

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 10/01/2013

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
1326	FRENCH TOAST STICKS	300.0	6.0	42.0	12.0	1.5	30.0	96.0	3.0	3.0	51.0	0.4	0.2	180.0	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
870	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															
807	Tray liners															
Totals		561.3	14.6	96.8	13.6	2.5	38.5	402.8	3.8	3.1	310.6	0.9	0.4	322.0	21.5	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 : 10/02/2013

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															
807	Tray liners															
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 : 10/03/2013

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															
807	Tray liners															
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 : 10/04/2013

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
8716A	STRING CHEESE	80.0	8.0	0.0	5.0	3.0	15.0	200.0	0.0					40.0	0.0	
83076	Apple Muffin	169.7	2.8	24.6	7.1	1.0	14.9	32.0	0.8	0.8	81.1	0.1	0.1	96.7	0.0	76.3
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															
807	Tray liners															
Totals		463.7	19.5	67.4	13.6	5.0	38.4	540.0	1.6	1.0	339.1	0.6	0.3	278.9	28.5	641.3
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 : 10/07/2013

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
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															
807	Tray liners															
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 : 10/08/2013

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
1687	CHICKEN BISCUIT	392.0	13.0	47.5	16.5	4.0	22.0	163.0	3.2	3.0		0.0	0.0	20.7	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															
807	Tray liners															
Totals		595.0	21.6	88.5	18.0	5.0	30.5	470.3	4.0	3.1	259.7	0.6	0.6	162.7	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 : 10/09/2013

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
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															
807	Tray liners															
Totals		481.0	19.4	71.7	13.6	5.0	38.3	535.2	1.6	1.0	333.5	0.6	0.3	278.3	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 : 10/10/2013

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	127.5	9.4	15.3	3.6	0.9	24.9	68.9	1.5	1.0	76.7	0.0	0.0	2.3	0.1	146.5
870	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															
807	Tray liners															
Totals		388.8	18.2	70.2	5.1	1.9	33.4	375.6	2.5	1.2	336.2	0.5	0.6	144.7	20.5	646.0
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																

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Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 10/11/2013

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
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	
4395	Spiced Grahams	120.0	2.0	21.0	4.5	0.0	0.0	20.0	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															
807	Tray liners															
Totals		416.5	12.8	81.3	7.1	1.5	8.5	326.5	5.3	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																

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Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: BR - BRKFST K-12

Date : 10/15/2013

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
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															
807	Tray liners															
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 : 10/16/2013

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	
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															
807	Tray liners															
Totals		416.5	12.8	80.3	7.1	1.5	8.5	306.5	5.3	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 : 10/17/2013

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
1570	BREAKFAST TOASTED CHEES	226.0	11.5	23.1	9.7	5.4	25.0	204.0	1.2	2.4	102.6	0.1	0.2	60.0	0.0	126.0
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															
807	Tray liners															
Totals		404.0	20.1	57.1	11.2	6.4	33.5	511.3	2.0	2.5	362.3	0.7	0.8	202.0	20.5	665.0
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 : 10/18/2013

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
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
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															
807	Tray liners															
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 : 10/21/2013

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
931	RAISIN BRAN	110.0	3.0	27.0	0.5	0.0	0.0	20.0	2.7	3.0	100.0	0.3	0.2	60.0	0.0	
8881	Donut	220.0	2.0	28.0	11.0	5.0	15.0	200.0	1.9					0.0	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															
807	Tray liners															
Totals		518.0	13.6	91.2	13.1	6.0	23.5	526.8	5.4	3.1	359.6	0.8	0.4	202.0	21.5	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 : 10/22/2013

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
13323	TURKEY HAM & CHEESE ON E	188.2	11.5	22.4	6.5	2.9	27.7	307.6	1.8	1.9		0.0	0.2	30.0	0.5	130.2
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
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															
807	Tray liners															
Totals		409.7	20.3	67.7	8.1	3.9	36.2	614.1	2.8	2.2	264.3	0.6	0.3	200.1	42.0	700.2
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: BR - BRKFST K-12

Date : 10/23/2013

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	
83076	Apple Muffin	169.7	2.8	24.6	7.1	1.0	14.9	32.0	0.8	0.8	81.1	0.1	0.1	96.7	0.0	76.3
880	Assorted Jelly	35.0	0.0	9.0	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															
807	Tray liners															
Totals		472.7	19.6	69.9	13.6	5.0	38.4	538.7	1.8	1.0	340.6	0.6	0.7	279.1	20.4	575.8
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 : 10/24/2013

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
13263	FRENCH TOAST STICKS	250.0	7.0	37.0	9.0	1.5	0.0	220.0	2.8					84.8	7.5	
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
870	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															
807	Tray liners															
Totals		501.3	15.6	89.6	10.5	2.5	8.5	527.3	3.6	0.1	259.7	0.6	0.6	226.8	28.0	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 : 10/25/2013

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
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	
4456	Strawberry Waffle Cracke	120.0	2.0	21.0	3.5	1.0	0.0	0.0	0.7					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															
807	Tray liners															
Totals		409.0	12.7	78.8	6.0	2.5	8.5	308.0	5.1	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 : 10/28/2013

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
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
4452	Cinnamon Breakfast Square	160.0	2.0	31.0	4.5	1.0	0.0	0.0	1.1					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															
807	Tray liners															
Totals		448.0	13.8	85.3	7.5	2.0	8.5	386.7	12.9	5.2	359.5	0.9	0.9	222.4	25.2	589.5
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 : 10/29/2013

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
7206	MAPLE PANCAKES	180.0	4.0	32.0	4.0	1.5	5.0	60.0	1.4					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
807	Tray liners															
8961	Utensil Pack															
Totals		358.0	12.6	66.0	5.5	2.5	13.5	367.3	2.2	0.1	259.7	0.6	0.6	142.0	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 : 10/30/2013

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
6590	CINNAMON TOASTERS	120.0	1.0	22.0	3.5	0.5	0.0	100.0	9.0	5.0		0.4	0.4	100.0	6.0	
4397	Mini Wafer	140.0	1.0	19.0	7.0	0.5	0.0	0.0	0.4					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															
807	Tray liners															
Totals		446.5	10.8	77.3	12.1	2.0	8.5	406.5	10.4	5.3	264.3	1.0	0.5	270.1	47.5	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 : 10/31/2013

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
1227	BEEF SAUSAGE ON A BISCUI	377.2	12.9	40.9	17.7	5.9	20.6	166.8	3.1	0.9	66.2	0.0	0.0	0.1	0.0	137.7
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															
807	Tray liners															
Totals		591.2	21.6	83.7	19.2	6.9	29.1	474.8	3.9	1.1	324.2	0.5	0.2	142.3	28.5	702.7
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

Preferred Meal Systems

Daily Nutrient Values

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 10/01/2013

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	WG PIZZA DIPPERS	87.0	5.1	9.0	3.6	1.5	6.0	105.0	0.5					18.0	0.0	
1153	Marinara Dipping Sauce	23.5	0.9	2.4	1.1	0.2	0.1	5.7	0.1	0.3	1.7	0.0	0.0	42.4	1.4	4.2
30000	CHEESEBURGER	137.7	10.5	1.7	9.7	4.3	36.7	70.4	0.8	0.5	58.2	0.0	0.0	21.0	0.0	295.2
@wghamb	Hamburger Bun	93.8	3.4	20.0	1.4	0.5	0.0	41.3	1.0	1.6	87.5	0.1	0.1	0.0	0.0	106.4
@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
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
836	Fat Free Ranch Dressing	10.0	0.0	2.0	0.0	0.0	0.0									
803248	Diced Pear Cup	66.2	2.0	16.0	0.0	0.0	0.0	6.0	0.3	0.2	7.2	0.0	0.0	0.3	0.8	73.2
@milk	Milk	132.4	8.5	24.0	1.5	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															
4259	Plate															
5471	Saddle Bag Clear															
5593A	Salad Bar Tray															
Totals		576.6	43.6	80.6	17.6	6.9	51.3	557.0	3.7	3.2	442.1	0.5	0.2	631.7	290.8	1202.8
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 : 10/02/2013

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	2.0	0.7	0.0	59.0	1.4	2.3	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
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	1.2	1.0	8.5	290.6	0.5	0.0	248.5	0.5	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	14.3	4.3	53.3	449.1	6.5	3.7	403.1	0.6	0.2	324.5	8.2	852.5
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 : 10/03/2013

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	2.2	0.0	23.7	19.4	0.6	1.6	0.5	0.0	0.0	102.1	1.6	22.2
@wghamb	Hamburger Bun	74.5	2.5	11.4	1.0	0.4	0.0	29.5	0.7	1.1	62.5	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	59.5	1.9	10.1	1.0	0.3	0.0	21.5	0.5	1.0	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
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	66.0	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	248.5	0.4	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		521.6	30.7	73.0	12.2	3.2	47.2	479.4	3.6	4.6	429.0	0.7	0.4	464.6	643.8	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 : 10/04/2013

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
1594	MINI RAVIOLI WITH SAUCE	201.6	8.8	26.4	6.7	2.8	84.9	83.1	2.0	0.5	2.0	0.1	0.1	91.8	2.1	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	28.6	2.0	0.5	0.0	59.0	2.0	2.3	62.0	0.1	0.1	0.0	0.0	82.0
414	Diced Carrots	45.0	0.9	0.0	1.1	0.2	0.0	30.7	0.3	0.9	32.3	0.1	0.0	12.1	5.4	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	8.5	290.6	0.5	0.0	248.5	0.5	0.1	142.0	0.0	442.8
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		788.3	34.6	115.1	20.0	5.8	112.3	494.8	6.9	4.8	396.2	0.8	0.3	273.0	11.7	1109.5
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 : 10/07/2013

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
n13204	CHICKEN TENDERS WITH POT	133.1	8.5	10.3	6.4	0.8	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	15.9	5.8	2.4	11.5	234.5	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	1.5	0.4	6.4	290.6	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
5370	Food Tray															
4207	Parchment Paper															
4259	Plate															
Totals		558.2	32.1	75.4	14.9	3.8	38.9	566.4	4.0	3.4	463.2	0.7	0.5	305.4	40.8	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 : 10/08/2013

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
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	3.5	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	20.2	2.0	0.6	0.0	43.0	1.8	2.0	94.0	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
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	8.8	19.5	1.2	1.0	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		706.8	30.9	99.8	21.8	4.9	59.9	419.0	5.5	3.2	410.5	0.7	0.3	373.7	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

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 10/09/2013

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
12317	POPCORN CHICKEN	129.6	8.4	7.8	7.2	1.2	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	47.6	1.5	8.6	0.8	0.2	0.0	17.2	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	121.0	8.5	24.0	1.2	1.0	8.5	296.0	0.8	0.0	248.5	0.4	0.1	142.0	0.0	442.8
8961	Utensil Pack															
5626	Sandwich Bag															
4207	Parchment Paper															
4259	Plate															
5410	8 OZ FOAM BOWL															
Totals		645.6	30.3	88.4	22.7	5.3	39.6	531.8	3.9	1.2	395.5	0.4	0.2	386.8	297.1	732.2
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

Preferred Meal Systems

Daily Nutrient Values

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 10/10/2013

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	13.6	3.8	1.5	11.4	62.2	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	149.0	4.9	28.6	2.0	0.5	0.0	59.0	2.0	2.3	125.0	0.1	0.1	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	0.2	0.4	18.0	0.1	0.1	14.0	68.8	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	0.8	0.0	248.5	0.5	0.1	142.0	0.0	442.8
8961	Utensil Pack															
4207	Parchment Paper															
4259	Plate															
5593A	Salad Bar Tray															
Totals		672.7	45.9	104.1	16.3	6.7	51.3	592.1	5.4	4.5	540.4	0.7	0.4	657.0	370.2	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 : 10/15/2013

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
12289	CHICKEN DIPPERS W/TOMATO	158.3	9.8	9.8	9.0	2.0	23.4	52.6	1.2	3.6	21.5	0.1	0.1	98.0	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	234.5	0.9	0.3	111.4	0.1	0.1	84.0	1.4	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	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															
5370	Food Tray															
4207	Parchment Paper															
4259	Plate															
Totals		645.3	33.7	90.0	20.2	5.9	43.6	666.1	3.9	6.5	442.3	0.9	0.6	1164.9	71.5	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

Preferred Meal Systems

Daily Nutrient Values

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 10/16/2013

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
N132115	CHEESY CHICKEN, POTATO B	140.5	10.1	12.9	6.0	3.4	25.7	159.7	0.9	1.4	105.5	0.1	0.1	52.2	26.2	311.2
@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
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	67.0	2.5	11.4	1.0	0.3	0.0	24.0	0.7	1.2	62.5	0.1	0.1	0.0	0.0	76.0
N1036	California Blend Veggies	24.7	1.4	4.3	0.7	0.1	0.0	26.5	0.4	0.4	30.8	0.1	0.1	211.4	26.6	197.9
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
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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
8961	Utensil Pack															
4259	Plate															
4207	Parchment Paper															
5471	Saddle Bag Clear															
Totals		396.4	25.2	51.6	11.7	4.8	44.6	248.1	3.7	4.7	271.2	0.4	0.4	285.7	56.0	845.3
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 : 10/17/2013

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	132.9	8.5	10.7	6.4	0.8	21.0	17.0	1.1	1.0		0.0	0.0	21.5	0.9	91.1
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	2.2	10.1	1.0	0.2	0.0	22.5	0.5	1.0	47.0	0.1	0.1	0.0	0.0	57.0
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
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	96.0	0.4	25.7	0.2	0.0	0.0	10.0	0.2	0.2	13.0	0.0	0.0	1.0	4.8	137.0
808	BBQ Sauce	9.5	0.0	2.3	0.0	0.0	0.0	0.0	0.1					8.4	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
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	1.0	8.5	296.0	0.5	0.0	248.5	0.4	0.1	142.0	0.0	414.0
8961	Utensil Pack															
4259	Plate															
4207	Parchment Paper															
5469	Saddle Bag Hot Dog															
Totals		696.1	30.3	103.8	20.0	4.5	49.5	417.9	5.2	2.5	325.9	0.5	0.2	1700.1	7.5	833.1
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 : 10/18/2013

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
n13150	WG PIZZA DIPPERS	174.0	10.2	18.0	7.2	3.0	12.0	210.0	1.1					36.0	0.0	
1153	Marinara Dipping Sauce	46.9	1.8	4.8	2.3	0.4	0.2	11.3	0.2	0.7	3.4	0.1	0.1	84.7	2.8	8.3
30000	CHEESEBURGER	78.7	6.0	1.0	5.6	2.5	21.0	40.2	0.5	0.3	33.3	0.0	0.0	12.0	0.0	168.7
@wghamb	Hamburger Bun	59.6	2.0	11.4	1.2	0.2	0.0	19.2	0.8	0.8	24.8	0.0	0.0	0.0	0.0	32.8
@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
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
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	8.8	19.5	1.5	1.0	8.5	290.6	0.5	0.0	258.4	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
4259	Plate															
5471	Saddle Bag Clear															
5626	Sandwich Bag															
5593A	Salad Bar Tray															
Totals		707.2	33.3	99.0	23.3	8.1	41.7	621.3	4.7	2.4	382.9	0.6	0.2	488.7	581.2	1044.8
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 : 10/21/2013

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
n1309315	WG 3 CHEESE PANINI	113.4	6.0	11.1	5.4	2.9	14.0	157.5	0.6	0.8	94.3	0.1	0.1	36.1	0.0	53.0
n17078	CHEESE PIZZA WEDGE	184.0	11.9	18.7	7.0	2.8	13.8	281.3	1.1	0.4	133.7	0.1	0.1	108.1	1.7	24.2
7304	Whole Grain Breadstick	48.0	1.8	8.4	0.6	0.0	0.0	12.0	0.4	0.7		0.0	0.1	0.0	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
808	BBQ Sauce	11.3	0.0	2.8	0.0	0.0	0.0	0.0	0.1					10.1	0.0	
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	132.4	8.8	19.5	1.5	0.4	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															
Totals		791.7	33.5	105.1	22.7	10.9	36.3	755.7	3.5	2.4	496.6	0.7	0.4	307.1	7.0	999.4
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 : 10/22/2013

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
N13242	CREAMY TOMATO PASTA & CH	107.0	8.3	11.2	3.3	1.1	11.5	82.5	1.3	1.3	64.3	0.1	0.1	82.2	2.0	107.2
4260A	HOT DOG	84.0	3.6	1.8	7.2	1.8	18.0	12.0	0.4		0.0			0.0	0.0	0.0
@WGHOT	WW Hot Dog Bun	67.2	2.6	12.1	1.6	0.2	0.0	25.8	0.6	0.9	56.4	0.1	0.1	0.0	0.0	68.4
@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
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
836	Fat Free Ranch Dressing	10.0	0.0	2.0	0.0	0.0	0.0									
803248	Diced Pear Cup	66.2	2.0	16.0	0.0	0.0	0.0	6.0	0.3	0.2	7.2	0.0	0.0	0.3	0.8	73.2
861a	Ketchup	4.2	0.1	1.1	0.0	0.0	0.0	0.6	0.0	0.1	1.2	0.0	0.0	1.8	0.7	16.2
860a	Mustard	1.8	0.1	0.1	0.1	0.0	0.0	1.8	0.1	0.0	3.0	0.0	0.0	0.0	0.1	3.6
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	442.8
8961	Utensil Pack															
5626	Sandwich Bag															
4207	Parchment Paper															
4259	Plate															
5469	Saddle Bag Hot Dog															
5626	Sandwich Bag															
5593A	Salad Bar Tray															
Totals		617.4	40.4	90.3	19.0	5.1	38.0	462.7	4.4	3.1	419.6	0.7	0.3	634.3	292.2	992.4
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

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 10/23/2013

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
12317	POPCORN CHICKEN	104.9	7.5	6.5	7.0	0.3	13.5	10.0	0.7					10.0	0.0	
30000	CHEESEBURGER	98.4	7.5	1.2	7.0	3.1	26.2	50.3	0.6	0.4	41.6	0.0	0.0	15.0	0.0	210.9
@wghamb	Hamburger Bun	74.5	2.5	14.3	1.0	0.4	0.0	29.5	0.7	1.1	31.0	0.1	0.1	0.0	0.0	76.0
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	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
808	BBQ Sauce	9.5	0.0	2.3	0.0	0.0	0.0	0.0	0.1					8.4	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
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	1.5	0.4	8.5	296.0	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
4259	Plate															
4207	Parchment Paper															
5468	Saddle Bag Cheeseburger															
5471	Saddle Bag Clear															
Totals		643.0	34.0	95.7	16.9	4.2	48.2	455.2	5.2	1.9	351.5	0.6	0.2	1706.6	7.4	965.9
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 : 10/24/2013

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
n169515	CHICKEN WINGS	120.0	13.2	3.3	5.7	1.6	50.6	7.7	0.7	3.4	97.5	0.1	0.1	17.8	0.5	131.6
4397	Mini Wafer	140.0	1.0	19.0	7.0	0.5	0.0	0.0	0.4					0.0	0.0	
30000	CHEESEBURGER	98.4	7.5	1.2	7.0	3.1	26.2	50.3	0.6	0.4	41.6	0.0	0.0	15.0	0.0	210.9
@wghamb	Hamburger Bun	149.0	4.9	22.8	2.0	0.5	0.0	59.0	1.4	2.3	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
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									
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
808	BBQ Sauce	9.5	0.0	2.3	0.0	0.0	0.0	0.0	0.1					8.4	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
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	24.0	1.5	1.0	6.4	290.6	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
4259	Plate															
4207	Parchment Paper															
5468	Saddle Bag Cheeseburger															
5471	Saddle Bag Clear															
820251	Marketing Packet															
Totals		876.0	43.4	122.5	23.6	6.7	83.2	478.0	6.1	6.4	478.0	0.7	0.3	196.6	7.9	1100.5
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																

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Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 10/25/2013

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
n121	MEATBALLS W/ TOMATO SAUC	85.5	6.6	4.4	4.8	1.5	16.1	16.5	0.9	1.2	2.6	0.1	0.1	63.4	2.1	6.2
@wghot	WW Hot Dog Bun	59.5	1.9	10.8	1.0	0.2	0.0	22.5	0.9	0.8	47.0	0.1	0.1	0.0	0.0	57.0
n33000	GRILLED CHICKEN FILET	57.0	7.5	0.0	3.0	0.9	20.0	13.5	0.4							
@wghamb	Hamburger Bun	67.0	2.5	11.4	1.0	0.3	0.0	29.5	0.7	1.2	62.5	0.1	0.1	0.0	0.0	76.0
n1036	California Blend Veggies	50.8	2.7	8.6	1.3	0.2	0.0	52.9	0.7	0.9	61.6	0.1	0.1	422.7	53.2	362.2
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
808	BBQ Sauce	9.5	0.0	2.3	0.0	0.0	0.0	0.0	0.1					8.4	0.0	
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	132.4	8.5	24.0	1.5	1.0	8.5	290.6	0.5	0.0	248.5	0.5	0.1	142.0	0.0	414.0
8961	Utensil Pack															
4207	Parchment Paper															
4259	Plate															
5470	Saddle Bag Chicken															
Totals		530.4	32.0	78.3	12.6	4.1	44.6	430.4	4.6	4.8	435.2	0.9	0.5	657.7	58.9	1044.8
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 : 10/28/2013

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
12289	CHICKEN DIPPERS W/TOMATO	158.3	9.8	9.7	8.9	1.9	23.4	52.4	1.2	3.6	21.5	0.1	0.1	98.0	2.4	10.4
n17079	WG PEPPERONI PIZZA WEDGE	158.0	9.6	15.6	6.6	2.4	12.7	192.6	1.1	0.3	74.3	0.1	0.1	72.6	1.6	13.5
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
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	6.4	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															
5370	Food Tray															
Totals		584.6	33.0	73.6	17.9	4.9	42.5	564.8	4.3	5.9	446.6	0.8	0.6	369.0	41.9	697.8
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

Preferred Meal Systems

Daily Nutrient Values

Customer: BSD0040901

Meal Type: C2MB - Lunch K-8

Date : 10/29/2013

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
12235	MACARONI & CHEESE	158.5	7.9	15.8	7.4	4.5	23.0	189.6	0.5	0.7	77.7	0.1	0.1	55.6	0.2	107.1
n33008	CHARBROILED HAMBURGER	88.0	7.5	0.8	5.9	2.2	23.9	15.4	0.7	0.4	49.9	0.0	0.0	0.0	0.0	253.0
@wghamb	Hamburger Bun	80.4	2.9	17.2	1.2	0.3	0.0	35.4	1.2	1.4	37.2	0.1	0.1	0.0	0.0	91.2
@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
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
836	Fat Free Ranch Dressing	10.0	0.0	2.0	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
860a	Mustard	1.8	0.1	0.1	0.1	0.0	0.0	1.8	0.1	0.0	3.0	0.0	0.0	0.0	0.1	3.6
861a	Ketchup	4.2	0.1	1.1	0.0	0.0	0.0	0.6	0.0	0.1	1.2	0.0	0.0	1.8	0.7	16.2
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	132.4	8.5	24.0	1.2	0.4	8.5	296.0	0.5	0.0	258.4	0.4	0.1	142.0	0.0	414.0
8961	Utensil Pack															
4207	Parchment Paper															
4259	Plate															
5471	Saddle Bag Clear															
5593A	Salad Bar Tray															
Totals		709.0	33.6	105.7	20.5	7.4	55.4	600.7	5.2	3.6	490.4	0.6	0.3	420.6	577.9	1245.5
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 : 10/30/2013

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
n13076	TURKEY HAM & CHEESE WG P	86.5	5.3	8.4	3.6	1.8	16.9	78.9	0.5	0.6	26.6	0.0	0.1	18.0	0.3	31.6
4260a	HOT DOG	98.0	4.2	2.1	8.4	2.1	21.0	14.0	0.5		0.0			0.0	0.0	0.0
@wghot	Hot Dog Bun	78.4	3.1	15.1	1.4	0.3	0.0	31.5	1.3	1.1	65.8	0.1	0.1	0.0	0.0	79.8
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	Fat Free 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
861a	Ketchup	4.9	0.1	1.3	0.0	0.0	0.0	0.7	0.0	0.1	1.4	0.0	0.0	2.1	0.8	18.9
860a	Mustard	2.1	0.1	0.1	0.1	0.0	0.0	2.1	0.1	0.0	3.5	0.0	0.0	0.0	0.1	4.2
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	1.2	0.4	8.5	290.6	0.5	0.0	248.5	0.5	0.1	142.0	0.0	442.8
8961	Utensil Pack															
5626	Sandwich Bag															
4207	Parchment Paper															
4259	Plate															
5410	8 OZ FOAM BOWL															
5469	Saddle Bag Hot Dog															
Totals		610.0	25.1	78.7	22.9	5.6	46.4	466.3	3.6	2.1	386.6	0.6	0.4	291.6	12.8	795.3
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: C2MB - Lunch K-8

Date : 10/31/2013

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	WG PIZZA DIPPERS	145.0	8.5	15.0	6.0	2.5	10.0	175.0	0.9					30.0	0.0	
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
n33006	SPICY CHICKEN FILET	85.0	9.0	6.0	3.0	0.8	22.5	10.0	1.0	0.0		0.0	0.0	24.0	0.0	
@wghamb	Hamburger Bun	67.0	2.5	14.3	1.0	0.3	0.0	29.5	0.7	1.2	31.0	0.1	0.1	0.0	0.0	41.0
@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
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	
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
5668	Reduced Fat Mayonnaise	22.5	0.0	1.5	2.0		0.0									
@milk	Milk	132.4	8.5	24.0	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															
4207	Parchment Paper															
4259	Plate															
5470	Saddle Bag Chicken															
5593A	Salad Bar Tray															
Totals		627.0	44.5	98.3	16.1	5.0	41.2	564.0	4.1	3.2	347.4	0.8	0.3	697.4	301.3	1165.0
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

Preferred Meal Systems

Daily Nutrient Values

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 10/01/2013

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
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
803248	Diced Peas	66.2	2.0	16.0	0.0	0.0	0.0	6.0	0.3	0.2	7.2	0.0	0.0	0.3	0.8	73.2
@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															
807	Tray liners															
Totals		639.2	35.6	87.2	18.5	6.8	28.8	694.7	4.3	3.3	363.7	0.7	0.5	391.5	43.4	732.2
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 : 10/02/2013

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															
807	Tray liners															
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 : 10/03/2013

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
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
871	FF 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	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															
807	Tray liners															
5410	8 OZ FOAM BOWL															
Totals		523.4	37.3	82.8	6.8	1.5	55.9	454.7	4.0	5.7	401.4	0.7	0.3	484.1	73.1	914.3
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 : 10/04/2013

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
1594	MINI RAVIOLI WITH SAUCE	403.2	17.6	52.8	13.3	5.5	169.8	166.1	3.9	0.9	4.0	0.1	0.1	183.6	4.1	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									
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
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															
807	Tray liners															
5626	Sandwich Bag															
Totals		736.9	30.5	112.5	20.0	7.5	178.3	489.6	5.5	1.2	265.3	0.6	0.3	336.1	14.7	613.1
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: LN - Lunch K-8

Date : 10/07/2013

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
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															
807	Tray liners															
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 : 10/08/2013

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
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 (2)	140.0	7.4	23.4	2.0	0.4	0.0	60.0	1.4	2.6	114.0	0.2	0.2	0.0	0.0	140.0
@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															
807	Tray liners															
Totals		617.7	38.7	97.3	10.2	3.1	71.3	429.8	4.1	4.2	449.1	0.9	0.5	589.9	59.8	1247.6
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 : 10/09/2013

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
12317	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
6995	Shredded Cheddar Cheese	4.6	0.3	0.0	0.4	0.2	1.2	8.2	0.0	0.0	5.8	0.0	0.0	3.0	0.0	1.1
6993	Croutons	2.2	0.1	0.3	0.1	0.0	0.0	0.0	0.0					0.0	0.0	
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	
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	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															
807	Tray liners															
5593a	Salad Bar Tray															
6969	Plastic Wrap															
Totals		564.2	27.7	68.6	24.2	2.7	44.7	372.7	2.8	0.3	295.1	0.5	0.2	311.3	11.6	633.1
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 : 10/10/2013

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															
807	Tray liners															
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																

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 : 10/15/2013

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
12289	CHICKEN DIPPERS W/TOMATO	316.5	19.5	19.5	17.9	3.9	46.7	105.2	2.4	7.1	42.9	0.1	0.1	196.0	4.7	20.7
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
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	
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															
807	Tray liners															
Totals		647.5	33.5	87.1	21.9	5.1	55.2	484.7	4.3	9.7	349.4	0.7	0.4	1108.3	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 : 10/16/2013

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
n12219	CHARBROILED HAMBURGER W	262.2	13.8	15.0	14.0	6.0	39.9	25.6	1.4	0.7	83.2	0.0	0.0	0.0	0.0	612.0
@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
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	
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															
807	Tray liners															
Totals		635.2	28.9	84.3	18.7	7.7	48.4	419.6	4.2	3.3	488.7	0.7	0.3	178.3	11.3	1356.6
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 : 10/17/2013

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
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
873	French Dressing	50.0	0.0	2.0	4.5	0.5	0.0	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
4455	Snickerdoodle Cookie	130.0	1.0	22.0	4.5	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															
807	Tray liners															
5626	Sandwich Bag															
Totals		779.2	31.2	109.4	26.8	8.2	28.8	679.9	3.9	2.0	289.2	0.7	0.2	490.0	16.1	919.9
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 : 10/18/2013

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
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
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
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															
807	Tray liners															
Totals		633.7	25.9	99.3	15.6	6.0	33.5	445.4	4.6	2.0	371.4	0.7	0.3	159.9	82.1	952.4
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

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 10/21/2013

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
n1309315	3 CHEESE PANINI	283.6	15.1	27.2	13.1	7.3	35.0	393.8	1.6	2.1	235.7	0.2	0.2	90.3	0.0	132.5
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
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															
807	Tray liners															
Totals		707.2	28.6	91.3	22.8	13.1	43.5	698.7	2.9	2.6	494.4	0.7	0.3	243.1	5.3	1054.7
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 : 10/22/2013

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
N13242	CHICKEN PASTA MARINARA	267.5	20.8	28.1	8.3	2.7	28.8	206.3	3.3	3.3	160.8	0.2	0.2	205.6	4.9	268.0
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
803248	Diced Pears	66.2	2.0	16.0	0.0	0.0	0.0	6.0	0.3	0.2	7.2	0.0	0.0	0.3	0.8	73.2
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															
807	Tray liners															
Totals		668.5	38.4	98.3	16.0	4.9	37.3	532.1	6.2	5.5	518.8	0.8	0.6	395.9	43.6	986.3
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 : 10/23/2013

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
T17055	SAUSAGE PIZZA	306.2	20.1	31.4	11.7	4.6	25.3	422.3	2.1	0.9	185.7	0.2	0.1	166.9	2.8	33.7
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
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	
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
@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															
807	Tray liners															
5410	8 OZ FOAM BOWL															
Totals		498.9	31.2	67.8	13.3	5.6	33.8	731.2	3.3	1.6	454.2	0.7	0.2	451.1	6.4	620.1
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 : 10/24/2013

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
n169515	CHICKEN WINGS	240.0	26.3	6.5	11.3	3.1	101.1	15.3	1.4	6.8	195.0	0.2	0.1	35.6	0.9	263.2
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	
4397	Mini Wafer	140.0	1.0	19.0	7.0	0.5	0.0	0.0	0.4					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
808	BBQ Sauce (2)	37.8	0.0	9.2	0.0	0.0	0.0	0.0	0.4					33.6	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															
807	Tray liners															
820251	Marketing Packet															
Totals		800.5	43.6	102.1	25.1	5.6	114.6	379.7	5.0	7.0	468.4	0.7	0.2	223.1	7.6	922.7
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 : 10/25/2013

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
n121	MEATBALL SUB W/ TOMATO SA	170.9	13.1	8.8	9.5	2.9	32.2	32.9	1.7	2.4	5.1	0.2	0.2	126.7	4.2	12.4
@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
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	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															
807	Tray liners															
5626	Sandwich Bag															
Totals		487.9	26.7	70.0	13.3	4.3	40.7	437.9	3.6	4.5	375.6	0.9	0.5	1807.5	74.0	861.4
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

Daily Nutrient Values

Preferred Meal Systems

Customer: BSD0040901

Meal Type: LN - Lunch K-8

Date : 10/28/2013

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
t122932	CHICKEN NUGGETS W/SWEET P	305.8	20.4	28.2	12.7	2.5	42.6	45.7	2.1	6.1	1.7	0.0	0.0	852.1	0.5	21.4
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
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															
807	Tray liners															
Totals		583.5	34.0	78.8	15.4	3.7	51.1	365.5	4.2	8.1	352.5	0.6	0.4	1058.9	38.4	666.5
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 : 10/29/2013

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
12235	MACARONI & CHEESE	396.3	19.8	39.5	18.5	11.3	57.5	474.1	1.3	1.8	194.2	0.2	0.2	138.9	0.6	267.7
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
4421	Cinnamon Sky Minis	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															
807	Tray liners															
Totals		769.8	35.2	106.1	25.7	12.5	66.0	846.9	4.0	3.3	515.3	0.8	0.4	721.8	56.3	1179.9
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 : 10/30/2013

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
n13076	TURKEY HAM & CHEESE PANI	288.3	17.5	27.5	11.9	6.0	56.2	263.0	1.7	2.1	88.8	0.1	0.2	60.0	0.9	105.2
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	Fat Free 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
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	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															
807	Tray liners															
5593a	Salad Bar Tray															
Totals		617.0	29.8	79.2	21.6	8.0	64.7	607.5	2.9	2.4	378.1	0.6	0.4	331.5	12.5	737.2
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 : 10/31/2013

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															
807	Tray liners															
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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