

# Recipe Nutrition Summary

for Roseville Community Schools  
February 1, 2015 through February 28, 2015

Site: Dort Elementary; Menu Designation: Planned; Period: Lunch

## 2/2/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% Milk	1 cup	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
Black Beans	1/2 cup	100.60	0.00g	0.000%	512.12mg	0.45g	19.43g	5.48g		5.48g
Cheese Quesadilla	1 each	338.09	4.35g	11.573%	801.77mg	15.46g	35.74g	0.97g		15.46g
Fat Free Chocolate Milk	1 cup	132.00	0.20g	1.364%	N/A	0.30g	24.00g	N/A		8.40g
MILK, NONFAT, FLUID, W/ VIT A (FAT FREE OR SKIM)	8 ounces	83.30	0.14g	1.482%	102.90mg	0.20g	12.15g	0.00g		8.26g
Peaches, canned	1/2 cup	67.77	0.00g	0.000%	6.28mg	0.04g	18.26g	1.63g		0.56g
USDA COMMODITY, SALSA	1 USDA COMMODITY, SALSA	20.41	0.02g	0.750%	243.81mg	0.11g	3.97g	0.79g		0.85g

## 2/3/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
Fat Free Chocolate Milk	1 cup	132.00	0.20g	1.364%	N/A	0.30g	24.00g	N/A		8.40g
FRUIT, CANNED, MIXED, EXTRA LIGHT SYRUP	1/2 cup	68.00	0.03g	0.334%	8.00mg	0.10g	17.88g	1.60g		0.52g
Fruitable Plus	1 Fruitable Plus	60.00	N/A	N/A	15.00mg	0.00g	14.00g	N/A		0.00g
Graham Crackers	1 pkg	89.46	0.57g	5.704%	93.45mg	2.56g	16.00g	0.99g		1.41g
Green Beans, cooked	1/2 cup	19.00	0.03g	1.288%	6.00mg	0.11g	4.35g	2.00g		1.01g
MILK, NONFAT, FLUID, W/ VIT A (FAT FREE OR SKIM)	8 ounces	83.30	0.14g	1.482%	102.90mg	0.20g	12.15g	0.00g		8.26g
MUSTARD PREPARED YELLOW	1 tsp	3.48	0.01g	3.331%	58.88mg	0.21g	0.28g	0.17g		0.23g
Tomato Ketchup	1tbsp	20.00	0.00g	0.000%	180.00mg	0.00g	5.00g	0.00g		0.00g
WG Chicken Corn Dog	1 WG Chicken Corn Dog	240.00	3.00g	11.250%	390.00mg	8.00g	30.00g	5.00g		9.00g

\* = Calculations based on incomplete data including amounts marked "N/A"

**Recipe Nutrition Summary**  
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2/4/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
	1% Milk 1 cup	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
	Fat Free Chocolate Milk 1 cup	132.00	0.20g	1.364%	N/A	0.30g	24.00g	N/A		8.40g
	Fresh Apple 1 whole	94.64	0.05g	0.519%	1.82mg	0.31g	25.13g	4.37g		0.47g
	Green Salad 1 cup	13.99	0.03g	1.923%	5.15mg	0.20g	2.89g	1.32g		0.86g
	Lite Ranch Dressing 1 ounce	90.00	1.00g	10.000%	170.00mg	7.00g	7.00g	1.00g		0.00g
	MILK, NONFAT, FLUID, W/ VIT A (FAT FREE OR SKIM) 8 ounces	83.30	0.14g	1.482%	102.90mg	0.20g	12.15g	0.00g		8.26g
	WG Stuffed Crust Pizza 1 slice	300.00	6.00g	18.000%	600.00mg	11.00g	35.00g	4.00g		16.00g

2/5/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
	1% Milk 1 cup	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
	Brown Rice, cooked 1/2 cup	108.00	0.18g	1.470%	5.00mg	0.88g	22.39g	1.80g		2.52g
	Fat Free Chocolate Milk 1 cup	132.00	0.20g	1.364%	N/A	0.30g	24.00g	N/A		8.40g
	Fresh Orange 1 whole	85.48	0.04g	0.383%	0.00mg	0.22g	21.62g	4.42g		1.73g
	MILK, NONFAT FLUID, W/ VIT A (FAT FREE OR SKIM) 8 ounces	83.30	0.14g	1.482%	102.90mg	0.20g	12.15g	0.00g		8.26g
	Mixed Vegetables 1/2 cup	59.15	0.03g	0.429%	31.85mg	0.14g	11.91g	4.00g		2.60g
	PRECOOKED SHREDDED TURKEY & GRAVY 6 ozs	250.89	2.82g	10.129%	1188.98mg	10.87g	4.39g	0.00g		33.34g
	Whole Wheat Pan Roll 1 Whole Wheat Pan Roll	80.00	0.00g	0.000%	45.00mg	0.50g	16.00g	1.00g		3.00g

2/6/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
	Baby Carrots 1/4 cup	20.00	0.01g	0.510%	44.00mg	0.07g	4.62g	1.64g		0.36g

\* = Calculations based on incomplete data including amounts marked "N/A"

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## 2/6/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
CELERY,RAW	25 cup	8.16	0.02g	2.363%	40.80mg	0.09g	1.51g	0.82g		0.35g
Fat Free Chocolate Milk	1 cup	132.00	0.20g	1.364%	N/A	0.30g	24.00g	N/A		8.40g
Lite Ranch Dressing	1 ounce	90.00	1.00g	10.000%	170.00mg	7.00g	7.00g	1.00g		0.00g
MUSTARD,PREPARED,YELLOW	1 tsp	3.48	0.01g	3.331%	58.88mg	0.21g	0.28g	0.17g		0.23g
Pineapple Tidbits	1/2 cup	68.04	0.01g	0.090%	1.13mg	0.09g	17.80g	0.91g		0.48g
SUNSHINE,CHEEZ-IT,CRACKERS (MADE W/ WHL GRAIN)	1 SUNSHINE,CHEEZ-IT,CRACKERS (MADE W/ WHL GRAIN)	144.87	1.73g	10.744%	233.60mg	7.51g	16.50g	1.22g		3.03g
Turkey Sub	1 sandwich	251.93	2.05g	7.319%	976.68mg	6.17g	33.97g	28.07g		18.25g

## 2/9/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% Milk	1 cup	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
BROCCOLI,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	1/2 cup	25.76	0.02g	0.579%	10.12mg	0.11g	4.92g	2.76g		2.85g
Fat Free Chocolate Milk	1 cup	132.00	0.20g	1.364%	N/A	0.30g	24.00g	N/A		8.40g
MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR SKIM)	8 ounces	83.30	0.14g	1.482%	102.90mg	0.20g	12.15g	0.00g		8.26g
Pears, canned	1/2 cup	64.64	0.00g	0.000%	5.67mg	0.03g	17.20g	1.81g		0.22g
Reduced Fat Macaroni and Cheese	6 ounces	273.00	6.40g	21.099%	761.00mg	11.00g	29.00g	1.00g		15.00g
Tomatoes	1/4 cup	6.71	0.01g	1.500%	1.86mg	0.07g	1.45g	0.45g		0.33g
Whole Wheat Pan Roll	1 Whole Wheat Pan Roll	80.00	0.00g	0.000%	45.00mg	0.50g	16.00g	1.00g		3.00g

## 2/10/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% Milk	1 cup	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g

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2/10/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
Applesauce	1/2 cup	52.00	0.02g	0.422%	2.00mg	0.06g	13.79g	1.40g		0.20g
Dill Pickles	1/4 cup	6.80	0.02g	2.700%	496.12mg	0.08g	1.47g	0.62g		0.34g
Fat Free Chocolate Milk	1 cup	132.00	0.20g	1.364%	N/A	0.30g	24.00g	N/A		8.40g
Hamburger on WW Bun	1 each	284.07	3.04g	9.623%	273.89mg	9.62g	31.51g	4.07g		20.27g
MILK.NONFAT.FLUID.W/ VIT A (FAT FREE OR SKIM)	8 ounces	83.30	0.14g	1.482%	102.90mg	0.20g	12.15g	0.00g		8.26g
Sweet Potato Puffs	1/2 cup	120.00	0.00g	0.000%	200.00mg	3.00g	20.00g	2.00g		2.00g

2/11/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% Milk	1 cup	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
Cheesy Breadsticks	1 each	280.00	6.00g	19.286%	456.00mg	11.05g	30.00g	2.00g		16.00g
Fat Free Chocolate Milk	1 cup	132.00	0.20g	1.364%	N/A	0.30g	24.00g	N/A		8.40g
Fresh Orange	1 whole	86.48	0.04g	0.383%	0.00mg	0.22g	21.62g	4.42g		1.73g
Green Salad	1 cup	13.99	0.03g	1.923%	5.15mg	0.20g	2.89g	1.32g		0.86g
Marinara Sauce Dipping Cup	1 each	45.00	0.00g	0.000%	240.00mg	1.50g	7.00g	1.00g		1.00g
MILK.NONFAT.FLUID.W/ VIT A (FAT FREE OR SKIM)	8 ounces	83.30	0.14g	1.482%	102.90mg	0.20g	12.15g	0.00g		8.26g

2/12/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% Milk	1 cup	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
Fat Free Chocolate Milk	1 cup	132.00	0.20g	1.364%	N/A	0.30g	24.00g	N/A		8.40g
Meat and Cheese Nachos	5oz	286.08	5.35g	16.834%	770.57mg	15.55g	25.28g	2.55g		11.65g

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## 2/12/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR SKIM)	8 ounces	83.30	0.14g	1.482%	102.90mg	0.20g	12.15g	0.00g		8.26g
Mixed Fruit	1/2 cup	62.37	0.01g	0.164%	6.80mg	0.09g	16.22g	1.36g		0.46g
REFRIED BEANS	1 REFRIED BEANS	90.00	1.00g	9.984%	490.00mg	2.00g	16.00g	3.99g		5.99g
USDA COMMODITY,SALSA	1 USDA COMMODITY,SALSA	20.41	0.02g	0.750%	243.81mg	0.11g	3.97g	0.79g		0.85g

## 2/17/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% Milk	1 cup	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
Chicken Sandwich	1 each	342.45	2.00g	5.256%	594.20mg	11.52g	44.51g	5.07g		19.08g
Corn	1/2 cup	108.86	0.22g	1.781%	1.13mg	1.70g	23.79g	2.72g		3.87g
Fat Free Chocolate Milk	1 cup	132.00	0.20g	1.364%	N/A	0.30g	24.00g	N/A		8.40g
Fresh Orange	1 whole	86.48	0.04g	0.383%	0.00mg	0.22g	21.62g	4.42g		1.73g
Fruitable Plus	1 Fruitable Plus	60.00	N/A	N/A	15.00mg	0.00g	14.00g	N/A		0.00g
Lt. Salad Dressing	1 tbsp	32.00	N/A	N/A	N/A	1.30g	3.00g	0.00g		0.00g
MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR SKIM)	8 ounces	83.30	0.14g	1.482%	102.90mg	0.20g	12.15g	0.00g		8.26g

## 2/18/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% Milk	1 cup	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
BROCCOLI,RAW	1/2 cup	7.48	0.01g	1.032%	7.26mg	0.08g	1.46g	0.57g		0.62g
Fat Free Chocolate Milk	1 cup	132.00	0.20g	1.364%	N/A	0.30g	24.00g	N/A		8.40g
Fresh Apple	1 whole	94.64	0.05g	0.519%	1.82mg	0.31g	25.13g	4.37g		0.47g

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## 2/18/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
Green Salad	1 cup	13.99	0.03g	1.923%	5.15mg	0.20g	2.89g	1.32g		0.86g
Lite Ranch Dressing	1 ounce	90.00	1.00g	10.000%	170.00mg	7.00g	7.00g	1.00g		0.00g
MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR SKIM)	8 ounces	83.30	0.14g	1.482%	102.90mg	0.20g	12.15g	0.00g		8.26g
WG Stuffed Crust Pizza	1 slice	300.00	6.00g	18.000%	600.00mg	11.00g	35.00g	4.00g		16.00g

## 2/19/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% Milk	1 cup	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
Beef Taco	1 each	234.63	2.05g	7.872%	670.21mg	6.39g	26.76g	3.79g		16.95g
Fat Free Chocolate Milk	1 cup	132.00	0.20g	1.364%	N/A	0.30g	24.00g	N/A		8.40g
GRAPES, AMERICAN TYPE (SLIP SKN), RAW	1 GRAPES, AMERICAN TYPE (SLIP SKN), RAW	30.82	0.05g	1.531%	0.92mg	0.16g	7.89g	0.41g		0.29g
MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR SKIM)	8 ounces	83.30	0.14g	1.482%	102.90mg	0.20g	12.15g	0.00g		8.26g
Pinto Beans	1/2 cup	92.99	0.12g	1.207%	165.56mg	0.64g	17.21g	5.22g		5.22g
USDA COMMODITY,SALSA	1 USDA COMMODITY,SALSA	20.41	0.02g	0.750%	243.81mg	0.11g	3.97g	0.79g		0.85g

## 2/20/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% Milk	1 cup	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
Baby Carrots, Raw	1/2 cup	39.69	0.03g	0.591%	88.45mg	0.15g	9.34g	3.29g		0.73g
CELERY, RAW	.25 cup	8.16	0.02g	2.363%	40.80mg	0.09g	1.51g	0.82g		0.35g
Cheddar Goldfish Crackers	1 each	179.99	1.71g	8.589%	308.54mg	7.71g	23.14g	0.86g		4.28g
Fat Free Chocolate Milk	1 cup	132.00	0.20g	1.364%	N/A	0.30g	24.00g	N/A		8.40g

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## 2/20/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
MILK, NONFAT, FLUID, W/ VIT A (FAT FREE OR SKIM)	8 ounces	83.30	0.14g	1.482%	102.90mg	0.20g	12.15g	0.00g		8.26g
Pears, canned	1/2 cup	64.64	0.00g	0.000%	5.67mg	0.03g	17.20g	1.81g		0.22g
SALAD DRSNG, ITALIAN DRSNG, RED FAT	2 tbsp	30.60	0.25g	7.324%	267.30mg	2.00g	3.00g	0.00g		0.12g
Turkey Sub	1 sandwich	251.93	2.05g	7.319%	976.68mg	6.17g	33.97g	28.07g		18.25g

## 2/23/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% Milk	1 cup	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
Animal Crackers	1 Animal Crackers	125.87	1.22g	8.716%	108.30mg	3.86g	20.92g	1.84g		1.87g
BROCCOLI, FRZ, CHOPD, CKD, BLD, DRND, WO/SALT	1/2 cup	25.76	0.02g	0.579%	10.12mg	0.11g	4.92g	2.76g		2.85g
Fat Free Chocolate Milk	1 cup	132.00	0.20g	1.364%	N/A	0.30g	24.00g	N/A		8.40g
Meatball Sub	1 each	340.54	2.02g	5.352%	971.08mg	8.11g	44.50g	6.06g		20.92g
MILK, NONFAT, FLUID, W/ VIT A (FAT FREE OR SKIM)	8 ounces	83.30	0.14g	1.482%	102.90mg	0.20g	12.15g	0.00g		8.26g
Peaches, canned	1/2 cup	67.77	0.00g	0.000%	6.28mg	0.04g	18.26g	1.63g		0.56g

## 2/24/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% Milk	1 cup	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
Cucumber Slices	1/4 cup	3.90	0.01g	2.220%	0.52mg	0.03g	0.94g	0.13g		0.17g
Fat Free Chocolate Milk	1 cup	132.00	0.20g	1.364%	N/A	0.30g	24.00g	N/A		8.40g
Fresh Orange	1 whole	86.48	0.04g	0.383%	0.00mg	0.22g	21.62g	4.42g		1.73g
Mashed Potatoes	1/2 cup	121.80	1.24g	9.147%	180.60mg	5.04g	16.94g	1.37g		2.24g

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## 2/24/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
MILK, NONFAT, FLUID, W/ VIT A (FAT FREE OR SKIM)	8 ounces	83.30	0.14g	1.482%	102.90mg	0.20g	12.15g	0.00g		8.26g
Oven Chicken	1 each	222.74	3.54g	14.296%	273.36mg	14.17g	8.10g	0.00g		14.17g
Whole Wheat Pan Roll	1 Whole Wheat Pan Roll	80.00	0.00g	0.000%	45.00mg	0.50g	16.00g	1.00g		3.00g

## 2/25/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% Milk	1 cup	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
Cheesy Breadsticks	1 each	280.00	6.00g	19.286%	456.00mg	11.05g	30.00g	2.00g		16.00g
Fat Free Chocolate Milk	1 cup	132.00	0.20g	1.364%	N/A	0.30g	24.00g	N/A		8.40g
Fresh Apple	1 whole	94.64	0.05g	0.519%	1.82mg	0.31g	25.13g	4.37g		0.47g
Green Salad	1 cup	13.99	0.03g	1.923%	5.15mg	0.20g	2.89g	1.32g		0.86g
Marmara Sauce Dipping Cup	1 each	45.00	0.00g	0.000%	240.00mg	1.50g	7.00g	1.00g		1.00g
MILK, NONFAT, FLUID, W/ VIT A (FAT FREE OR SKIM)	8 ounces	83.30	0.14g	1.482%	102.90mg	0.20g	12.15g	0.00g		8.26g

## 2/26/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% Milk	1 cup	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
Baby Carrots, Raw	1/2 cup	39.69	0.03g	0.591%	88.45mg	0.15g	9.34g	3.29g		0.73g
Baked Beans	1 Baked Beans	140.00	0.00g	0.000%	550.00mg	1.00g	29.00g	5.00g		6.00g
Fat Free Chocolate Milk	1 cup	132.00	0.20g	1.364%	N/A	0.30g	24.00g	N/A		8.40g
Fresh Banana	1 Banana	89.89	0.11g	1.133%	1.01mg	0.33g	23.07g	2.63g		1.10g
MILK, NONFAT, FLUID, W/ VIT A (FAT FREE OR SKIM)	8 ounces	83.30	0.14g	1.482%	102.90mg	0.20g	12.15g	0.00g		8.26g



**Recipe Nutrition Summary**  
for Roseville Community Schools  
February 1, 2015 through February 28, 2015

2/26/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
PORK BAR-B-Q	1 PORK BAR-B-Q	179.45	2.47g	12.370%	795.20mg	6.80g	13.61g	1.70g		15.31g
Whole Grain Hamburger Bun	1 Whole Grain Hamburger Bun	150.00	0.00g	0.000%	135.00mg	1.50g	31.00g	4.00g		5.00g

2/27/2015 Dort Elementary - Lunch

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% Milk	1 cup	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
Cinnamon French Toast	1 Cinnamon French Toast	230.00	2.00g	7.826%	350.00mg	8.00g	32.00g	3.00g		9.00g
Fat Free Chocolate Milk	1 cup	132.00	0.20g	1.364%	N/A	0.30g	24.00g	N/A		8.40g
Fruitable Plus	1 Fruitable Plus	60.00	N/A	N/A	15.00mg	0.00g	14.00g	N/A		0.00g
MILK, NONFAT, FLUID, W/ VIT A (FAT FREE OR SKIM)	8 ounces	83.30	0.14g	1.482%	102.90mg	0.20g	12.15g	0.00g		8.26g
PORK SAUSAGE PATTIE	1 PORK SAUSAGE PATTIE	70.03	2.24g	28.801%	125.39mg	6.45g	0.28g	0.04g		2.52g
Strawberries, unsweetened	.5 cup	38.68	0.01g	0.154%	2.21mg	0.12g	10.09g	2.32g		0.48g
Sweet Potato Puffs	1/2 cup	120.00	0.00g	0.000%	200.00mg	3.00g	20.00g	2.00g		2.00g

\* = Calculations based on incomplete data including amounts marked "N/A"

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