

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/01/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
8716a	STRING CHEESE	80.0	8.0	0.0	5.0	3.0	15.0	200.0	0.0					40.0	0.0	
83074	Blueberry Muffin	187.0	2.7	28.9	7.1	1.0	14.8	27.2	0.8	0.8	75.5	0.1	0.1	96.1	0.0	72.8
552	Apple-Cranberry Juice	67.0	0.1	16.7	0.1			10.8	0.3	0.1	11.1	0.0	0.1		21.5	63.0
880	Assorted Jelly	35.0	0.0	9.0	0.0	0.0	0.0	0.0	0.0					0.0	0.0	
@MILK	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		490.0	19.3	74.1	13.7	5.0	38.3	534.0	1.6	0.9	335.1	0.6	0.3	278.1	21.5	549.8
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/04/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
4469	FROOT LOOPS REDUCED SUGA	110.0	2.0	24.0	1.0	0.5	0.0	0.0	3.6	4.0		0.3	0.3	80.0	12.0	
4451	Apple Breakfast Square	170.0	2.0	30.0	5.0	1.5	0.0	0.0	1.1					0.0	0.0	
542	Blended Fruit Juice	58.0	0.2	14.3				12.0	0.3	0.2	9.5	0.0	0.1	0.2	28.5	151.0
@MILK	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		459.0	12.7	87.8	7.5	3.0	8.5	308.0	5.5	4.2	258.0	0.8	0.5	222.2	40.5	565.0
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/05/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
6756	BREAKFAST BURRITO	153.8	7.9	15.9	6.8	3.2	58.6	109.5	1.3					62.5	2.5	
874	Taco Sauce	5.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0					20.0	0.0	
552	Apple-Cranberry Juice	67.0	0.1	16.7	0.1			10.8	0.3	0.1	11.1	0.0	0.1		21.5	63.0
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		346.8	16.5	53.1	8.4	4.2	67.1	416.3	2.1	0.1	259.6	0.5	0.2	224.5	24.0	477.0
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/06/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
8345	STRAWBERRY YOGURT	90.0	3.0	19.0	0.0	0.0	0.0	300.0	0.0					0.0	0.0	
83075	Banana Muffin	188.0	2.9	27.8	7.5	1.1	15.9	42.7	0.9	0.9	99.1	0.1	0.1	102.9	0.0	77.9
880	Assorted Jelly (2)	70.0	0.0	18.0	0.0	0.0	0.0	0.0	0.0					0.0	0.0	
538	Orange Juice	65.5	0.3	16.8	0.1	0.0	0.0	10.5	0.5	0.3	15.8	0.1	0.0	28.1	41.5	156.0
@MILK	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		534.5	14.7	101.1	9.1	2.1	24.4	649.2	1.9	1.2	363.4	0.7	0.2	273.0	41.5	647.9
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/07/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	
820252	NO SCHOOL																
Totals																	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																	

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/08/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	
820252	NO SCHOOL																
Totals																	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																	

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/11/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
820252	NO SCHOOL															
Totals																
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/12/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
8394	FROSTED FLAKES (LOW SUGAR	100.0	2.0	24.0	0.0	0.0	0.0	0.0	8.1	7.0		0.6	0.5	150.0	21.0	
4394	Animal Grahams	120.0	2.0	20.0	4.5	0.0	0.0	0.0	0.7					0.0	0.0	
538	Orange Juice	65.5	0.3	16.8	0.1	0.0	0.0	10.5	0.5	0.3	15.8	0.1	0.0	28.1	41.5	156.0
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		406.5	12.8	80.3	6.1	1.0	8.5	306.5	9.8	7.3	264.3	1.2	0.6	320.1	62.5	570.0
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/13/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
4467	APPLE JACKS REDUCED SUGA	110.0	2.0	24.0	1.0	0.5	0.0	0.0	3.6	4.0		0.3	0.3	80.0	12.0	
8881	Donut	220.0	2.0	28.0	11.0	5.0	15.0	200.0	1.9					0.0	0.0	
539	Grape Juice	67.0	0.3	16.8				10.7	0.5	0.2	11.0	0.0	0.5	0.4	20.4	85.5
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		518.0	12.8	88.3	13.5	6.5	23.5	506.7	6.5	4.2	259.5	0.8	0.9	222.4	32.4	499.5
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/14/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
13018	CHEESE OMELET	125.3	7.4	1.5	9.8	3.7	164.4	87.6	0.7		85.2		0.0	67.1	0.0	64.3
177	English Muffin	110.0	4.0	22.0	1.0	0.0	0.0	80.0	1.8					0.0	0.0	
880	Assorted Jelly	35.0	0.0	9.0	0.0	0.0	0.0	0.0	0.0					0.0	0.0	
553	Apple Juice	57.0	0.1	14.5	0.0	0.0	0.0	11.3	0.3	0.1	11.2	0.1	0.5	0.0	20.5	125.0
@MILK	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		448.3	20.0	66.5	12.3	4.7	172.9	474.9	3.3	0.1	344.9	0.6	0.6	209.1	20.5	603.3
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/15/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
83064	Rockin' Raisin Muffin	312.5	4.0	50.8	12.5	1.8	23.8	77.3	2.0	1.4	92.6	0.1	0.2	172.3	0.3	194.8
542	Blended Fruit Juice	58.0	0.2	14.3				12.0	0.3	0.2	9.5	0.0	0.1	0.2	28.5	151.0
880	Assorted Jelly	35.0	0.0	9.0	0.0	0.0	0.0	0.0	0.0					0.0	0.0	
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		526.5	12.7	93.6	14.0	2.8	32.3	385.3	2.8	1.6	350.6	0.6	0.4	314.5	28.8	759.8
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/18/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
6591	TOASTY O'S	100.0	3.0	18.0	1.5	0.0	0.0	80.0	10.8	5.0	100.0	0.4	0.3	80.0	4.8	90.0
4450	Apple Waffle Crackers	120.0	2.0	21.0	4.0	1.0	0.0	0.0	0.7					0.0	0.0	
538	Orange Juice	65.5	0.3	16.8	0.1	0.0	0.0	10.5	0.5	0.3	15.8	0.1	0.0	28.1	41.5	156.0
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		406.5	13.8	75.3	7.1	2.0	8.5	386.5	12.5	5.3	364.3	1.0	0.4	250.1	46.3	660.0
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/19/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
16874	CHICKEN BISCUIT	293.0	11.0	33.0	12.0	2.5	14.0	157.0	2.4					3.3	0.0	
845	Honey	25.0	0.0	7.0	0.0	0.0	0.0	0.0	0.0					0.0	0.0	
553	Apple Juice	57.0	0.1	14.5	0.0	0.0	0.0	11.3	0.3	0.1	11.2	0.1	0.5	0.0	20.5	125.0
@MILK	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		496.0	19.6	74.0	13.5	3.5	22.5	464.3	3.2	0.1	259.7	0.6	0.6	145.3	20.5	539.0
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/20/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
8345	STRAWBERRY YOGURT	90.0	3.0	19.0	0.0	0.0	0.0	300.0	0.0					0.0	0.0	
83074	Blueberry Muffin	187.0	2.7	28.9	7.1	1.0	14.8	27.2	0.8	0.8	75.5	0.1	0.1	96.1	0.0	72.8
880	Assorted Jelly	35.0	0.0	9.0	0.0	0.0	0.0	0.0	0.0					0.0	0.0	
542	Blended Fruit Juice	58.0	0.2	14.3				12.0	0.3	0.2	9.5	0.0	0.1	0.2	28.5	151.0
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		491.0	14.4	90.7	8.6	2.0	23.3	635.2	1.6	1.0	333.5	0.6	0.3	238.3	28.5	637.8
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/21/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
13031	WHOLE GRAIN PANCAKE W/TKY	127.8	9.7	15.3	3.6	0.8	23.6	71.5	1.5	1.6	87.1	0.1	0.0	8.0	0.1	141.0
6131	Syrup	73.3	0.0	18.6	0.0	0.0	0.0	0.0	0.0					0.0	0.0	
539	Grape Juice	67.0	0.3	16.8				10.7	0.5	0.2	11.0	0.0	0.5	0.4	20.4	85.5
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		389.1	18.5	70.2	5.1	1.8	32.1	378.2	2.5	1.8	346.6	0.6	0.6	150.4	20.5	640.5
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/22/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
4469	FROOT LOOPS REDUCED SUGA	110.0	2.0	24.0	1.0	0.5	0.0	0.0	3.6	4.0		0.3	0.3	80.0	12.0	
8881	Donut	220.0	2.0	28.0	11.0	5.0	15.0	200.0	1.9					0.0	0.0	
538	Orange Juice	65.5	0.3	16.8	0.1	0.0	0.0	10.5	0.5	0.3	15.8	0.1	0.0	28.1	41.5	156.0
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		516.5	12.8	88.3	13.6	6.5	23.5	506.5	6.5	4.3	264.3	0.9	0.4	250.1	53.5	570.0
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/25/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
6589	OAT BLENDERS	110.0	2.0	24.0	1.0	0.0	0.0	0.0	8.1	5.0	60.0	0.4	0.4	100.0	6.0	
4451	Apple Breakfast Square	170.0	2.0	30.0	5.0	1.5	0.0	0.0	1.1					0.0	0.0	
542	Blended Fruit Juice	58.0	0.2	14.3				12.0	0.3	0.2	9.5	0.0	0.1	0.2	28.5	151.0
@MILK	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		459.0	12.7	87.8	7.5	2.5	8.5	308.0	10.0	5.2	318.0	0.9	0.6	242.2	34.5	565.0
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/26/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
1395	WAFFLES W/ TURKEY SAUSAGE	185.5	11.5	25.0	5.6	0.6	21.0	101.3	2.3	1.6	87.1	0.1	0.0	6.6	0.1	141.0
539	Grape Juice	67.0	0.3	16.8				10.7	0.5	0.2	11.0	0.0	0.5	0.4	20.4	85.5
6131	Syrup	73.3	0.0	18.6	0.0	0.0	0.0	0.0	0.0					0.0	0.0	
@MILK	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		446.8	20.3	79.9	7.1	1.6	29.5	408.0	3.3	1.8	346.6	0.6	0.6	149.0	20.5	640.5
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/27/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
820252	NO SCHOOL															
Totals																
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/28/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	
820260	THANKSGIVING																
Totals																	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																	

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 11/29/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
820252	NO SCHOOL															
Totals																
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/01/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n183	RIB B QUE	100.9	8.6	4.8	5.7	2.1	23.8	16.1	0.9	0.1	0.2	0.0	0.0	29.4	0.7	9.7
n33012	TURKEY BURGER	62.5	6.9	1.1	3.4	0.9	18.9	17.0	0.8	0.3	29.4	0.0	0.0	2.4	0.0	106.3
@wghamb	Hamburger Bun	149.0	4.9	22.8	2.0	0.5	0.0	59.0	1.4	2.1	62.0	0.1	0.2	0.0	0.0	152.0
444	Maple Baked Beans	142.7	7.3	29.0	0.0	0.0	0.0	48.4	2.0	0.0	3.9	0.0	0.0	0.9	0.1	30.5
87510	Crunchy Celery Sticks	5.0	0.2	1.0	0.1	0.0	0.0	13.0	0.1	0.1	8.0	0.0	0.0	7.0	1.0	84.0
964	Ranch Dressing	50.0	0.0	1.0	5.0	1.0	5.0	0.0	0.0					0.0	0.0	
7524	Fresh Pear	67.0	0.6	25.7	0.2	0.0	0.0	10.0	0.2	0.2	18.0	0.0	0.0	1.0	4.8	137.0
860a	Mustard	3.0	0.2	0.2	0.2	0.0	0.0	3.0	0.1	0.0	5.0	0.0	0.0	0.0	0.1	6.0
861a	Ketchup	7.0	0.1	1.8	0.0	0.0	0.0	1.0	0.0	0.1	2.0	0.0	0.0	3.0	1.1	27.0
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	290.6	0.5	0.0	248.5	0.4	0.1	142.0	0.0	414.0
8961	Utensil Pack															
4207	Parchment Paper															
4259	Plate															
5471	Saddle Bag Clear															
Totals		708.1	37.3	106.9	18.1	5.5	56.2	458.1	6.0	2.9	377.0	0.5	0.3	185.7	7.8	966.5
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/04/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
7295	BEAN & CHEESE BURRITO	145.6	7.8	20.5	4.2	1.8	7.7	85.5	1.7					0.0	0.8	
n11494	Salsa Cup	13.8	2.2	2.8	0.1	0.0	0.0	28.7	0.3	0.4	2.2	0.0	0.0	35.7	2.3	137.4
n17080	SAUSAGE PIZZA WEDGE	144.7	9.4	15.6	5.3	2.0	11.4	185.8	1.1	0.5	74.3	0.1	0.1	78.8	1.4	13.5
400	Whole Kernel Corn	80.0	2.5	17.1	1.5	0.2	0.0	3.5	0.3	1.4	58.0	0.1	0.1	20.3	5.3	176.3
7087	Fresh Baby Carrots*	6.5	0.1	1.5	0.1	0.0	0.0	6.0	0.2	0.1	5.0	0.0	0.0	762.4	0.5	43.5
836	Fat Free Ranch Dressing	5.0	0.0	1.0	0.0	0.0	0.0									
4326	Orange Sorbet 100% Juice	60.0	0.0	17.0	0.0	0.0	0.0	60.0	0.4					750.0	60.0	
808	BBQ Sauce	9.5	0.0	2.3	0.0	0.0	0.0	0.0	0.1					8.4	0.0	
@milk	Milk	132.4	8.5	19.5	1.5	0.4	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	442.8
8961	Utensil Pack															
4207	Parchment Paper															
4259	Plate															
Totals		597.5	30.5	97.3	12.7	4.4	27.6	665.5	4.6	2.4	388.0	0.7	0.3	1797.6	70.3	813.5
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Preferred Meal Systems

Daily Nutrient Values

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/05/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n12317	POPCORN CHICKEN	104.9	7.5	6.0	7.0	0.3	17.5	10.0	0.7					10.0	0.0	
4260a	HOT DOG	70.0	3.0	1.5	6.0	1.5	15.0	10.0	0.4		0.0			0.0	0.0	0.0
@wghot	WW Hot Dog Bun	56.0	1.9	10.1	1.0	0.3	0.0	21.5	0.5	0.8	47.0	0.1	0.1	0.0	0.0	57.0
@SALADBAR	Salad Bar Selections															
87625	Mixed Greens Salad	9.0	1.0	1.7	0.1	0.0	0.0	15.0	0.3	0.2	21.0	0.0	0.0	155.0	285.9	103.0
87649	Onions	14.0	0.4	3.3	0.0	0.0	0.0	8.0	0.1	0.0	10.0	0.0	0.0	0.0	2.6	52.0
87627	Carrot Sticks	12.0	12.0	2.8	0.1	0.0	0.0	10.0	0.1	0.3	10.0	0.0	0.0	246.0	1.7	94.0
871	Fat Free French Dressing	5.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0					0.0	0.0	
803241	Cinnamon Applesauce	55.2	0.0	13.3	0.0	0.0	0.0	1.8	0.1					0.1	0.0	
@milk	Milk	121.0	8.8	24.0	1.2	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	442.8
8961	Utensil Pack															
5370	Food Tray															
4207	Parchment Paper															
4259	Plate															
5626	Sandwich Bag															
5469	Saddle Bag Hot Dog															
5593A	Salad Bar Tray															
Totals		447.1	34.6	63.7	15.4	3.1	41.0	372.3	2.7	1.3	336.5	0.6	0.2	553.1	290.2	748.8
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/06/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
N22326	MEATLOAF W/TOMATO SAUCE &	150.2	9.4	12.6	7.6	2.2	20.5	57.1	1.0	0.8	59.5	0.1	0.1	61.7	32.4	218.8
n33008	CHARBROILED HAMBURGER	73.4	6.3	0.7	5.0	1.9	20.0	12.8	0.6	0.4	41.6	0.0	0.0	0.0	0.0	210.9
87649	Onions	7.0	0.2	1.7	0.0	0.0	0.0	4.0	0.1	0.0	5.0	0.0	0.0	0.0	1.3	26.0
@wghamb	Hamburger Bun	149.0	4.9	28.6	2.0	0.7	0.0	59.0	2.0	2.3	125.0	0.1	0.1	0.0	0.0	152.0
428	Potato Rounds	154.0	1.8	18.1	5.4	3.2	0.0	0.0	0.3					0.0	0.0	253.7
803246	Diced Peaches	61.7	2.2	15.0	0.0	0.0	0.0	3.9	0.4	0.6	11.0	0.0	0.0	18.2	2.5	102.4
860a	Mustard	1.5	0.1	0.1	0.1	0.0	0.0	1.5	0.1	0.0	2.5	0.0	0.0	0.0	0.1	3.0
861a	Ketchup	3.5	0.1	0.9	0.0	0.0	0.0	0.5	0.0	0.1	1.0	0.0	0.0	1.5	0.6	13.5
8762	Multigrain Sun Chips	140.0	2.0	18.0	6.0	1.0	0.0	0.0	0.4	0.4	40.0	0.0	0.0	0.0	0.0	60.0
@milk	Milk	121.0	8.8	24.0	1.5	1.0	8.5	290.6	0.8	0.0	258.4	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
4207	Parchment Paper															
4259	Plate															
5471	Saddle Bag Clear															
5626	Sandwich Bag															
Totals		861.3	35.8	119.7	27.6	10.0	49.0	429.4	5.7	4.6	544.0	0.7	0.3	223.4	36.9	1454.3
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/07/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	
820252	NO SCHOOL																
Totals																	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																	

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/08/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
820252	NO SCHOOL															
Totals																
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Preferred Meal Systems

Daily Nutrient Values

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/11/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
820252	NO SCHOOL															
Totals																
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/12/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n11094	MINI CORN DOGS & CHICKEN	81.7	4.2	8.5	3.6	0.8	14.4	19.7	0.7	1.1		0.0	0.0	7.8	0.0	
n17078	CHEESE PIZZA WEDGE	214.6	13.9	21.8	8.1	3.3	16.1	328.2	1.3	0.4	156.0	0.1	0.1	117.5	2.2	28.3
n1036	California Blend Veggies	50.8	2.7	8.6	1.2	0.2	0.0	52.9	0.7	0.7	61.6	0.1	0.1	422.7	53.2	395.8
803252	Mixed Fruit Cup	64.5	2.2	15.6	0.0	0.0	0.0	7.9	0.3	0.4	8.2	0.0	0.0	7.8	4.2	100.6
861a	Ketchup	7.0	0.1	1.8	0.0	0.0	0.0	1.0	0.0	0.1	2.0	0.0	0.0	3.0	1.1	27.0
860a	Mustard	1.5	0.1	0.1	0.1	0.0	0.0	1.5	0.1	0.0	2.5	0.0	0.0	0.0	0.1	3.0
@milk	Milk	121.0	8.5	19.5	1.2	0.4	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	442.8
8961	Utensil Pack															
5370	Food Tray															
4259	Plate															
4207	Parchment Paper															
Totals		541.1	31.7	75.9	14.2	4.7	39.0	707.2	3.6	2.7	478.8	0.7	0.3	700.8	60.8	997.5
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/13/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n183	RIB B QUE	100.9	8.6	4.8	5.7	2.1	23.8	16.1	0.9	0.1	0.2	0.0	0.0	29.4	0.7	9.7
n33001	WG CRISPY CHICKEN FILET	93.5	8.0	6.5	5.0	0.5	21.0	17.0	1.0	1.0		0.0	0.0	14.3		
@wghamb	Hamburger Bun	134.0	4.9	28.6	3.1	0.7	0.0	59.0	2.0	2.1	62.0	0.1	0.1	0.0	0.0	82.0
444	Maple Baked Beans	142.7	7.3	29.0	0.0	0.0	0.0	48.4	2.0	0.0	3.9	0.0	0.0	0.9	0.1	30.5
87361	Romaine Salad	5.0	0.4	0.9	0.1	0.0	0.0	9.0	0.3	0.1	9.0	0.0	0.0	124.0	1.1	70.0
836	Fat Free Ranch Dressing	10.0	0.0	2.0	0.0	0.0	0.0									
7521	Fresh Apple	64.0	0.3	16.9	0.2	0.0	0.0	7.0	0.2	0.1	13.0	0.0	0.0	4.0	5.6	131.0
861a	Ketchup	3.5	0.1	0.9	0.0	0.0	0.0	0.5	0.0	0.1	1.0	0.0	0.0	1.5	0.6	13.5
860a	Mustard	1.5	0.1	0.1	0.1	0.0	0.0	1.5	0.1	0.0	2.5	0.0	0.0	0.0	0.1	3.0
808	BBQ Sauce	9.5	0.0	2.3	0.0	0.0	0.0	0.0	0.1					8.4	0.0	
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	290.6	0.5	0.0	248.5	0.4	0.1	142.0	0.0	442.8
8961	Utensil Pack															
4207	Parchment Paper															
4259	Plate															
5468	Saddle Bag Cheeseburger															
5470	Saddle Bag Chicken															
5626	Sandwich Bag															
Totals		685.6	38.2	111.5	15.7	4.3	53.3	449.1	7.1	3.5	340.1	0.5	0.2	324.5	8.2	782.5
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/14/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
N13238	BBQ CHICKEN	91.2	10.9	8.8	1.5	0.0	23.7	19.4	0.9	1.6	0.5	0.0	0.0	61.2	1.9	22.2
@wghamb	Hamburger Bun	74.5	2.5	14.3	1.0	0.3	0.0	29.5	1.0	1.1	31.0	0.1	0.1	0.0	0.0	76.0
4260a	HOT DOG	70.0	3.0	1.5	6.0	1.5	15.0	10.0	0.4		0.0			0.0	0.0	0.0
@wghot	WW Hot Dog Bun	56.0	1.9	10.1	1.4	0.2	0.0	21.5	0.5	1.0	27.5	0.1	0.1	0.0	0.0	57.0
@SALADBAR	Salad Bar Selections															
87625	Mixed Greens Salad	9.0	1.0	1.7	0.1	0.0	0.0	15.0	0.3	0.2	21.0	0.0	0.0	155.0	285.9	103.0
87056	Fresh Broccoli Florets	9.0	1.0	1.7	0.1	0.0	0.0	15.0	0.3	0.2	21.0	0.0	0.0	48.0	285.9	103.0
87066	Cucumber Coins	5.0	0.2	1.1	0.0	0.0	0.0	5.0	0.1	0.0	7.0	0.0	0.0	2.0	0.9	45.0
871	Fat Free French Dressing	5.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0					0.0	0.0	
7523	Fresh Orange	61.0	1.2	15.2	0.2	0.0	0.0	52.0	0.1	0.4	18.0	0.1	0.1	14.0	68.8	256.0
861a	Ketchup	3.5	0.1	0.9	0.0	0.0	0.0	0.5	0.0	0.1	1.0	0.0	0.0	1.5	0.6	13.5
860a	Mustard	1.5	0.1	0.1	0.1	0.0	0.0	1.5	0.1	0.0	2.5	0.0	0.0	0.0	0.1	3.0
@milk	Milk	132.4	8.8	19.5	1.5	1.0	8.5	296.0	0.5	0.0	258.4	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
4207	Parchment Paper															
4259	Plate															
5626	Sandwich Bag															
5469	Saddle Bag Hot Dog															
5470	Saddle Bag Chicken															
5593A	Salad Bar Tray															
Totals		518.1	30.7	75.9	11.9	3.0	47.2	465.4	4.2	4.6	387.9	0.8	0.4	423.7	644.1	1092.7
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/15/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n1594	MINI RAVIOLI WITH SAUCE	147.0	9.8	20.0	3.7	1.0	25.1	58.2	0.9	0.5	2.0	0.1	0.1	61.9	2.7	6.1
n33012	TURKEY BURGER	62.5	6.9	1.1	3.4	0.9	18.9	17.0	0.8	0.3	29.4	0.0	0.0	2.4	0.0	106.3
@wghamb	Hamburger Bun	149.0	4.9	22.8	2.0	0.5	0.0	48.0	1.4	2.3	125.0	0.2	0.1	0.0	0.0	152.0
414	Diced Carrots	45.0	0.9	8.8	1.1	0.2	0.0	0.2	0.3	0.0	32.3	0.1	0.0	781.6	0.0	294.9
87510	Celery Sticks	2.5	0.1	0.5	0.1	0.0	0.0	6.5	0.1	0.1	4.0	0.0	0.0	3.5	0.5	42.0
836	Fat Free Ranch Dressing	5.0	0.0	1.0	0.0	0.0	0.0									
803246	Peach Cup	61.7	2.2	15.0	0.0	0.0	0.0	3.9	0.4	0.6	11.0	0.0	0.0	18.2	2.5	102.4
4454	Oatmeal Cookie	130.0	2.0	21.0	5.0	1.0	0.0	0.0	0.7					0.0	0.0	
@milk	Milk	121.0	8.5	19.5	1.5	0.4	6.4	296.0	0.5	0.0	258.4	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
4207	Parchment Paper															
4259	Plate															
5626	Sandwich Bag															
861a	Ketchup	7.0	0.1	1.8	0.0	0.0	0.0	1.0	0.0	0.1	2.0	0.0	0.0	3.0	1.1	27.0
860a	Mustard	3.0	0.2	0.2	0.2	0.0	0.0	3.0	0.1	0.0	5.0	0.0	0.0	0.0	0.1	6.0
Totals		733.7	35.6	111.7	17.0	4.0	50.4	433.8	5.2	3.9	469.1	0.9	0.3	1012.6	6.9	1150.7
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/18/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n13204	CHICKEN TENDERS WITH POT	133.1	8.5	10.3	6.4	0.5	21.0	17.0	1.1	1.0		0.0	0.0	21.5	0.9	103.7
n17078	CHEESE PIZZA WEDGE	153.3	9.9	15.6	5.8	2.4	11.5	235.0	0.9	0.3	111.4	0.1	0.1	84.0	1.4	20.2
402	Garden Peas	83.8	5.1	13.7	1.2	0.2	0.0	23.8	1.4	2.0	102.3	0.1	0.3	48.0	37.9	231.1
803251	Strawberry Applesauce	54.0	0.0	12.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		0.0
861a	Ketchup	3.5	0.1	0.9	0.0	0.0	0.0	0.5	0.0	0.1	1.0	0.0	0.0	1.5	0.6	13.5
808	BBQ Sauce	9.5	0.0	2.3	0.0	0.0	0.0	0.0	0.1					8.4	0.0	
@milk	Milk	121.0	8.5	19.5	1.2	0.4	8.5	290.6	0.5	0.0	248.5	0.4	0.1	142.0	0.0	442.8
8961	Utensil Pack															
5370	Food Tray															
4207	Parchment Paper															
4259	Plate															
Totals		558.2	32.1	75.1	14.6	3.5	41.0	566.9	4.0	3.4	463.2	0.6	0.5	305.4	40.8	811.3
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/19/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
12231	TERIYAKI GLAZED CHICKEN W	122.1	9.0	15.2	2.8	0.8	31.4	8.5	0.6	0.1	7.0	0.1	0.1	13.5	2.1	97.7
4260a	HOT DOG	70.0	3.0	1.5	6.0	1.5	15.0	10.0	0.4		0.0			0.0	0.0	0.0
@wghot	Hot Dog Bun	119.0	3.7	21.5	2.0	0.6	0.0	45.0	1.8	1.5	55.0	0.1	0.1	0.0	0.0	114.0
@SALADBAR	Salad Bar Selections															
87625	Mixed Greens Salad	9.0	1.0	1.7	0.1	0.0	0.0	15.0	0.3	0.2	21.0	0.0	0.0	155.0	285.9	103.0
87510	Crunchy Celery Sticks	5.0	0.2	1.0	0.1	0.0	0.0	13.0	0.1	0.1	8.0	0.0	0.0	7.0	1.0	84.0
87056	Fresh Broccoli Florets	9.0	1.0	1.7	0.1	0.0	0.0	15.0	0.3	0.2	21.0	0.0	0.0	48.0	285.9	103.0
964	Ranch Dressing	50.0	0.0	1.0	5.0	1.0	5.0	0.0	0.0					0.0	0.0	
803246	Peach Cup	61.7	2.2	15.0	0.0	0.0	0.0	3.9	0.4	0.6	11.0	0.0	0.0	18.2	2.5	102.4
4457	Vanilla Cookie	130.0	1.0	21.0	5.0	1.5	0.0	0.0	0.7					0.0	0.0	
@milk	Milk	121.0	8.5	19.5	1.5	0.4	8.5	290.6	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
5471	Saddle Bag Clear															
4259	Plate															
5593A	Salad Bar Tray															
Totals		696.8	29.6	99.1	22.6	5.8	59.9	401.0	5.1	2.7	371.5	0.7	0.3	383.7	577.4	1018.1
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Preferred Meal Systems

Daily Nutrient Values

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/20/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n12317	POPCORN CHICKEN	125.9	9.0	7.2	8.4	0.3	21.0	12.0	0.8					12.0	0.0	
n17079	PEPPERONI PIZZA WEDGE	126.4	7.6	12.6	5.3	1.9	10.1	154.1	0.8	0.2	59.4	0.0	0.0	63.0	1.1	10.8
@wghot	WW Hot Dog Bun	44.8	1.8	8.6	0.8	0.2	0.0	18.0	0.7	0.6	37.6	0.0	0.0	0.0	0.0	45.6
87625	Mixed Greens Salad	9.0	1.0	1.7	0.1	0.0	0.0	15.0	0.3	0.2	21.0	0.0	0.0	155.0	285.9	103.0
87066	Cucumber Coins	3.0	0.1	0.7	0.0	0.0	0.0	3.0	0.1	0.0	4.2	0.0	0.0	1.2	0.5	27.0
836	Fat Free Ranch Dressing	10.0	0.0	2.0	0.0	0.0	0.0									
803250	Pineapple Cup	67.7	2.2	16.2	0.1	0.0	0.0	14.5	0.3	0.2	4.8	0.0	0.1	3.5	9.6	103.0
808	BBQ Sauce	11.3	0.0	2.8	0.0	0.0	0.0	0.0	0.1					10.1	0.0	
7075	Fritos	120.0	1.0	12.0	8.0	1.0	0.0	20.0	0.0		20.0			0.0	0.0	
@milk	Milk	132.4	8.5	19.5	1.5	1.0	8.5	290.6	0.5	0.0	258.4	0.4	0.1	142.0	0.0	414.0
8961	Utensil Pack															
5626	Sandwich Bag															
4207	Parchment Paper															
4259	Plate															
5410	8 OZ FOAM BOWL															
Totals		650.5	31.2	83.3	24.2	4.4	39.6	527.2	3.6	1.2	405.4	0.4	0.2	386.8	297.1	703.4
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Preferred Meal Systems

Daily Nutrient Values

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/21/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n132215	ROTINI BAKE WITH MEATSAUC	110.0	6.6	12.3	3.8	1.5	11.4	62.9	0.8	0.6	49.2	0.0	0.0	73.5	2.1	92.5
30000	CHEESEBURGER	118.0	9.0	1.4	8.3	3.7	31.4	60.4	0.7	0.4	49.9	0.0	0.0	18.0	0.0	253.0
@wghamb	Hamburger Bun	134.0	4.9	28.6	2.0	0.5	0.0	48.0	2.0	2.1	125.0	0.1	0.2	0.0	0.0	152.0
@SALADBAR	Salad Bar Selections															
87625	Mixed Greens Salad	9.0	1.0	1.7	0.1	0.0	0.0	15.0	0.3	0.2	21.0	0.0	0.0	155.0	285.9	103.0
87627	Carrot Sticks	12.0	12.0	2.8	0.1	0.0	0.0	10.0	0.1	0.3	10.0	0.0	0.0	246.0	1.7	94.0
87066	Cucumber Coins	5.0	0.2	1.1	0.0	0.0	0.0	5.0	0.1	0.0	7.0	0.0	0.0	2.0	0.9	45.0
836	Fat Free Ranch Dressing	10.0	0.0	2.0	0.0	0.0	0.0									
7523	Fresh Orange	61.0	1.2	15.2	0.2	0.0	0.0	66.0	0.1	0.4	18.0	0.1	0.1	14.0	91.0	234.0
803250	Pineapple Cup	67.7	2.2	16.2	0.1	0.0	0.0	14.5	0.3	0.2	4.8	0.0	0.1	3.5	9.6	103.0
861a	Ketchup	7.0	0.1	1.8	0.0	0.0	0.0	1.0	0.0	0.1	2.0	0.0	0.0	3.0	1.1	27.0
860a	Mustard	3.0	0.2	0.2	0.2	0.0	0.0	3.0	0.1	0.0	5.0	0.0	0.0	0.0	0.1	6.0
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	258.4	0.5	0.1	142.0	0.0	442.8
8961	Utensil Pack															
4207	Parchment Paper															
4259	Plate															
5593A	Salad Bar Tray															
Totals		657.7	45.9	102.8	16.3	6.7	51.3	581.8	5.0	4.3	550.3	0.7	0.5	657.0	392.4	1552.3
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/22/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n13203	TURKEY BURGER WITH POTATO	90.2	7.4	5.3	4.5	1.2	18.9	17.0	0.9	0.3	29.4	0.0	0.0	2.4	0.9	196.8
n33000	GRILLED CHICKEN FILET	57.0	7.5	0.0	3.0	0.9	20.0	13.5	0.4							
@wghamb	Hamburger Bun	149.0	4.9	28.6	3.1	0.7	0.0	48.0	2.0	2.3	125.0	0.1	0.1	0.0	0.0	82.0
444	Maple Baked Beans	142.7	7.3	29.0	0.0	0.0	0.0	48.4	2.0	0.0	3.9	0.0	0.0	0.9	0.1	30.5
87510	Crunchy Celery Sticks	5.0	0.2	1.0	0.1	0.0	0.0	13.0	0.1	0.1	8.0	0.0	0.0	7.0	1.0	84.0
836	Fat Free Ranch Dressing	10.0	0.0	2.0	0.0	0.0	0.0									
7524	Fresh Pear	67.0	0.6	17.8	0.1	0.0	0.0	10.0	0.3	0.2	18.0	0.0	0.0	1.0	4.8	137.0
860a	Mustard	1.5	0.1	0.1	0.1	0.0	0.0	1.5	0.1	0.0	2.5	0.0	0.0	0.0	0.1	3.0
861a	Ketchup	7.0	0.1	1.8	0.0	0.0	0.0	1.0	0.0	0.1	2.0	0.0	0.0	3.0	1.1	27.0
808	BBQ Sauce	9.5	0.0	2.3	0.0	0.0	0.0	0.0	0.1					8.4	0.0	
@milk	Milk	121.0	8.5	24.0	1.5	1.0	8.5	296.0	0.5	0.0	258.4	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
5471	Saddle Bag Clear															
5470	Saddle Bag Chicken															
4207	Parchment Paper															
4259	Plate															
Totals		659.9	36.6	111.9	12.4	3.8	47.4	448.4	6.4	3.0	447.2	0.6	0.2	164.7	8.0	974.3
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/25/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
12289	CHICKEN DIPPERS W/TOMATO	156.9	9.8	9.8	9.0	1.9	23.4	52.6	1.2	3.6	21.5	0.1	0.1	97.7	2.4	10.4
1153	Marinara Dipping Sauce	39.1	1.5	4.0	1.9	0.3	0.2	9.5	0.2	0.6	2.9	0.1	0.1	70.6	2.4	7.0
7304	Whole Grain Breadstick	35.0	1.5	7.0	0.5	0.0	0.0	10.0	0.4	0.6		0.0	0.1	0.0	0.0	
n17078	CHEESE PIZZA WEDGE	151.9	9.9	15.6	5.8	2.4	11.5	235.0	0.9	0.3	111.4	0.1	0.1	90.1	1.6	20.2
400	Whole Kernel Corn	80.0	2.5	17.1	1.5	0.2	0.0	3.5	0.3	1.4	58.0	0.1	0.1	20.3	5.3	176.3
4326	Orange Sorbet 100% Juice	60.0	0.0	17.0	0.0	0.0	0.0	60.0	0.4					750.0	60.0	
@milk	Milk	132.4	8.8	19.5	1.2	1.0	8.5	290.6	0.8	0.0	258.4	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
5370	Food Tray															
4207	Parchment Paper															
4259	Plate															
Totals		655.3	34.0	90.0	19.9	5.8	43.6	661.2	4.2	6.5	452.2	0.9	0.6	1170.7	71.7	627.9
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/26/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
122941	TURKEY W/STUFFING GRAVY	180.2	11.9	20.2	5.5	0.9	25.8	40.2	1.4	0.3	18.8	0.1	0.1	46.2	29.6	53.8
@wgwheat	Whole Wheat Bread	35.0	1.9	5.9	0.5	0.1	0.0	15.0	0.4	0.7	28.5	0.1	0.1	0.0	0.0	35.0
n33002	WG MINI CORN DOGS	142.5	5.3	21.8	4.5	1.1	22.5	45.0	1.1					0.0	0.0	
@SALADBAR	Salad Bar Selections															
87625	Mixed Greens Salad	9.0	1.0	1.7	0.1	0.0	0.0	15.0	0.3	0.2	21.0	0.0	0.0	155.0	285.9	103.0
87649	Onions	14.0	0.4	3.3	0.0	0.0	0.0	8.0	0.1	0.0	10.0	0.0	0.0	0.0	2.6	52.0
87627	Carrot Sticks	12.0	12.0	2.8	0.1	0.0	0.0	10.0	0.1	0.3	10.0	0.0	0.0	246.0	1.7	94.0
871	Fat Free French Dressing	5.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0					0.0	0.0	
803241	Cinnamon Applesauce	55.2	0.0	13.3	0.0	0.0	0.0	1.8	0.1					0.1	0.0	
861a	Ketchup (2)	14.0	0.2	3.6	0.0	0.0	0.0	2.0	0.0	0.2	4.0	0.0	0.0	6.0	2.2	54.0
860a	Mustard	3.0	0.2	0.2	0.2	0.0	0.0	3.0	0.1	0.0	5.0	0.0	0.0	0.0	0.1	6.0
83065	Chocolate Chip Pumpkin	293.7	3.5	48.0	10.3	1.9	19.1	42.7	1.5	1.4	52.2	0.1	0.2	535.3	0.7	97.1
@milk	Milk	132.4	8.8	19.5	1.5	1.0	8.5	296.0	0.8	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
4259	Plate															
4207	Parchment Paper															
5471	Saddle Bag Clear															
5593A	Salad Bar Tray															
Totals		896.0	45.2	141.3	22.7	5.0	75.9	478.7	5.9	3.1	398.0	0.8	0.5	1130.6	322.8	908.9
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Preferred Meal Systems

Daily Nutrient Values

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/27/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
820252	NO SCHOOL															
Totals																
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Preferred Meal Systems

Daily Nutrient Values

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/28/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
820260	THANKSGIVING															
Totals																
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 11/29/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
820252	NO SCHOOL															
Totals																
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Preferred Meal Systems

Daily Nutrient Values

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/01/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n13150	PIZZA DIPPERS	290.0	17.0	30.0	12.0	5.0	20.0	350.0	1.8					60.0	0.0	
1153	Marinara Dipping Sauce	78.2	3.0	8.0	3.8	0.6	0.3	18.9	0.3	1.1	5.7	0.1	0.1	141.2	4.7	13.9
7087	Fresh Baby Carrots*	13.0	0.2	3.0	0.1	0.0	0.0	12.0	0.3	0.2	10.0	0.0	0.0	1524.8	1.0	87.0
836	FF Ranch Dressing	10.0	0.0	2.0	0.0	0.0	0.0									
7521	Fresh Apple	64.0	0.3	16.9	0.2	0.0	0.0	7.0	0.2	0.1	13.0	0.0	0.0	4.0	5.6	131.0
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		576.2	29.0	79.4	17.6	6.6	28.8	683.9	3.1	1.4	277.2	0.6	0.2	1872.0	11.3	645.9
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/04/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
7295	BEAN & CHEESE BURRITO	291.1	15.6	41.0	8.3	3.6	15.3	171.0	3.3					0.0	1.5	
n11494	Salsa Cup	27.5	4.3	5.6	0.2	0.0	0.0	57.3	0.6	0.7	4.3	0.0	0.0	73.5	4.5	274.8
400	Whole Kernel Corn	80.0	2.5	17.1	1.5	0.2	0.0	3.5	0.3	1.4	58.0	0.1	0.1	20.3	5.3	176.3
4326	Orange Sorbet 100% Juice	60.0	0.0	17.0	0.0	0.0	0.0	60.0	0.4					750.0	60.0	
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		579.6	30.9	100.2	11.5	4.8	23.8	587.8	5.1	2.1	310.8	0.6	0.2	985.8	71.3	865.1
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/05/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n17070	PEPPERONI PIZZA	320.8	20.0	31.2	13.3	5.0	26.1	431.1	2.0	0.4	185.7	0.1	0.1	156.5	2.8	33.7
403	Green Beans	37.8	1.4	5.9	1.0	0.2	0.0	33.2	0.7	0.4	25.0	0.1	0.1	33.2	10.1	145.6
803241	Cinnamon Applesauce	55.2	0.0	13.3	0.0	0.0	0.0	1.8	0.1					0.1	0.0	
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		534.8	29.9	69.9	15.8	6.2	34.6	762.1	3.3	0.8	459.2	0.7	0.3	331.8	12.9	593.3
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Preferred Meal Systems

Daily Nutrient Values

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/06/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n22326	MEATLOAF W/TOMATO SAUCE &	300.3	18.7	25.2	15.1	4.4	40.9	114.2	2.0	1.5	119.0	0.1	0.1	124.9	64.8	438.3
@wgwheat	Whole Wheat Bread	70.0	3.7	11.7	1.0	0.2	0.0	30.0	0.7	1.3	57.0	0.1	0.1	0.0	0.0	70.0
803246	Diced Peaches	61.7	2.2	15.0	0.0	0.0	0.0	3.9	0.4	0.6	11.0	0.0	0.0	18.2	2.5	102.4
8762	Multigrain Sun Chips	140.0	2.0	18.0	6.0	1.0	0.0	0.0	0.4	0.4	40.0	0.0	0.0	0.0	0.0	60.0
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		693.0	35.1	89.4	23.6	6.6	49.4	444.1	4.0	3.8	475.5	0.7	0.3	285.1	67.3	1084.7
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/07/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	
820252	NO SCHOOL																
Totals																	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																	

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/08/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	
820252	NO SCHOOL																
Totals																	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																	

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Preferred Meal Systems

Daily Nutrient Values

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/11/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
820252	NO SCHOOL															
Totals																
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/12/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n11094	MINI CORN DOGS & CHICKEN	270.9	14.0	28.4	12.0	2.6	47.7	65.4	2.3	3.6		0.0	0.0	25.7	0.0	
1041	Golden Potato Rounds	231.1	2.7	27.2	8.2	4.8	0.0	0.0	0.5					0.0	0.0	380.6
803252	Mixed Fruit Cup	64.5	2.2	15.6	0.0	0.0	0.0	7.9	0.3	0.4	8.2	0.0	0.0	7.8	4.2	100.6
860a	Mustard	3.0	0.2	0.2	0.2	0.0	0.0	3.0	0.1	0.0	5.0	0.0	0.0	0.0	0.1	6.0
861a	Ketchup	7.0	0.1	1.8	0.0	0.0	0.0	1.0	0.0	0.1	2.0	0.0	0.0	3.0	1.1	27.0
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		697.5	27.7	92.7	21.9	8.4	56.2	373.3	3.7	4.1	263.7	0.5	0.1	178.5	5.4	928.2
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/13/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n106	CHEESEBURGER	165.6	12.0	1.5	12.0	5.8	42.5	94.2	1.0	1.9	62.6	0.1	0.1	62.3	0.0	317.3
@wghamb	Hamburger Bun	149.0	4.9	28.6	2.0	0.5	0.0	59.0	1.4	2.1	125.0	0.1	0.1	0.0	0.0	152.0
444	Maple Baked Beans	142.7	7.3	29.0	0.0	0.0	0.0	48.4	2.0	0.0	3.9	0.0	0.0	0.9	0.1	30.5
7087	Fresh Baby Carrots*	13.0	0.2	3.0	0.1	0.0	0.0	12.0	0.3	0.2	10.0	0.0	0.0	1524.8	1.0	87.0
836	FF Ranch Dressing	10.0	0.0	2.0	0.0	0.0	0.0									
7521	Fresh Apple	64.0	0.3	16.9	0.2	0.0	0.0	7.0	0.2	0.1	13.0	0.0	0.0	4.0	5.6	131.0
860a	Mustard	3.0	0.2	0.2	0.2	0.0	0.0	3.0	0.1	0.0	5.0	0.0	0.0	0.0	0.1	6.0
861a	Ketchup	7.0	0.1	1.8	0.0	0.0	0.0	1.0	0.0	0.1	2.0	0.0	0.0	3.0	1.1	27.0
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		675.3	33.5	102.5	16.0	7.3	51.0	520.6	5.5	4.4	470.0	0.7	0.3	1737.0	7.9	1164.8
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/14/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n13238	BBQ CHICKEN	182.4	22.3	17.6	3.0	0.0	47.4	38.7	1.7	3.1	0.9	0.0	0.0	204.1	3.2	44.3
@wghamb	Hamburger Bun	149.0	4.9	28.6	2.0	0.5	0.0	59.0	1.4	2.1	125.0	0.1	0.1	0.0	0.0	152.0
87056	Fresh Broccoli Florets	9.0	1.0	1.7	0.1	0.0	0.0	15.0	0.3	0.2	21.0	0.0	0.0	48.0	285.9	103.0
836	Fat Free Ranch Dressing	10.0	0.0	2.0	0.0	0.0	0.0									
7523	Fresh Orange	61.0	1.2	15.2	0.2	0.0	0.0	52.0	0.1	0.4	18.0	0.1	0.1	14.0	68.8	234.0
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
5626	Sandwich Bag															
Totals		532.4	37.9	84.6	6.8	1.5	55.9	460.7	4.0	5.8	413.4	0.7	0.3	408.1	357.9	947.3
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/15/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n1594	MINI RAVIOLI WITH SAUCE	294.0	19.6	39.9	7.3	2.0	50.2	116.4	1.7	0.9	4.0	0.1	0.1	123.7	5.3	12.1
87510	Crunchy Celery Sticks	5.0	0.2	1.0	0.1	0.0	0.0	13.0	0.1	0.1	8.0	0.0	0.0	7.0	1.0	84.0
836	Fat Free Ranch Dressing	10.0	0.0	2.0	0.0	0.0	0.0									
803246	Diced Peaches	61.7	2.2	15.0	0.0	0.0	0.0	3.9	0.4	0.6	11.0	0.0	0.0	18.2	2.5	102.4
4454	Oatmeal Cookie	130.0	2.0	21.0	5.0	1.0	0.0	0.0	0.7					0.0	0.0	
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
5626	Sandwich Bag															
Totals		621.7	32.5	98.4	13.9	4.0	58.7	429.3	3.4	1.6	271.5	0.6	0.2	290.9	8.8	612.5
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/18/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
17060	FRENCH BREAD CHEESE PIZZ	373.7	22.8	47.1	11.1	5.2	23.0	418.9	3.0	3.5	222.8	0.4	0.5	167.9	2.8	40.4
402	Garden Peas	83.8	5.1	13.7	1.2	0.2	0.0	23.8	1.4	2.0	102.3	0.1	0.3	48.0	37.9	231.1
803251	Strawberry Applesauce	54.0	0.0	12.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		0.0
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		632.5	36.4	93.1	13.8	6.4	31.5	738.7	4.9	5.5	573.6	1.0	0.9	357.9	40.7	685.5
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/19/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
12231	TERIYAKI GLAZED CHICKEN	244.2	17.9	30.3	5.5	1.5	62.8	17.0	1.1	0.1	14.0	0.1	0.1	7.0	4.1	195.4
n1036	California Blend Veggies	50.8	2.7	9.1	1.2	0.2	0.0	52.9	0.7	0.9	61.6	0.1	0.1	422.7	53.2	395.8
803246	Diced Peaches	61.7	2.2	15.0	0.0	0.0	0.0	3.9	0.4	0.6	11.0	0.0	0.0	18.2	2.5	102.4
@wgwheat	Whole Wheat Bread	70.0	3.7	11.7	1.0	0.2	0.0	30.0	0.7	1.3	57.0	0.1	0.1	0.0	0.0	70.0
4457	Vanilla Cookie	130.0	1.0	21.0	5.0	1.5	0.0	0.0	0.7					0.0	0.0	
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		677.7	36.0	106.6	14.2	4.4	71.3	399.8	4.1	2.9	392.1	0.8	0.4	589.9	59.8	1177.6
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/20/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n12317	POPCORN CHICKEN	209.8	15.0	12.0	14.0	0.5	35.0	20.0	1.4					20.0	0.0	
87361	Romaine Salad	5.0	0.4	0.9	0.1	0.0	0.0	9.0	0.3	0.1	9.0	0.0	0.0	124.0	1.1	70.0
87066	Cucumber Coins	5.0	0.2	1.1	0.0	0.0	0.0	5.0	0.1	0.0	7.0	0.0	0.0	2.0	0.9	45.0
836	FF Ranch Dressing	10.0	0.0	2.0	0.0	0.0	0.0									
803250	Pineapple Tidbits	67.7	2.2	16.2	0.1	0.0	0.0	14.5	0.3	0.2	4.8	0.0	0.1	3.5	9.6	103.0
808	BBQ Sauce	18.9	0.0	4.6	0.0	0.0	0.0	0.0	0.2					16.8	0.0	
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
5593a	Salad Bar Tray															
6969	Plastic Wrap															
Totals		437.4	26.3	56.3	15.7	1.5	43.5	344.5	2.8	0.3	269.3	0.5	0.2	308.3	11.6	632.0
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/21/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n132215	ROTINI BAKE WITH MEATSAUC	292.4	16.5	34.0	9.6	3.8	28.6	157.3	2.1	1.6	122.9	0.1	0.1	183.8	5.2	231.2
7087	Fresh Baby Carrots*	13.0	0.2	3.0	0.1	0.0	0.0	12.0	0.3	0.2	10.0	0.0	0.0	1524.8	1.0	87.0
964	Ranch Dressing	50.0	0.0	1.0	5.0	1.0	5.0	0.0	0.0					0.0	0.0	
7522	Fresh Banana	105.0	1.3	27.0	0.4	0.1	0.0	6.0	0.3	0.8	26.0	0.1	0.0	22.8	10.3	422.0
4421	Cinnamon Sky Cookie	140.0	2.0	23.0	4.5	0.0	0.0	20.0	1.1					0.0	0.0	
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		721.4	28.5	107.5	21.1	5.9	42.1	491.3	4.3	2.6	407.4	0.7	0.2	1873.4	16.5	1154.2
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

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Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/22/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
n133515	HOT DOG W/ POTATO ROUNDS	187.0	4.9	12.1	11.7	4.6	25.0	0.0	0.9					0.0	12.0	126.9
@wghot	Hot Dog Bun	112.0	3.7	21.5	2.0	0.4	0.0	45.0	1.0	1.5	94.0	0.1	0.1	0.0	0.0	114.0
444	Maple Baked Beans	142.7	7.3	29.0	0.0	0.0	0.0	48.4	2.0	0.0	3.9	0.0	0.0	0.9	0.1	30.5
7524	Fresh Pear	67.0	0.4	17.8	0.1	0.0	0.0	10.0	0.2	0.2	13.0	0.0	0.0	1.0	4.8	137.0
860a	Mustard	3.0	0.2	0.2	0.2	0.0	0.0	3.0	0.1	0.0	5.0	0.0	0.0	0.0	0.1	6.0
861a	Ketchup (2)	14.0	0.2	3.6	0.0	0.0	0.0	2.0	0.0	0.2	4.0	0.0	0.0	6.0	2.2	54.0
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		646.7	25.2	103.7	15.5	6.0	33.5	404.4	4.7	1.9	368.4	0.6	0.2	149.9	19.2	882.4
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

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Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/25/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
12289	CHICKEN DIPPERS W/TOMATO	313.7	19.3	19.3	17.7	3.8	46.1	104.8	2.4	7.1	42.9	0.1	0.1	195.4	4.7	20.7
7304	Breadstick	70.0	3.0	14.0	1.0	0.0	0.0	20.0	0.7	1.2		0.0	0.1	0.0	0.0	
400	Whole Kernel Corn	80.0	2.5	17.1	1.5	0.2	0.0	3.5	0.3	1.4	58.0	0.1	0.1	20.3	5.3	176.3
4326	Orange Sorbet 100% Juice	60.0	0.0	17.0	0.0	0.0	0.0	60.0	0.4					750.0	60.0	
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		644.7	33.3	86.9	21.7	5.0	54.6	484.3	4.3	9.7	349.4	0.7	0.4	1107.7	70.0	611.0
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/26/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
122941	TURKEY W/STUFFING GRAVY	386.8	23.8	44.7	11.5	1.9	51.5	81.2	2.8	0.6	37.5	0.1	0.3	99.5	59.3	110.6
406	Broccoli	31.9	2.7	4.5	1.1	0.2	0.0	53.2	0.8	0.4	47.4	0.1	0.1	61.4	53.4	200.8
803246	Diced Peaches	61.7	2.2	15.0	0.0	0.0	0.0	3.9	0.4	0.6	11.0	0.0	0.0	18.2	2.5	102.4
83065	Chocolate Chip Pumpkin	293.7	3.5	48.0	10.3	1.9	19.1	42.7	1.5	1.4	52.2	0.1	0.2	535.3	0.7	97.1
@milk	Milk	121.0	8.5	19.5	1.5	1.0	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
807B	Tray Liner															
Totals		895.1	40.7	131.7	24.4	5.0	79.1	477.0	6.0	3.0	396.6	0.8	0.7	856.4	115.9	924.9
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

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Preferred Meal Systems

Daily Nutrient Values

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/27/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
820252	NO SCHOOL															
Totals																
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

Please note: Due to occasional manufacturer substitutions, nutrient information may vary slightly from values listed

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 11/28/2013

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg
820260	THANKSGIVING															
Totals																
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																

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