10
	M52736	Tossed Salad with Cheese	1 each (0 g)	210	140	15	10	0	45	410	5	<1	2	15	35	15	40	4
	M53532	Chicken Chef Salad	1 each (0 g)	130	60	6	2.5	0	120	140	4	<1	2	13	30	15	8	6
	M52944	Fruit & Cheese Plate	1 each (0 g)	220	130	14	9	0	40	390	9	2	7	14	35	8	40	6
	M50488	Popcorn Chicken Salad	1 each (0 g)	260	140	15	5	0	30	390	15	3	3	16	30	15	15	10
<b>SANDWICHES/GRILL OFFERINGS</b>																		
	M50111	Veggie Burger	1 each (0 g)	220	45	5	0	0	0	710	33	6	4	16	0	0	8	20
	M50821	Cheeseburger	1 each (0 g)	290	90	11	4.5	0	40	550	30	2	5	19	2	0	15	15
	M50851	Chicken Patty Sandwich	1 sandwich (0 g)	340	110	12	2	0	45	750	39	3	4	21	2	0	6	20
	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	40	14	1	0	2	0	0	0	4
	M52223	Chicken Tenders	3 each (0 g)	210	100	11	2	0	55	730	13	1	1	15	2	0	2	10
	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 - MS Daily Serves 18/19 SY

2018-01-24 16:33

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
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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