

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 (below) to determine which calendar date corresponds with a cycle date.

Salads rotate on a 14 day rotation 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 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 - ES Lunch Entrees 18/19 SY

2019-01-07 22:30

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	M52223	Chicken Tenders	3 each (0 g)	210	100	11	2	0	55	730	13	1	1	15	2	0	2	10
1	M52189	Soft Pretzel Rod	1 each (0 g)	70	0	0.5	0	0	0	65	14	1	0	2	0	0	0	4
1	M54442	Roast Turkey	2 ozw (57 g)	90	30	3.5	1	*	30	390	2	0	0	12	0	0	0	6
1	M51680	Whole Grain Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
2	M50821	Cheeseburger	1 each (0 g)	290	90	11	4.5	0	40	550	30	2	5	19	2	0	15	15
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	M51072	Spaghetti	1 cup (0 g)	210	35	4	0	0	0	15	40	5	2	7	0	0	4	15
2	M55704	Spaghetti Sauce	1/2 cup (0 g)	60	0	0	0	0	0	45	11	2	7	2	15	15	0	8
3	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
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	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	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	M51787	Turkey & Cheese Sub	1 sandwich (0 g)	310	100	11	5	0	55	990	32	3	5	22	4	0	20	10
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	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



RECIPE NUTRITIONAL SUMMARY - ES Lunch Entrees 18/19 SY

2019-01-07 22:30

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	M51508	Pizza Sticks	2 each (0 g)	260	80	9	3	0	10	560	30	2	4	18	*	*	40	8
6	M55766	Marinara Sauce	1/4 cup (0 g)	30	0	0	0	0	0	25	5	<1	2	<1	4	8	0	2
6	M67787	Fish Sticks	4 each (0 g)	240	90	10	1.5	0	20	290	24	3	2	13	*	*	4	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
7	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
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
8	M51275	Golden Crispy Boneless Chicken Wing	5 each (0 g)	200	80	9	2	0	25	340	13	3	0	18	0	0	0	6
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
8	M53275	Grilled Cheese Sandwich	1 sandwich (0 g)	380	180	20	11	0	65	1320	32	2	7	19	10	0	40	10
8	M51085	Tomato Soup	8 fl oz (0 g)	90	0	0	0	0	0	470	20	<1	12	2	8	10	0	4
9	M51417	Hamburger	1 each (0 g)	240	60	7	2	0	25	350	29	2	4	16	0	0	6	15
9	M53515	Ham & Cheese Sub	1 sandwich (0 g)	300	110	12	5	0	50	1340	30	3	6	21	4	0	20	10
10	M51456	Grilled Chicken Sandwich	1 sandwich (0 g)	240	50	6	1	0	40	610	28	2	4	20	0	0	4	10
10	M68149	Cajun Chili Fries	1 bowl (0 g)	470	210	24	11	*0	45	890	45	6	2	18	*8	*35	30	15



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2019-01-07 22:30

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11	M50904	Grilled Ham & Cheese Sandwich	1 sandwich (0 g)	370	160	17	9	0	60	1430	32	2	6	21	8	0	30	15
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	M50851	Chicken Patty Sandwich	1 sandwich (0 g)	340	110	12	2	0	45	750	39	3	4	21	2	0	6	20
12	M66653	Chicken Fajita	1 each (0 g)	330	110	12	5	*0	45	460	35	4	4	20	8	35	20	15
12	M52224	Mexican Spiced Rice	1/2 cup (0 g)	110	10	1	0	*0	0	65	22	1	0	3	*4	*0	0	4
13	M51457	Chicken Nuggets	5 each (0 g)	200	90	10	2	0	45	440	12	1	0	16	2	0	2	10
13	M52189	Soft Pretzel Rod	1 each (0 g)	70	0	0.5	0	0	0	65	14	1	0	2	0	0	0	4
13	M51790	Braised Shredded Pork	1 Spoodle 3 FLOZ	150	90	10	3.5	0	55	35	0	0	0	14	0	0	0	6
13	M50531	Beef Gravy	1/4 cup (0 g)	25	0	0	0	0	0	125	5	0	0	0	0	0	0	0
13	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
14	M66525	Beef Soft Tacos	2 each (0 g)	340	130	14	6	0	45	670	33	4	4	22	40	8	25	20
14	M53543	Roasted Veg Submarine Sandwich	1 each (0 g)	390	180	20	11	0	65	1310	35	4	9	20	70	30	45	10
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	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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2019-01-07 22:30

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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	M50111	Veggie Burger	1 each (0 g)	220	45	5	0	0	0	710	33	6	4	16	0	0	8	20
17	M50821	Cheeseburger	1 each (0 g)	290	90	11	4.5	0	40	550	30	2	5	19	2	0	15	15
17	M53079	Macaroni & Cheese	6 fl oz (0 g)	360	180	20	13	*0	60	700	26	3	1	19	8	0	45	10
17	M67287	Breadstick	1 each (0 g)	70	10	1	0	0	0	130	13	1	1	2	0	0	0	2
18	M50851	Chicken Patty Sandwich	1 sandwich (0 g)	340	110	12	2	0	45	750	39	3	4	21	2	0	6	20
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	M55175	Mini Corn Dogs	6 each (0 g)	270	110	12	4	0	35	420	30	4	6	10	0	0	10	15
19	M53515	Ham & Cheese Sub	1 sandwich (0 g)	300	110	12	5	0	50	1340	30	3	6	21	4	0	20	10
20	M50995	Cheese Pizza	1 each (0 g)	300	100	11	4	0	15	580	37	4	15	15	10	0	30	15
20	M50494	Chicken Parmesan Flatbread	1 each (0 g)	410	160	18	6	0	25	920	39	6	4	22	6	2	30	15



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21	M51457	Chicken Nuggets	5 each (0 g)	200	90	10	2	0	45	440	12	1	0	16	2	0	2	10
21	M52189	Soft Pretzel Rod	1 each (0 g)	70	0	0.5	0	0	0	65	14	1	0	2	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	M50531	Beef Gravy	1/4 cup (0 g)	25	0	0	0	0	0	125	5	0	0	0	0	0	0	0
22	M52920	Pancakes	2 each (0 g)	150	35	4	0.5	0	5	220	27	2	3	3	0	0	0	6
22	M51502	Chicken Sausage Patty	2 patty (0 g)	200	110	12	3	0	80	460	2	0	0	22	0	0	0	8
22	M51183	Breaded Fish Melt	1 sandwich (0 g)	360	100	12	3.5	0	75	710	43	3	5	23	*2	*0	15	15
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	M52189	Soft Pretzel Rod	1 each (0 g)	70	0	0.5	0	0	0	65	14	1	0	2	0	0	0	4
23	M51294	Rotini	1/2 cup (0 g)	100	10	1.5	0	0	0	5	20	3	1	4	0	0	0	8
23	M55708	Italian Meat Sauce	3/4 cup (0 g)	190	60	7	3	0	30	240	15	2	8	13	15	15	4	20
23	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
24	M52900	Beef Nachos	1 each (0 g)	390	160	18	8	0	50	1000	40	4	<1	18	6	4	30	8
24	M51082	Tuna Salad Sub	1 sandwich (0 g)	260	60	7	0.5	0	35	630	32	4	5	22	60	10	6	10
24	M50851	Chicken Patty Sandwich	1 sandwich (0 g)	340	110	12	2	0	45	750	39	3	4	21	2	0	6	20
25	M52859	Meatloaf	1 each (0 g)	180	100	11	4.5	0	40	150	4	1	2	15	2	8	2	10
25	M50531	Beef Gravy	1/4 cup (0 g)	25	0	0	0	0	0	125	5	0	0	0	0	0	0	0



RECIPE NUTRITIONAL SUMMARY - ES Lunch Salad & PBJ 18/19 SY

2018-08-28 22:30

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)
	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	
Mon-Fri	M53340	Peanut Butter & Jelly Sandwich	1 sandwich (0 g)	630	300	34	6	0	0	620	70	6	34	20	0	0	0	25