	A	B	C	D	E	F	G	H	I	J	P	Q
1	Date	Menu Item Description	Portion Size	Amount (gm)	Calories(kcal)	Protein(gm)	Fat(gm)	Total Carb(gm)	Cholestrol(mg)	Calcium(mg)	Sodium(mg)	Iron(mg)
2												
3	8/2,8/30,9/27,10/25,11/22,12/20,1/7,2/14,3/14,4/11,5/9,6/6,7/4											
4												
5		Chicken, Burger, 3.2 oz, CN	1 each	92	175	15.7	12.0	0.9	88	0	396	1.84
6		Sauce, Marinara, 4 oz	1 oz	42	18	0.5	0.6	2.8	1	11	159	0.29
7		Cheese, Shredded, Mozzarella, 1/2 oz	1/2 ounce	14	42	3.4	2.8	0.8	9	99	94	0.03
8		Corn, Whole Kernel, Frozen, LF, LS *	3/4c	250	120	4.1	1.1	28.2	0	9	7	0.57
9		Apple, Fresh	1 each	127	66	0.3	0.2	17.5	0	8	1	0.15
10		Bread, Bun, Hamburger, White Wheat (Eagan)	1 each	57	160	6.0	2.0	28.0	0	70	250	2.00
11		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
12												
13		Bread, French Toast Sticks, WG, IW	2 each	118	251	8.7	7.2	37.9	97	126	584	2.61
14		Sausage, Patty, Turkey Ckd, 1.4 oz	2 each	56	108	12.1	6.0	0.7	55	70	552	1.08
15		Carrots, Baby, Raw	1/2 cup	91	32	0.6	0.1	7.5	0	29	71	0.81
16		Cucumbers, Sliced	1/4 cup	70	10	0.5	0.1	2.5	0	11	1	0.2
17		Ind, Fruit, Strawberry Cup, 4 oz	1 each	113	109	0.6	0.1	29.4	0	12	3	0.67
18		Ind, Syrup, Pancake	1 each	28	66	0.0	0.0	17.4	0	1	23	0.01
19		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
20												
21		Beef, Patty, Ckd, 2.5 oz, CN	1 each	70	170	12.0	13.0	1.7	39	52	220	1.75
22		Cheese, Sliced, American, 1/2 oz	1/2 ounce	14	52	2.6	4.4	0.7	14	148	237	0.09
23		Beans, Baked, Cnd, Vegetarian	3/4 cup	229	265	12.3	0.8	0.0	0	88	265	3.35
24		Ind, Fruit, Applesauce, 4 oz Cup (Commodity)	1 each	128	54	0.2	0.1	14.4	0	5	3	0.29
25		Bread, Bun, Hamburger, White Wheat (Eagan)	1 each	57	160	6.0	2.0	28.0	0	70	250	2.00
26		Ind, Ketchup *	1 each	9	9	0.1	0.0	2.5	0	1	82	0.03
27		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
28												

	A	B	C	D	E	F	G	H	I	J	P	Q
29		Chicken, Breast, Marinara, CN	1 piece	104	151	23.7	5.5	2.3+	75	100+	404	0.18+
30		Rice, Brown, LS, LF *	1/2 cup	102	104	2.1	0.9	21.6	0	5	4	0.37
31		Cheese, Shredded, Mozzarella, 1/2 oz	1/2 ounce	14	42	3.4	2.8	0.8	9	99	94	0.03
32		Broccoli, Florets, Raw	3/4 cup	54	15	1.6	0.2	2.8	0	26	15	0.48
33		Bread, Roll, Tea Biscuit WG (Eagan)	1 each	28	80	3.0	1.0	14.0		34	130	1.00
34		Orange, Fresh *	1 each	96	45	0.9	0.1	11.2	0	38	0	0.10
35		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
36												
37		Chicken, Diced, CN (3 oz)	1/2 cup	85	132	26.4					56	1.84
38		Sauce, Buffalo	1 oz	29	0	0.0	0.0	0.0			239	
39		Salad Dressing, Ranch, Light	1 teaspoon	5	11	0.1	1.1	0.3		4	33	
40		Bread, Bun, Hamburger, White Wheat (Eagan)	1 each	57	160	6.0	2.0	28.0	0	70	250	2.00
41		Carrots, Baby, Raw	1/2 cup	91	32	0.6	0.1	7.5	0	29	71	0.81
42		Celery Sticks	3 sticks	25	4	0.2	0.0	0.7	0	10	20	0.05
43		Apple, Fresh	1 each	127	66	0.3	0.2	17.5	0	8	1	0.15
44		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
45												
46	8/9,9/6,10/4,11/1,11/29,12/27,1/24,2/21,3/21,4/18,5/16,6/13,7/11											
47												
48		Pasta, Macaroni & Cheese, WG (CN)	2/3 cup	170	290	17.0	11.0		3	400	981	
49		Bread, Roll, Tea Biscuit WG (Eagan)	1 each	28	80	3.0	1.0	14.0		34	130	1
50		Mix Veg, 5 Way Mix, LF, LS *	3/4 cup	234	96	4.4	0.7	17.9	0	36	66	1.26
51		Ind, Fruit, Applesauce, 4 oz Cup (Commodity)	1 each	128	54	0.2	0.1	14.4	0	5	3	0.29
52		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
53												
54		Chicken, Drumstick (CN)	1 piece	83	144	14.4	9.0	1.8			288	0.90
55		Rice, Brown, Vegetable (Eagan)	1 cup	269	269	6.4	4.5	51.7	0	25	60	1.37
56		Bread, Roll, Tea Biscuit WG (Eagan)	1 each	28	80	3.0	1.0	14.0		34	130	1
57		Carrots, Sliced, LF, LS *	1/2 cup	167	33	0.7	0.4	7.2	0	35	64	0.4
58		Banana, Fresh *	1 each	118	105	1.3	0.4	27.0	0	6	1	0.31
59		Sauce, BBQ, 1 oz *	1 oz	32	41	0.2	0.2	9.8	0	8	247	0.15
60		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
61												

	A	B	C	D	E	F	G	H	I	J	P	Q
62		Turkey, w/Gravy, (CN)(2.96oz)	3/8 cup	112	130	16.0	6.0	2.0	55		450	
63		Potatoes, Mashed (Eagan)	1 cup	217	206	7.4	0.6	43.7	2	136	73	1.89
64		Celery Sticks, 6 sticks, 1/2c	6 sticks	50	8	0.3	0.1	1.5	0	20	40	0.10
65		Ind, Fruit, Peaches, 4.4oz Cup (Commodity)	1 each	128	71	0.7	0.1	18.4	0	4	6	0.46
66		Bread, Roll, Tea Biscuit WG (Eagan)	1 each	28	80	3.0	1.0	14.0		34	130	1.00
67		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
68												
69		Beef, Taco Meat, RTU, (CN)	1/2 cup	113	223	20.2	14.2	0.0	71	40	506	2.19
70		Beans, Black, Cnd, LF, LS *	1/2 cup	145	132	8.7	0.4	24.0	0	51	557	2.76
71		^Salad, Lettuce, Shredded, 1 cup	1/2 cup	38	5	0.3	0.1	1.1	0	7	4	0.15
72		Cheese, Shredded, Cheddar, 1/2 oz	1/2 ounce	14	57	3.2	4.7	0.4	14	101	93	0.02
73		Sauce, Salsa, RTU	2 oz	62	18	0.0	0.0	3.7	0	0	514	0.00
74		Bread, Tortilla,Whole Wheat, Flour, 10", CN	1 each	71	210	5	6	34	0	111	200	1
75		Apple, Fresh	1 each	127	66	0.3	0.2	17.5	0	8	1	0.15
76		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
77												
78		Chicken, Breast, Teriyaki CN	1 piece	97	178	26.0	6.6	1.8	71	15	502	1.11
79		Rice, Brown, LS, LF *	1/2 cup	102	104	2.1	0.9	21.6	0	5	4	0.37
80		Broccoli, Florets, Raw	3/4 cup	54	15	1.6	0.2	2.8	0	26	15	0.48
81		Orange, Fresh *	1 each	96	45	0.9	0.1	11.2	0	38	0	0.10
82		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
83												
84	8/16,9/13,10/11,11/8,12/6,1/3,1/31,2/28,3/28,4/25,5/23,6/20,7/18											
85												
86		Frankfurter, All Meat Beef, 6x1 (Eagan)	1 each	62	186	6.4	16.4	3.1	52	67	570	0.70
87		Bread, Bun, Hot Dog, White WG, (Eagan) (CN)	1 each	57	160	6.0	2.0	28.0		70	250	2.00
88		Beans, Baked, Cnd, Vegetarian	3/4 cup	229	265	12.3	0.8	0.0	0	88	265	3.35
89		Ind, Fruit, Applesauce, 4 oz Cup (Commodity)	1 each	128	54	0.2	0.1	14.4	0	5	3	0.29
90		Ind, Ketchup *	1 each	9	9	0.1	0.0	2.5	0	1	82	0.03
91		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
92												
93		Chicken, Breaded Patty, CN	1 each	99	220	15.0	13.0	10.0	50	24	371	0.72
94		Bread, Bun, Hamburger, White Wheat (Eagan)	1 each	57	160	6.0	2.0	28.0	0	70	250	2.00

	A	B	C	D	E	F	G	H	I	J	P	Q
95		Sauce, Marinara, 2 oz	2 ounce	84	36	1	1.2	5.6	2	22	318	0.58
96		Cheese, Shredded, Mozzarella, 1/2 oz	1/2 ounce	14	42	3.4	2.8	0.8	9	99	94	0.03
97		Beans, Green, Frz, LF, LS	3/4 cup	250	53	2.4	0.3	10.3	0	61	7	1.16
98		Banana, Fresh *	1 each	118	105	1.3	0.4	27.0	0	6	1	0.31
99		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
100												
101		Chicken, Popcorn, WG CN(3.36oz)	10 each	95	255	15.5	14.4	15.5	22	37	388	2.22
102		Rice, Brown, Vegetable (Eagan)	1/2 cup	135	134	3.2	2.3	25.9	0	12	30	0.68
103		Broccoli, Florets, Raw	3/4 cup	54	15	1.6	0.2	2.8	0	26	15	0.48
104		Ind, Sauce, Sweet N Sour, 1oz	1 each	28	42	0.1	0.0	10.7	0	3	104	0.06
105		Ind, Fruit, Strawberry Cup, 4 oz	1 each	113	109	0.6	0.1	29.4	0	12	3	0.67
106		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
107												
108		Chicken, Baked, Breast Filet, BBQ, Ckd, (CN)	1 each	98	149	20.4	2.7	11.6+	65	9+	513	0.18+
109		Bread, Bun, Hamburger, White Wheat (Eagan)	1 each	57	160	6.0	2.0	28.0	0	70	250	2.00
110		Corn, Whole Kernel, Frozen, LF, LS *	3/4 cup	250	120	4.1	1.1	28.2	0	9	7	0.57
111		Orange, Fresh *	1 each	96	45	0.9	0.1	11.2	0	38	0	0.10
112		Sauce, BBQ, 1 oz *	1 oz	32	41	0.2	0.2	9.8	0	8	247	0.15
113		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
114												
115		Vegetarian.Cheese Stick, Bosco CN	2 each	122	300	20.0	10.0	34.0	30	444	440	
116		Sauce, Marinara, 2 oz	2 oz	83	37	1.1	1.2	5.6	1	23	319	0.58
117		Carrots, Baby, Raw	3/4 cup	136	48	0.9	0.2	11.2	0	44	106	1.21
118		Apple, Fresh	1 each	127	66	0.3	0.2	17.5	0	8	1	0.15
119		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
120												
121												
122	8/23,9/20,10/18,11/15,12/13,1/10,2/7,3/7,4/4,5/2,5/30,6/27,7/25											
123												
124		Beef, Meatballs, w/ Marinara Sauce (CN)	5 each	201	201	13.5	12.6	9.5	39	54	625	2.54
125		Bread, Bun, Hoagie, White Whole Grain (Eagan)	1 each	71	190	7.0	2.5	35.0		65	310	1.00
126		Cheese, Shredded, Mozzarella, 1/2 oz	1/2 ounce	14	42	3.4	2.8	0.8	9	99	94	0.03
127		Carrots, Baby, Raw	3/4 cup	136	48	0.9	0.2	11.2	0	44	106	1.21

	A	B	C	D	E	F	G	H	I	J	P	Q
128		Ind, Fruit, Applesauce, 4 oz Cup (Commodity)	1 each	128	54	0.2	0.1	14.4	0	5	3	0.29
129		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
130												
131		Chicken, Breaded Patty, CN	1 each	99	220	15.0	13.0	10.0	50	24	371	0.72
132		Bread, Bun, Hamburger, White Wheat (Eagan)	1 each	57	160	6.0	2.0	28.0	0	70	250	2.00
133		Cheese, Sliced, American, 1/2 oz	1/2 ounce	28	104	5.1	8.7	1.4	28	296	474	0.18
134		Salad, Lettuce, Shredded	1/2 cup	38	5	0.3	0.1	1.1	0	7	4	0.15
135		Cucumbers, Sliced	1/2 cup	140	21	0.9	0.2	5.1	0	22	3	0.39
136		Ind, Mayonnaise *	1 each	12	83	0.0	9.3	0.0	0	1	58	0.03
137		Apple, Fresh	1 each	127	66	0.3	0.2	17.5	0	8	1	0.15
138		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
139												
140		Beef, Sloppy Joe, RTU, (CN)	1/2 cup	113	162	14.2	2.0	22.3		49	891	
141		Bread, Bun, Hamburger, White Wheat (Eagan)	1 each	57	160	6.0	2.0	28.0	0	70	250	2.00
142		Corn, Whole Kernel, Frozen, LF, LS *	3/4 cup	250	120	4.1	1.1	28.2	0	9	7	0.57
143		Ind, Fruit, Peaches, 4.4oz Cup (Commodity)	1 each	128	71	0.7	0.1	18.4	0	4	6	0.46
144		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
145												
146		Chicken, Tenders, WG, CN	3 each	147	300	24.1	13.5	14.85	55.5	0	391.5	0
147		Ind, Sauce, BBQ, 1 oz	1 each	9	16	0.1	0.1	3.8	0	3	96	0.06
148		Bread, Roll, Tea Biscuit WG (Eagan)	1 each	28	80	3.0	1.0	14.0		34	130	1.00
149		Beans, Baked, Cnd, Vegetarian	3/4 cup	229	265	12.3	0.8	0.0	0	88	265	3.35
150		Orange, Fresh *	1 each	96	45	0.9	0.1	11.2	0	38	0	0.1
151		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
152												
153		^Chicken, Taco Meat, Diced, 2 oz	1/2 cup	136	137	19.9	4.6	4.2	61	20	646	1.32
154		Chips, Tortilla, WG, Bulk (CN) 1oz	10 each	28.5	134	2	5.85	19.2	0	30	143	0.43
155		Salad, Lettuce, Romaine, Shredded	1/2 cup	36	6	0.4	0.1	1.2	0	12	3	0.34
156		Cheese, Shredded, Cheddar, 1/2 oz	1/2 ounce	14	57	3.2	4.7	0.4	14	101	93	0.02
157		Broccoli, Florets Raw	1/4 cup	18	5	0.5	0.1	0.9	0	9	5	0.16
158		Ind, Fruit, Mix, 4 oz Cup (Commodity)	1 each	128	71	0.7	0.1	18.4	0	4	6	0.46
159		Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	2.4	12.2	12	306	108	0.07
160												

	A	B	C	D	E	F	G	H	I	J	P	Q
161												
162												