

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

Serving Group: K-12

Data Source: Metz Shared

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Apple, Granny Smith, 125ct - MCR100209 (1 ea.)	130.00	0.00	0.00	0.00	0.00	0.00	35.00	5.00	25.00	1.00	0.36	20.00	100.00	4.80	(M)	(M)
Apple, Raw, 138 count - MCR100191 (1 ea.)	130.00	0.00	0.00	0.00	0.00	0.00	34.00	5.00	25.00	1.00	0.36	20.00	100.00	4.80	(M)	(M)
Apples, canned, unsweetened, sliced, in water, without salt or nutritive sweeteners [100206, A345] - MCR100356 (1/2 c.)	35.00	0.00	0.00	0.00	0.00	5.00	9.00	1.00	(M)	0.00	1.44	0.00	0.00	1.20	(M)	(M)
Apples, fresh, raw, sliced, unpeeled (with skin) from ready- to-eat pouch [100284, A337] - MCR100295 (2 oz.)	29.00	0.10	0.02	0.00	0.00	1.00	7.83	1.40	(M)	0.15	0.07	3.00	31.00	2.60	(M)	(M)
Apples, individually quick frozen (IQF), unsweetened, sliced, heated from frozen [100258] - MCR100476 (1/2 c.)	48.00	0.34	0.06	0.00	0.00	4.00	12.36	2.00	(M)	0.30	0.20	6.00	20.00	0.40	(M)	(M)
Applesauce, canned, sweetened, without salt - MCR100606 (1/2 c.)	83.64	0.21	0.04	(M)	0.00	2.46	21.51	1.48	18.04	0.20	0.15	3.69	7.38	2.09	100.83	0.26
Applesauce, Flavored - MCR100391 (1/2 c.)	110.34	0.07	0.01	0.00(M)	0.00	68.22	27.75	1.63	25.53	1.33	0.18	4.76	37.92	1.63	0.14(M)	0.10(M)
Applesauce, Unsweetened - MCR100192 (1/2 c.)	52.00	0.06	0.01	0.00	0.00	2.00	13.77	1.50	12.31	0.21	0.15	4.00	35.00	1.50	(M)	(M)
Apricots, frozen, sliced, sweetened (packed in syrup at a ratio of 5:1 fruit to sugar), ascorbic and citric acid may be added [100259] - MCR100478 (1/2 c.)	118.00	0.12	0.00	0.00	0.00	4.00	30.38	2.60	(M)	0.84	1.09	12.01	2031.99	10.80	(M)	(M)
Bagel, White, WG, Frozen, Sliced, 2 oz, Pinnacle Foods Group, 00074, WG - MCR100223 (1 bagel)Contains Wheat, Soy.	120.00	1.00	0.00	0.00	0.00	170.00	24.00	3.00	3.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
Banana, Raw, Medium - MCR100206 (1 ea.)	112.14	0.42	0.14	(M)	0.00	1.26	28.78	3.28	(M)	1.37	0.33	6.30	80.64	10.96	94.39	1.03
Bananas and Pudding - MCR100420 (1 c.)Contains Milk.	230.13	3.37	0.13	0.00(M)	0.00	201.13	50.70	2.92	28.76	1.23	0.29	25.63	72.00	9.79	84.27(M)	0.92(M)
Bar, Chocolate Chip Oatmeal, 1.24 oz, Betty Crocker, General Mills, 16000-45977, WG - MCR100474 (1 Bar)Contains Milk, Egg, Wheat, Soy.	150.00	5.00	1.00	0.00	20.00	120.00	23.00	2.00	8.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
BBQ Ham Sandwich, 6-8, 9-12, MMA, WG - MCR100145 (1 sandwich)	264.28	3.91	0.65	0.00	37.95	1470.74	40.68	3.00	5.21(M)	17.39	1.44	40.00	241.92	7.26	(M)	(M)
BBQue Sauce, Heinz - MCR100057 (2 Tbsp.)	40.00	0.00	0.00	0.00	0.00	450.00	10.00	0.50	7.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Bean, Vegetarian Black (Poblanos) - MCR100364 (3 oz.)	96.40	3.65	0.60	0.00(M)	0.00(M)	81.89	12.40	4.86	0.84(M)	4.13	1.37	27.85(M)	53.94(M)	10.68(M)	22.23(M)	0.09(M)
Beans, Baked Beans, Veg-BP - MCR100172 (1/2 cup serving)	168.08	0.62	0.11	0.00(M)	0.00	715.14	38.39	5.37	20.25	6.49	1.69	52.51	280.92	1.17	112.64	3.20
Beans, Chick Peas, Garbanzos, Canned, Furmano's, 4118804043, Veg-BP - MCR100167 (1/2 c.)	110.00	2.00	0.50	0.00	0.00	410.00	18.00	8.00	3.00	6.00	0.72	60.00	0.00	0.00	(M)	(M)
Beans, green, cooked from frozen, whole or cut (french or sliced lengthwise), drained, without salt [100351, A070] - MCR100212 (1/2 c.)	19.00	0.11	0.03	0.00	0.00	6.00	4.35	2.00	(M)	1.01	0.59	33.00	376.00	2.80	(M)	(M)
Beans, Kidney, Canned; light red, fancy-sauce, 6/#10 can; as purchased - MCR100450 (1/2 c.)	109.99	0.00	0.00	(M)	0.00	300.00	19.99	4.99	(M)	6.00	1.08	54.00	0.00	0.00	(M)	(M)
Beans, Refried Beans, Veg-BP - MCR100177 (1/2 c.)	118.31	1.60	0.61	0.00(M)	10.00	156.07	19.64	6.72	0.01(M)	6.93	2.10	44.33	11.82	7.62	0.01(M)	0.01(M)
Beans, Wax, Frozen; sieve sized from 1-4, IQF, 12/2 lbs; Veg-O - MCR100178 (1/2 c.)	18.94	0.00	0.00	(M)	0.00	7.57	3.02	1.51	(M)	0.76	0.26	20.47	4.04	0.99	(M)	(M)
Beef w/ Broccoli WG Pasta, MMA, WG, Veg-DG - MCR100165 (1 1/2 c.)Contains Wheat, Gluten.	338.09	5.58	1.74	0.21(M)	57.52	421.02	43.81	4.60	2.56(M)	26.81	3.73	20.56	134.76	9.49	158.09 (M)	1.84(M)
Beef, Seasoned, (Poblanos) - MCR100366 (2 oz.)Contains Wheat.	209.88	14.87	4.99	0.71(M)	51.41(M)	431.05	3.24	0.80	0.81(M)	14.86	1.87	11.79(M)	324.00	0.00(M)	64.79(M)	0.70(M)
Benefit Bar, Apple Cinnamon (new), WG, 2 oz eq, J&J Snack - MCR100570 (1 ea.)Contains Milk, Egg, Wheat, Soy.	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Benefit Bar, Banana Choc Chunk (new), WG, 2 oz eq, J&J Snack - MCR100569 (1 ea.)	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Benefit Bar, Blueberry Chip (new), WG, 2 oz eq, J&J Snack - MCR100571 (1 ea.)Contains Milk, Egg, Wheat, Soy.	290.00	9.00	3.00	0.00	20.00	200.00	48.00	3.00	23.00	5.00	1.44	20.00	0.00	0.00	(M)	(M)
Benefit Bar, Oatmeal Choc Chip, WG, 2 oz eq, J&J Snack - MCR100568 (1 ea.)Contains Milk, Egg, Wheat, Soy.	290.00	9.00	3.00	0.00	20.00	240.00	47.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	0.00	0.00

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Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Biscuit, WG, Rich's, 2.6 oz - MCR100598 (1 biscuit)Contains Milk, Egg, Wheat, Soy.	210.00	8.00	5.00	0.00	5.00	490.00	29.00	3.00	2.00	5.00	0.72	40.00	0.00	0.00	(M)	(M)
Blackberries, raw - MCR100454 (1/2 c.)	30.96	0.35	0.01	(M)	0.00	0.72	6.92	3.82	3.51	1.00	0.45	20.88	154.08	15.12	63.47	0.27
Blueberries, unsweetened. [A367] - MCR100270 (1/2 c.)	40.00	0.50	0.04	0.00	0.00	1.00	9.50	2.20	(M)	0.32	0.14	6.00	36.00	2.00	(M)	(M)
Bowl, Chicken Potato Bowl, 6-8, 9-12, MMA, WG, Veg-S - MCR100021 (1 bowl)Contains Milk, Egg, Wheat, Soy.	522.35	14.01	2.90	0.00	51.00	1025.86	70.30	8.67	6.00(M)	26.35	4.32	135.59	319.75	23.91	(M)	(M)
Bowl, Chicken Potato Bowl, K-5 MMA, WG, Veg-S - MCR100022 (1 bowl)Contains Milk, Egg, Wheat, Soy.	426.98	12.38	3.30	0.00	44.90	881.36	54.65	6.24	3.79(M)	22.05	3.18	176.40	340.42	23.69	(M)	(M)
Bowl, South West Chicken w/Rice, 6-8, 9-12, MMA, WG, Veg S & RO - MCR100398 (1 bowl)	493.54	11.16	4.82	0.00(M)	73.98	560.65	63.34	2.64	5.33(M)	35.19	2.86	279.07	465.92	9.34	174.10 (M)	1.84(M)
Bowl, South West Chicken w/Rice, K-5, MMA, WG, Veg S & RO - MCR100399 (1 bowl)	382.84	7.73	2.97	0.00(M)	64.65	393.19	49.84	2.23	4.50(M)	29.08	2.37	145.30	375.06	9.17	130.57 (M)	1.38(M)
Bread Sticks with Mozzarella Cheese (Entree), WG, M/MA - MCR100527 (1 serv.)Contains Milk, Wheat.	278.00	7.00	4.80	0.00	18.00	764.00	34.00	4.00	4.00(M)	22.00	0.92	422.00	0.00	0.00	(M)	(M)
Bread, Wheat Whole Grain Bread, Schwebels, WG - MCR100273 (1 slice, medium)Contains Wheat.	60.00	1.00	0.00	0.00	0.00	110.00	11.00	2.00	2.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
Breaded Chicken, Whole Grain, 8 Piece Cut Up Parts (new), Goldkist, 7812 - MCR100631 (1 breast)	215.00	13.00	3.00	0.00	41.00	591.00	11.00	1.00	0.00	12.00	1.00	12.00	78.00	1.00	(M)	(M)
Breadstick, WG, 1.2 oz, Rich's - MCR100176 (1 ea.)Contains Wheat.	80.00	1.00	0.00	0.00	0.00	100.00	14.50	1.50	1.50	3.00	0.36	0.00	0.00	0.00	(M)	(M)
Broccoli, Broccoli with Cheese Sauce - MCR100459 (3/4 c.) Contains Milk.	122.41	7.00	4.50	0.00	20.00	247.93	6.59	1.79	2.90	8.79	0.32	217.93	648.28	32.28	(M)	(M)
Broccoli, raw - MCR100054 (1/2 c.)	10.79	0.12	0.00	0.00	0.00	19.19	1.92	0.72	0.48	0.96	0.26	14.39	71.96	31.66	(M)	(M)
Broccoli,Chopped, Frozen, Monarch, 671195, Veg-DG - MCR100064 (1/2 Cup (Frozen))	22.41	0.00	0.00	0.00	0.00	17.93	3.59	1.79	0.90	1.79	0.32	17.93	448.28	32.28	(M)	(M)
Brussels sprouts, cooked, boiled, drained, without salt - MCR100271 (1/2 c.)	28.08	0.39	0.08	(M)	0.00	16.38	5.54	2.03	(M)	1.99	0.94	28.08	604.50	48.36	69.34	0.74

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Bun, Cinnamon Glazed (new), Super Bakery, WW - MCR100562 (1 bun)Contains Milk, Egg, Wheat, Soy.	230.00	7.00	2.00	0.00	15.00	250.00	37.00	2.00	16.00	5.00	1.44	60.00	0.00	0.00	(M)	(M)
BUN, CINNAMON STICK (new), WG, 2 OZ, J & J Snack - MCR100566 (1 stick.)Contains Milk, Egg, Wheat.	150.00	2.50	1.00	0.00	5.00	115.00	30.00	3.00	8.00	4.00	1.44	20.00	100.00	0.00	(M)	(M)
Burger, Bacon Cheeseburger on a Bun, 6-8, 9-12, MMA, WG - MCR100173 (1 ea.)Contains Milk, Soy.	365.50	15.01	5.75	0.00	68.81	922.50	29.01	4.00	4.00(M)	27.56	3.61	417.15	635.72	0.00	(M)	(M)
Burger, Cheeseburger on a Bun, K-5, MMA, WG - MCR100127 (1 ea.)Contains Wheat, Soy.	295.00	13.50	5.75	0.00	43.50	690.00	24.00	4.00	4.00(M)	21.50	2.88	417.15	635.72	0.00	(M)	(M)
Burger, Cheeseburger on a Bun, MMA, WG - MCR100012 (1 ea.) Contains Soy.	325.00	14.00	5.75	0.00	43.50	720.00	28.00	4.00	4.00(M)	22.50	3.24	417.15	635.72	0.00	(M)	(M)
Burger, Hamburger on a Bun, 6- 8, 9-12, MMA, WG - MCR100030 (1 burger)Contains Soy.	290.00	12.00	4.50	0.00	36.00	510.00	27.00	4.00	4.00	19.00	3.24	60.00	100.00	0.00	(M)	(M)
Burger, Hamburger on a Bun, K- 5, MMA, WG - MCR100031 (1 burger)Contains Wheat, Soy.	260.00	11.50	4.50	0.00	36.00	480.00	23.00	4.00	4.00	18.00	2.88	60.00	100.00	0.00	(M)	(M)
Burrito, Egg and Cheese, WG, MMA - MCR100316 (1 burrito) Contains Egg, Wheat, Gluten.	290.88	13.08	5.52	0.00	126.38	751.38	30.01	3.00	1.00(M)	15.04	50.04	812.52	1176.73	0.00	(M)	(M)
Burrito, Egg, Sausage, and Cheese, WG, MMA - MCR100382 (1 burrito)Contains Egg, Wheat, Gluten.	318.41	14.72	5.31	0.00	147.54	796.73	29.53	3.00	1.52(M)	18.31	50.41	476.22	641.02	0.63	(M)	(M)
BUTTER, WHIPPED SALTED SS CUP, Glenview Farms - MCR100504 (2 ea.)	67.00	7.30	5.00	0.00	20.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	250.00	0.00	(M)	(M)
Calzone, Meatball and Cheese, MMA, WG, 9-12 - MCR100414 (1 ea.)Contains Milk, Egg, Wheat, Soy.	447.60	16.37	7.46	0.00	54.56	763.43	43.02	4.59	4.45(M)	28.04	2.37	246.44	0.00	1.22	(M)	(M)
Cantaloupe, raw - MCR100257 (1/2 c.)	27.20	0.15	0.04	(M)	0.00	12.80	6.53	0.72	(M)	0.67	0.17	7.20	2705.60	29.36	72.12	0.52
Carrots, Baby-Cut, Sticks, Fresh, Peeled, 100982 A094, Veg-RO - MCR100195 (1/2 c.)	29.98	0.10	0.02	0.00	0.00	65.96	6.93	2.46	(M)	0.54	0.77	26.99	11720.1 1	2.25	(M)	(M)
Carrots, Frozen, Harvest Value, RO - MCR100157 (1/2 c.)	30.00	0.00	0.00	0.00	0.00	60.00	7.00	2.00	5.00	1.00	0.36	20.00	5500.00	6.00	(M)	(M)
Carrots, Ranchoero, RO - MCR100360 (1/2 c.)Contains Soy.	59.02	2.00	0.90	0.00(M)	0.00	507.63	9.52	2.77	6.46(M)	1.36	0.51	28.95	7198.97	7.94	0.05(M)	(M)

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CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Cauliflower, raw - MCR100143 (1/2 c.)	25.00	0.28	0.06	(M)	0.00	30.00	4.97	2.00	(M)	1.92	0.42	22.00	0.00	48.20	92.07	0.76
Celery Sticks - MCR100052 (1/2 c.)	10.00	0.00	0.00	0.00	0.00	50.00	2.00	1.00	1.00	0.00	0.00	20.00	300.00	2.40	(M)	(M)
Central Valley Harvest Bake (new), USDA I-20r, Veg-RO, Veg- O - MCR100623 (1/2 c.)Contains Wheat, Soy, Gluten.	152.17	6.39	2.21	0.00(M)	0.00	134.54	22.57	3.04	6.52(M)	2.69	1.24	39.45	1315.22	37.96(M)	109.09 (M)	0.82(M)
Cereal Bar, Cheerio Apple Cinnamon, General Mills, WG, 16000-31911 - MCR100411 (1 Bar)Contains Wheat.	150.00	3.00	0.50	0.00	0.00	95.00	30.00	3.00	9.00	2.00	1.80	200.00	100.00	0.00	(M)	(M)
Cereal Bar, Cheerios Fruit, WG, 16000-31912 - MCR100408 (1 Bar)Contains Wheat.	150.00	3.00	0.50	0.00	0.00	105.00	30.00	3.00	9.00	2.00	1.80	200.00	100.00	4.80	(M)	(M)
Cereal Bar, Cinnamon Toast Crunch, General Mills, 19437000, WG - MCR100332 (1 Bar) Contains Wheat.	151.35	3.78	0.54	0.00	0.00	140.54	29.19	2.16	9.73	2.16	4.87	162.16	0.00	0.00	(M)	(M)
Cereal Bar, Cocoa Puffs, General Mills, WG, 16000-19438 - MCR100409 (1 Bar)Contains Wheat.	160.00	4.00	1.50	(M)	0.00	125.00	26.00	1.00	(M)	6.00	5.40	250.00	750.00	9.00	(M)	(M)
Cereal Bar, Golden Grahams, General Mills, WG, 16000-31913 - MCR100410 (1 Bar)Contains Wheat.	150.00	3.00	0.50	0.00	0.00	110.00	30.00	3.00	9.00	2.00	1.80	100.00	100.00	0.00	(M)	(M)
Cereal Bar, Nutri Grain Apple Cinnamon, Kellogg's, WG, 3800059779 - MCR100413 (1 Bar)Contains Milk, Wheat, Soy.	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Cereal Bar, Nutri Grain Strawberry, Kellogg's, WG, 3800059772 - MCR100412 (1 Bar)Contains Milk, Wheat, Soy.	160.00	4.00	0.50	0.00	0.00	150.00	29.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Cereal Bar, Trix Whlgrn, General Mills, 42395, WG - MCR100331 (1 Bar)	151.35	3.78	0.54	0.00	0.00	118.92	29.19	2.16	8.65	2.16	3.89	162.16	0.00	0.00	(M)	(M)
Cereal, 25% Less Sugar Cinnamon Toast Crunch Crispy Whole Wheat and Rice Cereal, General Mills, 16000-29444, WG - MCR100224 (1 bowl)Contains Wheat, Soy.	110.00	3.00	0.50	0.00	0.00	200.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cereal, Cheerios Fruit Whole Grain SS Bowl - MCR100428 (1 bowl)May contain Wheat.	120.00	1.50	0.00	0.00	0.00	150.00	26.00	2.00	10.00	2.00	4.50	100.00	500.00	18.00	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Cereal, Cheerios Toasted, Self-Serve Bowl, General Mills, 16000-11941, WG - MCR100225 (1 bowl)Contains Wheat.	100.00	1.00	0.00	0.00	0.00	115.00	23.00	2.00	6.00	2.00	7.20	80.00	500.00	4.80	(M)	(M)
Cereal, Chex Honey Nut Whole Grain Gluten Free SS Bowl Shelf Stable, General Mills Inc, 16000-11866, WG - MCR100226 (1 Package/Box/Case/Bag)Contains Tree nuts.	120.13	0.00	0.00	0.00	0.00	190.21	27.03	1.00	9.01	2.00	4.50	100.11	500.56	6.01	(M)	(M)
Cereal, Froot Loops, RS, WG - MCR100375 (1 bowl)Contains Wheat, Soy.	110.00	1.00	0.50	0.00	0.00	170.00	24.00	3.00	8.00	2.00	3.60	0.00	400.00	12.00	(M)	(M)
Cereal, Frosted Flakes Multigrain Choco Zucaritas Pouch (new), RS, WG - MCR100537 (1 ounces, dry)Contains Wheat.	110.00	0.50	0.00	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Cereal, Frosted Flakes Pouch (new), RS, Multigrain, WG - MCR100536 (1 ounces, dry) Contains Wheat.	100.00	0.00	0.00	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Cereal, Fruit Loops Pouch (new), RS, WG - MCR100535 (1 ounces, dry)Contains Wheat.	110.00	1.00	0.50	0.00	0.00	170.00	24.00	3.00	8.00	2.00	3.60	0.00	400.00	12.00	(M)	(M)
Cereal, Kix, Berry, SS Bowl, General Mills, Inc, 16000-43056, WG - MCR100227 (1 bowl)	70.00	1.00	0.00	0.00	0.00	100.00	16.00	1.00	4.00	1.00	4.50	80.00	300.00	3.60	(M)	(M)
Cereal, Kix, Bowlpak Cereal, Ready-To-Eat, General Mills, WG - MCR100228 (3/4 c.)	64.00	0.50	0.00	0.00	0.00	100.00	15.00	2.00	2.00	1.00	4.50	80.00	0.00	0.00	(M)	(M)
Cereal, Lucky Charms, WG, SS Bowl Shelf Stable, General Mills, 16000-11973, WG - MCR100229 (1 bowl)	102.14	0.93	0.00	0.00	0.00	167.14	21.36	1.86	9.29	1.86	4.18	92.86	464.29	5.57	(M)	(M)
Cereal, Ready-To-Eat, Cocoa Puff, Reduced Sugar, General Mills, 16000-29443, WG - MCR100230 (1 bowl)	110.00	1.50	0.00	0.00	0.00	160.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Cereal, Ready-To-Eat, Trix, Reduced Sugar, General Mills, 16000-29445, WG - MCR100231 (1 bowl)	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Cereal, Rice Chex, Bowl Pack, Gluten Free - MCR100425 (1 bowl)	100.00	0.50	0.00	0.00	0.00	250.00	24.00	1.00	2.00	2.00	9.00	100.00	500.00	6.00	(M)	(M)
Cereal, Rice Crunchins Bowlpack, General Mills, 16000-11997, WG - MCR100232 (1 bowl)	80.00	0.50	0.00	0.00	0.00	50.00	17.00	1.00	2.00	1.00	1.08	0.00	750.00	9.00	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Cereals, Golden Grahams, Self Serve Bowl, General Mills, 16000-11943, WG - MCR100233 (1 bowl)Contains Wheat.	110.00	1.00	0.00	0.00	0.00	220.00	24.00	1.00	9.00	1.00	3.60	80.00	400.00	4.80	(M)	(M)
Cereals, Honey Nut Cheerios, Singlepak, General Mills, 16000-11918, WG - MCR100234 (1 pkg.)	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Cereals, Ready-To-Eat, Total Raisin Bran, General Mills, 16000-12392, WG - MCR100236 (1 bowl)Contains Tree nuts, Wheat.	112.00	0.50	0.00	0.00	0.00	110.00	25.00	3.00	10.00	2.00	10.80	600.00	300.00	0.00	(M)	(M)
Cereals, Ready-To-Eat; Bowl Cereal Frosted Corn Flakes, General Mills, 11768, WG - MCR100235 (1 bowl)Contains Wheat.	100.00	0.50	0.00	0.00	0.00	190.00	24.00	1.00	8.00	1.00	6.30	150.00	500.00	4.80	(M)	(M)
Cheese Stick, Mozzarella, String Cheese, Land O Lakes Foodservice, 59701, MMA - MCR100475 (1 ounces)Contains Milk.	79.01	5.93	3.46	0.00	14.81	207.41	0.99	0.00	0.00	6.91	0.00	197.53	98.77	0.00	(M)	(M)
Cheese Sticks Dippers (Max) with Sauce (new), 1.93 oz/2 each, MMA, WG, Veg RO - MCR100100 (1 serv.)Contains Milk, Wheat, Soy.	304.00	14.06	5.00	0.00	10.00	788.00	32.69	4.23	2.46	14.11	1.52	302.29	142.89	1.72	(M)	(M)
Cheese, Cream Cheese Philly Light .75 oz cup, Kraft Foods Inc., 61094 - MCR100238 (1 ea.)Contains Milk.	44.92	3.99	2.50	0.00	14.97	94.83	1.00	0.00	1.00	2.00	0.00	19.96	299.47	0.00	(M)	(M)
Cherries, red, tart, frozen, pitted, no sugar added, unthawed - MCR100477 (1/2 c.)	36.00	0.34	0.08	0.00	0.00	0.00	8.60	1.20	(M)	0.72	0.42	10.00	678.00	1.40	(M)	(M)
Chicken & Cheese on a WG Roll, K-5 - MCR100089 (1 ea.) Contains Wheat.	237.07	6.44	2.31	0.00	60.65	339.33	22.29	3.00	4.00(M)	26.27	1.83	168.50	89.50	0.00	(M)	(M)
Chicken Alfredo over Penne, WG, 6-8, 9-12 - MCR100110 (1 ea.) Contains Milk, Wheat, Gluten.	458.78	19.42	12.68	0.00(M)	70.78	417.94	43.04	4.00	2.67(M)	26.98	2.20	391.07	559.76	0.13	2.92(M)	0.28(M)
Chicken Alfredo over Penne, WG, K-5 - MCR100121 (1 ea.) Contains Milk, Wheat, Gluten.	377.08	17.63	11.71	0.00(M)	62.56	352.16	32.54	3.00	2.17(M)	21.32	1.67	316.19	531.12	0.13	2.92(M)	0.28(M)
Chicken Breast with WG Dinner Rolls - MCR100343 (1 serv.) Contains Wheat.	225.05	4.20	0.48	0.01	54.43	318.66	26.00	4.00	4.00	24.03	1.75	44.25	25.52	1.02	(M)	(M)
Chicken Breast with WG Pretzel Rods - MCR100383 (1 serv.) Contains Wheat.	225.05	3.20	0.48	0.01	54.43	228.66	28.00	2.00	0.00	22.03	1.75	4.25	25.52	1.02	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Chicken Cordon Bleu, MMA - MCR100319 (1 serv.)Contains Milk, Egg.	188.72	6.14	2.52	0.01(M)	79.29	402.46	9.95	0.70	0.30(M)	25.16	0.96	106.73	237.28	1.05	5.75(M)	0.11(M)
Chicken Curry Casserole (new), USDA D-55r, 6-8, 9-12, MMA, WG, Veg-O - MCR100619 (1 1/2 c.)Contains Wheat.	517.33	14.10	2.98	0.00(M)	95.03	1216.99	65.46	6.35	2.90(M)	33.13	3.53	211.74	6403.17 (M)	21.48	150.38 (M)	1.19(M)
Chicken Curry Casserole (new), USDA D-55r, K-5, MMA, WG, Veg-O - MCR100618 (1 c.)	298.22	8.73	1.99	0.00(M)	63.35	737.99	34.97	2.90	0.60(M)	20.09	1.87	127.83	4268.78 (M)	14.32	100.26 (M)	0.79(M)
Chicken in Gravy over WG Biscuit, MMA, WG - MCR100106 (1 serv.)Contains Milk, Soy.	297.07	11.85	8.67	0.00	52.65	576.33	28.00	2.00	3.00(M)	21.41	1.45	150.00	0.00	0.00	(M)	(M)
Chicken Lo Mein Bowl, 6-8, 9-12, MMA, WG - MCR100378 (1 serv.)	426.89	9.19	1.31	0.00	65.81	363.31	55.64	8.30	11.90(M)	30.57	3.07	40.00	1150.00	25.20	(M)	(M)
Chicken Lo Mein Bowl, K-5, MMA, WG - MCR100379 (1 serv.)	280.12	7.97	1.14	0.00	52.65	350.48	30.64	4.55	10.65(M)	21.84	1.77	27.50	1150.00	25.20	(M)	(M)
Chicken Nuggets with WG Roll, K-5 - MCR100071 (1 ea.) Contains Egg, Wheat, Soy.	240.00	9.00	2.00	0.00	50.00	506.00	22.00	3.00	2.00	18.00	2.72	42.00	127.00	1.00	(M)	(M)
Chicken Nuggets, WG, w/ WG Pretzel Rod, K-5 - MCR100116 (1 ea.)Contains Egg, Wheat, Soy.	240.00	8.50	2.00	0.00	50.00	461.00	23.00	2.00	0.00	17.00	2.72	22.00	127.00	1.00	(M)	(M)
Chicken Nuggets, WG, with WG Dinner Rolls, 6-8, 9-12 - MCR100355 (1 ea.)Contains Egg, Wheat, Soy.	345.75	11.63	2.40	0.00	60.00	697.95	37.13	5.25	4.05	24.07	3.86	66.90	152.40	1.20	(M)	(M)
Chicken Nuggets, WG, with WG Pretzel Rods - MCR100050 (1 ea.)Contains Egg, Wheat, Soy.	344.00	10.60	2.40	0.00	60.00	605.20	38.80	3.20	0.00	22.00	3.84	26.40	152.40	1.20	(M)	(M)
Chicken Pot Pie, USDA D-19, MMA, WG - MCR100320 (1 portion)	326.61	17.10	4.45	0.00(M)	53.70	329.75	23.49	3.41	3.54(M)	21.92	1.73	16.46	308.46	14.98	29.01(M)	0.72(M)
Chicken Salad, USDA E-05, MMA - MCR100446 (1/2 c.)	152.85	6.06	0.69	0.00(M)	59.73	231.79	7.66	0.42	5.36(M)	17.88	0.84	5.89	159.19	1.03	11.35(M)	0.20(M)
Chicken Stir Fry , MMA, Veg-RO, Veg-DG - MCR100150 (3/4 c.)	253.91	10.71	1.61	0.03(M)	76.44	236.14	14.05	3.25	4.79(M)	28.27	1.76	48.87	10174.7 3	51.48	149.08 (M)	1.57(M)
Chicken Stir Fry with Brown Rice Pilaf, HS, MMA, WG, Veg-RO, Veg-DG - MCR100148 (1 portion)	536.71	14.06	2.44	0.03(M)	81.77	493.97	66.90	4.89	8.12(M)	37.29	3.65	69.94	10180.1 5	52.17	323.18 (M)	3.40(M)
Chicken Tenderloin Strips Hot n' Spicy w/Dinner Roll (new), WG, K-5 - MCR100534 (1 serv.) Contains Egg, Wheat, Soy.	270.00	13.00	2.00	0.00	62.00	480.00	26.00	4.00	3.00	17.00	2.52	40.00	200.00	0.00	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Chicken Tenderloin Strips Hot n' Spicy w/Dinner Rolls (new), WG, 6-8, 9-12 - MCR100533 (1 serv.)Contains Egg, Wheat, Soy.	406.67	18.00	2.67	0.00	82.67	713.33	43.33	6.67	5.33	24.67	3.84	66.67	266.67	0.00	(M)	(M)
Chicken Tenderloin Strips w/Dinner Roll (new), WG, K-5 - MCR100531 (1 serv.)Contains Egg, Wheat, Soy.	241.00	9.00	2.00	0.00	50.00	508.00	22.00	4.00	2.00	18.00	2.52	40.00	100.00	0.00	(M)	(M)
Chicken Tenderloin Strips w/Dinner Rolls (new), WG, 6-8, 9-12 - MCR100532 (1 serv.) Contains Egg, Wheat, Soy.	368.00	12.67	2.67	0.00	66.67	750.67	38.00	6.67	4.00	26.00	3.84	66.67	133.33	0.00	(M)	(M)
Chicken, Alfredo with a Twist (new), USDA D-54r, 6-8, 9-12, MMA, WG - MCR100616 (1 c.) Contains Milk, Wheat, Gluten.	410.79	10.35	3.45	0.00(M)	70.70	625.61	50.96	4.93	6.87(M)	33.53	2.82(M)	109.31 (M)	510.60 (M)	0.60(M)	577.35 (M)	1.97(M)
Chicken, Alfredo with a Twist (new), USDA D-54r, K-5, MMA, WG - MCR100615 (1 c.) Contains Milk, Wheat, Gluten.	340.79	9.35	3.45	0.00(M)	70.70	515.61	37.96	2.93	4.87(M)	30.53	2.10(M)	89.31(M)	510.60 (M)	0.60(M)	577.35 (M)	1.97(M)
Chicken, Breaded 8 Piece, with WG Dinner Roll (new), K-5, MMA, WG - MCR100633 (1 breast) Contains Wheat.	285.00	14.00	3.00	0.00	41.00	701.00	24.00	3.00	2.00	15.00	1.72	32.00	78.00	1.00	(M)	(M)
Chicken, Breaded 8 Piece, with WG Dinner Rolls (new), 6-8, 9-12, MMA, WG - MCR100634 (1 breast) Contains Wheat.	355.00	15.00	3.00	0.00	41.00	811.00	37.00	5.00	4.00	18.00	2.44	52.00	78.00	1.00	(M)	(M)
Chicken, Buffalo Dip w/ Nacho Chips (new), M/MA, WG, 6-8, 9-12 - MCR100564 (1 ea.) Contains Milk, Soy.	554.69	31.66	11.70	0.00(M)	86.88	1033.02	40.39	2.33	2.35(M)	29.89	1.41	447.00	854.05	4.27	11.57(M)	0.28(M)
Chicken, Buffalo Dip with Flatbread, M/MA, WG, 6-8, 9-12 - MCR100363 (1 ea.) Contains Milk, Soy.	444.69	22.66	10.70	0.00(M)	86.88	1103.02	30.39	3.33	4.35(M)	30.89	0.69(M)	407.01 (M)	854.05 (M)	4.27(M)	11.57(M)	0.28(M)
Chicken, Crunchy Hawaiian Wrap (new), USDA F-12r, 6-8, 9-12, MMA, WG, Veg-RO, Veg-O - MCR100620 (1 tortilla) Contains Wheat, Gluten.	331.91	7.83	2.26	0.00(M)	57.96	372.67	43.97	5.09	10.96(M)	24.75	3.05	120.16	3558.92	32.86	29.25(M)	0.44(M)
Chicken, General Tso's Chicken, 9-12, 6-8, MMA, WG - MCR100027 (1 ea.) Contains Milk, Egg, Wheat, Soy.	568.94	15.89	2.92	0.00(M)	47.00	1825.66	80.12	5.54	17.20(M)	21.34	3.24	42.12	267.48	5.13	158.33 (M)	3.18(M)
Chicken, General Tso's Chicken, K-5, MMA, WG - MCR100028 (1 ea.) Contains Milk, Egg, Wheat, Soy.	424.40	11.01	2.13	0.00(M)	36.93	1555.22	60.56	4.34	11.71(M)	17.01	2.63	34.36	243.49	4.92	126.73 (M)	2.98(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Chicken, Popcorn Buffalo Bites with WG Roll, K-5, 6-8, 9-12 - MCR100388 (1 ea.)Contains Milk, Egg, Wheat, Soy.	321.32	13.76	2.78	0.00(M)	47.87	1312.33	27.21	4.07	3.02(M)	18.44	2.81	37.82	1026.09	10.06	0.70(M)	0.09(M)
Chicken, Popcorn Buffalo with WG Roll, K-5, 6-8, 9-12 - MCR100248 (1 ea.)Contains Milk, Egg, Wheat, Soy.	323.52	13.31	2.47	0.00	49.36	824.21	28.84	4.00	3.47	18.00	2.72	45.45	289.19	3.13	(M)	(M)
Chicken, Popcorn with WG Roll, K-5, 6-8, 9-12 - MCR100088 (1 ea.)Contains Milk, Egg, Wheat, Soy.	281.00	10.00	2.00	0.00	47.00	510.00	26.00	4.00	3.00	18.00	2.72	36.00	112.00	1.00	(M)	(M)
Chicken, Seasoned, (Poblanos) - MCR100367 (2 oz.)Contains Wheat.	103.27	2.35	0.67	0.00(M)	52.65(M)	407.48	3.24	0.80	0.81(M)	18.22	1.02	0.45(M)	324.00	0.00(M)	15.11(M)	0.02(M)
Chicken, Sweet Garlic Glazed Chicken w/Rolls (new), MMA, WG - MCR100627 (1 breast)Contains Wheat.	198.02	7.06	1.10	0.01(M)	54.43	526.79	17.09	0.81	12.41	19.21	0.74	26.55	27.79	1.65	1.38(M)	1.10(M)
Chili Con Carne w/Beans, USDA D-20 - MCR100374 (1/2 c.)	191.20	9.69	3.76	0.59(M)	43.18	176.02	10.94	2.63	0.35(M)	14.56	2.43	45.89	621.33	7.47	104.02 (M)	1.20(M)
Churro, Apple Filled, WG, J&J Snack (Tio Pete's) - MCR100503 (1 ea.)	150.00	4.00	1.00	0.00	0.00	60.00	27.00	1.00	9.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
Churro, Raspberry (new), WG, J&J Snack - MCR100572 (1 ea.)Contains Milk, Egg, Wheat, Soy.	160.00	4.00	1.00	0.00	0.00	60.00	28.00	1.00	9.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
Cole Slaw (new), Veg-O - MCR100487 (1/2 c.)	77.81	5.47	0.77	0.00(M)	0.00	135.92	6.70	1.89	4.18(M)	1.07	0.34	29.39	1360.01	24.94	78.66(M)	1.00(M)
Cole Slaw, Cilantro Lime (new), Veg-O - MCR100551 (1/2 c.)	176.28	11.52	1.92	0.00(M)	6.40	523.01	16.59	1.12	15.25	0.57	0.20	22.46	12.04	23.58	3.73(M)	0.01(M)
Commissable, Tostitos w/Cheese Sticks and Pretzels, K-5, MMA, WG - MCR100438 (1 ea.)Contains Milk, Wheat.	434.11	14.62	7.99	0.00	34.90	1644.73	62.97	2.07(M)	43.34	16.03	0.73	410.65	3133.90	162.06	(M)	(M)
Commissables, Danimals w/Mozzarella Cheese Stick, Belly Bears and Pretzels, K-5, MMA, WG - MCR100439 (1 ea.)Contains Milk, Wheat.	427.00	11.50	3.50	0.00	20.00	605.00	68.00	3.00(M)	34.00	15.00	1.80	461.00	100.00	60.00	(M)	(M)
Condiment, Herb Mayo - MCR100480 (1 oz.)	51.45	3.84	0.00	0.00(M)	6.40	156.88	4.03	0.00	2.64	0.00	24.64	0.16	0.16	0.30	(M)	(M)
Condiment, Hot Sauce, Texas Pete, 10.012 - MCR100140 (1 tsp.)	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Condiment, Ketchup, Low Sodium, Dispenser Pouch, Heinz, 76003605 - MCR100602 (1 Tbsp.)	12.00	0.00	0.00	0.00	0.00	25.00	3.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Condiment, Ketchup, Tomato Fancy, 33% Dispenser Pouch, Heinz, 515500 - MCR100154 (2 Tbsp.)	30.00	0.00	0.00	0.00	0.00	380.00	8.00	0.00	8.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Condiment, Ketchup-9 gram Single Serve-1000ct Case, Heinz, 984800 - MCR100313 (1 ea.)	12.00	0.00	0.00	0.00	0.00	100.00	3.00	0.00	2.00	0.00	0.00	0.00	100.00	0.00	(M)	(M)
Condiment, Sour Cream, Glennview Farms - MCR100458 (2 Tbsp.)Contains Milk.	60.00	5.00	3.50	(M)	20.00	15.00	1.00	0.00	1.00	0.99	0.00	40.00	200.00	0.00	(M)	(M)
Cookie, Chocolate Chip Oatmeal - MCR100467 (1 ea.)	231.50	10.45	3.58	0.00(M)	14.73(M)	137.69	33.31	1.56(M)	13.57(M)	3.03	1.20(M)	12.80(M)	286.25 (M)	0.02(M)	1.63(M)	0.38(M)
Corn and Black Bean Salsa (new), Condiment - MCR100524 (1/2 c.)	62.25	0.35	0.07	0.00(M)	0.00	45.00	12.41	3.62	0.73(M)	3.17	0.92	16.71	461.80	12.99	31.46(M)	0.17(M)
Corn and Black Bean Salsa (Poblanos) Condiment - MCR100369 (1/4 c.)	46.25	1.45	0.23	0.00(M)	0.00(M)	134.02	7.61	1.68	0.18(M)	1.67	0.63	15.94(M)	39.87(M)	3.04(M)	4.93(M)	0.20(M)
Corn Dog, Turkey Mini Nugget , CN Label, MMA, WG - MCR100131 (6 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	250.00	10.00	1.50	0.00	15.00	630.00	31.00	1.00	8.00	11.00	3.60	0.00	0.00	0.00	(M)	(M)
Corn Dog, WG - MCR100061 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	240.00	7.00	1.50	0.00	15.00	670.00	33.00	4.00	11.00	11.00	1.80	60.00	0.00	15.00	(M)	(M)
Corn, Yellow, Whole Kernel, Cooked from Frozen, Commodity, 100348, A130, Veg-S - MCR100169 (1/2 c.)	71.34	0.55	0.08	0.00	0.00	1.00	15.83	2.00	(M)	2.09	0.39	2.00	163.00	2.90	(M)	(M)
Corn-On-Cob, Frozen; 5.5" ear - MCR100276 (1 piece)	140.00	1.49	0.00	(M)	0.00	19.99	33.99	1.99	(M)	4.99	0.13	0.00	105.14	3.74	(M)	(M)
Crackers, Goldfish, .75 oz, 140018105, WG - MCR100610 (1 pkg.)Contains Milk, Wheat.	100.00	3.50	1.00	0.00	5.00	170.00	14.00	1.00	0.00	3.00	0.36	20.00	0.00	0.00	(M)	(M)
Crackers, saltines - MCR100489 (8 cracker square)	101.04	2.12	0.48	0.11	0.00	245.04	17.84	0.70	(M)	2.28	1.23	5.04	0.24	0.00	0.97	0.79
Cranberry sauce, canned, strained, with added sweetener such as high fructose corn syrup/corn sweetener [100214, A288] - MCR100460 (1/2 c.)	207.99	0.19	0.01	0.00	0.00	40.01	53.68	1.39	(M)	0.28	0.30	6.00	2.00	2.80	(M)	(M)
Croutons, Cheese and Garlic Whole Grain (new) - MCR100550 (1/2 ounces)	49.38	1.98	0.00	0.00	0.00	133.33	6.91	0.99	0.99	1.98	0.36	0.00	0.00	0.00	(M)	(M)
Cucumber, raw - MCR100053 (1/2 c.)	7.80	0.06	0.02	(M)	0.00	1.04	1.89	0.26	0.87	0.34	0.15	8.32	54.60	1.46	49.52	0.20

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Deli Bar, MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100026 (1 sandwich)Contains Fish, Wheat, Soy, Gluten.	472.10	20.46	8.14	0.08(M)	86.86	1943.40	35.44	4.64	6.81(M)	35.91	3.01	591.33	1673.22	11.32	137.40 (M)	4.02(M)
Dessert, Black Bean Brownies (new) - MCR100521 (1 square) Contains Milk.	123.63	3.46	1.80	0.00(M)	23.27	114.39	21.55	2.45	15.24(M)	3.12	0.93	32.13	37.02	0.69	4.93(M)	0.58(M)
Dressing, Cains Light Italian Dressing, Cains, 59770 - MCR100220 (2 tsp.)	15.00	1.00	0.00	0.00	0.00	560.00	2.00	0.00	1.00	0.00	0.00	0.00	0.00	1.20	(M)	(M)
Dressing, Cains Lite French Dressing Gallon, Cains, 59760 - MCR100219 (1 Tbsp.)	120.00	9.00	0.00	0.00	0.00	465.00	10.50	0.00	6.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Creamy Caesar, Ken's, Condiment - MCR100218 (2 Tbsp.)	150.00	16.00	2.50	0.00	0.00	270.00	1.00	0.00	1.00	1.00	0.00	20.00	100.00	0.00	(M)	(M)
Dressing, Fat Free Ranch Dressing, 1.5 oz Pouch, Ken's, 026 - MCR100217 (1 container, individual)Contains Milk.	40.00	0.00	0.00	0.00	0.00	550.00	11.00	1.00	4.00	0.00	0.00	20.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard, Dispenser, Heinz, 980450 - MCR100216 (1 Tbsp.)Contains Egg, Soy.	255.00	25.50	4.50	0.00	15.00	202.50	7.50	0.00	7.50	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Italian Low Cal, Heinz - MCR100048 (2 Tbsp.)	5.00	0.00	0.00	0.00	0.00	90.00	1.25	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Light Ranch Dressing, Cains, 52230 - MCR100215 (1 Tbsp.)May contain Milk, Egg, Soy.	45.00	3.50	0.50	0.00	2.50	145.00	3.00	0.00	0.50	0.00	0.00	10.00	0.00	0.00	(M)	(M)
Dressing, Ranch Low Fat, Heinz - MCR100047 (2 Tbsp.)Contains Milk, Soy.	50.00	2.50	0.50	0.00	0.00	320.00	8.00	1.00	5.00	0.00	0.00	2.00	0.00	2.00	(M)	(M)
Dressing, Raspberry Vinaigrette FF SS, Ken's, KE0630B3 - MCR100214 (1 ea.)	45.00	0.00	0.00	0.00	0.00	110.00	12.00	0.00	10.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Vinaigrette Balsamic, 4/1 gal., Ken's, KE0955 - MCR100213 (2 tsp.)	60.00	5.00	0.50	0.00	0.00	190.00	4.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Egg Salad, MMA - MCR100285 (1/3 cup serving)	113.80	8.04	2.02	(M)	186.50	166.84	3.47	0.26	2.64(M)	6.48	0.67	29.26	351.89	0.58	55.44(M)	0.96(M)
Eggs, Whole, Scrambled From Frozen, Pasteurized, Commodity, [100046, A568], MMA - MCR100323 (1/4 c.)Contains Egg.	82.00	5.18	1.61	0.00	218.00	147.00	1.48	0.00	0.84	6.20	0.94	54.00	305.00	0.20	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
English Muffin, Whole Wheat, 2oz, Thomas - MCR100592 (1 muffin)Contains Milk, Wheat, Soy.	120.00	1.00	0.00	0.00	0.00	220.00	23.00	3.00	1.00	5.00	1.80	80.00	0.00	0.00	(M)	(M)
Fajita, Chicken, 6-8, 9-12, MMA, WG - MCR100019 (1 ea.) Contains Wheat, Gluten.	335.04	12.77	6.13	0.00	78.48	862.30	28.38	3.00	1.27(M)	27.79	2.30	390.87	717.64	12.93	(M)	(M)
Fajita, Chicken, K-5, MMA, WG - MCR100020 (1 ea.)Contains Wheat.	260.22	9.83	3.75	0.00	70.14	679.39	22.06	5.00	1.27(M)	21.55	1.93	222.62	621.93	13.12	(M)	(M)
Fajita, Steak, 6-8, 9-12, MMA, WG, Veg O - MCR100396 (1 ea.) Contains Wheat, Soy, Gluten.	380.22	13.68	5.01	0.00(M)	39.70	1392.71	37.70	4.61	3.03(M)	26.86	4.05	177.65	64.24	16.12	25.73(M)	0.10(M)
Fajita, Steak, K-5, MMA, WG, Veg O - MCR100397 (1 ea.)Contains Wheat, Soy.	318.02	12.28	3.89	0.00(M)	30.77	1243.96	31.70	6.61	2.83(M)	20.00	3.25	156.35	64.24	16.12	25.73(M)	0.10(M)
Fish, Pollock Fish Shapes (new), M/MA, WG - MCR100579 (4 ea.) Contains Fish, Wheat, Soy.	240.00	8.00	1.50	0.00	15.00	310.00	29.00	4.00	2.00	14.00	2.70	40.00	0.00	0.00	(M)	(M)
Fish, Pollock Fish Shapes with WG Roll (new), 6-8, 9-12, M/MA, WG - MCR100581 (1 serv.) Contains Fish, Wheat, Soy.	430.00	13.00	2.25	0.00	22.50	575.00	56.50	8.00	5.00	24.00	4.77	80.00	0.00	0.00	(M)	(M)
Fish, Pollock Fish Shapes with WG Roll (new), K-5, M/MA, WG - MCR100580 (1 serv.)Contains Fish, Wheat, Soy.	310.00	9.00	1.50	0.00	15.00	420.00	42.00	6.00	4.00	17.00	3.42	60.00	0.00	0.00	(M)	(M)
Fish, Pollock Fish Sticks (new), WG, Fishery Product International - MCR100582 (4 sticks)Contains Fish, Tree nuts, Soy.	210.00	8.00	1.50	0.00	35.00	370.00	22.00	3.00	1.00	12.00	1.08	20.00	0.00	0.00	(M)	(M)
Fish, Pollock Fish Sticks with WG Roll (new), 6-8, 9-12, M/MA, WG - MCR100584 (1 serv.)Contains Fish, Tree nuts, Wheat, Soy.	385.00	13.00	2.25	0.00	52.50	665.00	46.00	6.50	3.50	21.00	2.34	50.00	0.00	0.00	(M)	(M)
Fish, Pollock Fish Sticks with WG Roll (new), K-5, M/MA, WG - MCR100583 (1 serv.)Contains Fish, Tree nuts, Wheat, Soy.	280.00	9.00	1.50	0.00	35.00	480.00	35.00	5.00	3.00	15.00	1.80	40.00	0.00	0.00	(M)	(M)
Flatbread, Buffalo Chicken Flatbread, MMA, WG - MCR100009 (1 ea.)Contains Milk, Egg, Soy.	296.57	11.01	3.38	0.00(M)	48.67	693.88	27.70	3.00	2.24(M)	21.91	0.60(M)	134.00 (M)	241.60 (M)	4.01(M)	(M)	(M)
Flatbread, Steak and Cheddar, M/MA, WG, 6-8, 9-12 - MCR100395 (1 ea.)Contains Soy.	415.24	21.75	6.92	0.00(M)	43.70	808.25	26.38	3.00	2.81(M)	28.40	1.77(M)	136.89 (M)	469.78 (M)	0.02(M)	1.67(M)	0.21(M)
French Toast Slice - Thick - MCR100387 (2 slice)Contains Milk, Egg, Wheat, Soy.	260.00	4.50	1.00	0.00	75.00	460.00	46.00	1.00	8.00	9.00	2.70	150.00	100.00	0.00	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
French Toast Sticks w/Ham Slice, 6-8, 9-12 - MCR100250 (1 ea.) Contains Milk, Wheat, Soy, Gluten.	553.09	21.07	5.11	0.00	45.21	1525.91	72.48	1.45	(M)	20.80	2.60	86.75	0.00	0.00	(M)	(M)
French Toast Sticks w/Ham Slice, K-5 - MCR100109 (1 ea.) Contains Milk, Wheat, Soy, Gluten.	457.89	17.48	4.23	0.00	36.17	1241.46	60.25	1.21	(M)	16.88	2.17	72.29	0.00	0.00	(M)	(M)
French Toast Sticks w/Sausage Patties, 6-8, 9-12, MMA, WG - MCR100146 (1 ea.) Contains Milk, Wheat, Soy, Gluten.	582.67	25.80	6.34	0.00	55.00	1111.72	68.95	1.45	1.00(M)	20.23	3.32	126.75	0.00	1.20	(M)	(M)
French Toast Sticks w/Sausage Patties, K-5, MMA, WG - MCR100091 (1 ea.) Contains Milk, Wheat, Soy, Gluten.	505.56	22.66	5.62	0.00	55.00	1008.10	57.63	1.21	1.00(M)	19.02	2.89	112.29	0.00	1.20	(M)	(M)
French Toast Sticks, 2oz eq, WG - MCR100470 (6 ea.) Contains Milk, Wheat, Soy, Gluten.	462.67	18.80	4.34	0.00	0.00	621.72	67.95	1.45	(M)	7.23	2.60	86.75	0.00	0.00	(M)	(M)
French Toast Sticks, WG, 1.75oz eq - MCR100108 (5 ea.) Contains Milk, Wheat, Soy, Gluten.	77.11	3.13	0.72	0.00	0.00	103.62	11.33	0.24	(M)	1.21	0.43	14.46	0.00	0.00	(M)	(M)
French Toast Sticks, WG, 1oz eq - MCR100494 (3 ea.) Contains Milk, Wheat, Soy, Gluten.	231.34	9.40	2.17	0.00	0.00	310.86	33.98	0.72	(M)	3.62	1.30	43.38	0.00	0.00	(M)	(M)
French Toast, Eggo Bites Mini Chocolate Chip (new), WG - MCR100539 (3 1/8 Ounce serving) Contains Milk, Egg, Wheat, Soy.	636.30	18.18	4.54	0.00	0.00	787.80	106.05	12.12	30.30	15.15	8.18	303.00	1515.00	0.00	(M)	(M)
French Toast, Eggo Bites Mini French Toast Original (new), WG - MCR100538 (3 1/8 Ounce serving) Contains Milk, Egg, Wheat, Soy.	210.24	5.01	1.50	0.00	0.00	240.28	37.04	3.00	13.02	4.00	2.70	100.12	500.58	0.00	(M)	(M)
Fruit Salad, Canned, tropical, in lite syrup - MCR100491 (1/2 c.)	90.00	0.00	0.00	(M)	0.00	14.99	21.00	0.99	(M)	0.55	0.35	0.00	299.99	9.00	(M)	(M)
Fruit, Mixed, Canned - MCR100193 (1/2 c.)	69.00	0.10	0.01	0.00	0.00	8.00	17.88	1.50	14.33	0.51	0.36	6.00	12.00	3.90	(M)	(M)
Fruited Gelatin - MCR100296 (1 cup serving)	158.20	0.01	0.00	(M)	0.00	136.11	38.69	1.19	36.29	2.67	0.28	14.84	361.43	3.20	255.29	0.62
Garlic Toast, New York Wheat , 10554, WG - MCR100603 (1 piece) Contains Milk, Wheat.	110.00	7.00	1.50	0.00	0.00	190.00	12.00	1.00	1.00	2.00	0.36	0.00	100.00	1.20	(M)	(M)
Gelatin, Red - MCR100055 (1 oz.)	108.01	0.00	0.00	(M)	0.00	139.20	25.66	0.00	(M)	2.21	0.04	0.85	0.00	17.80	0.28	0.20

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Graham Cracker, 1 oz Cinnamon Graham Whole Grain Pre-Packaged Belly Bears - 200 ct, J & J Snack Foods, 056072, WG - MCR100436 (1 oz package) Contains Wheat.	130.00	4.00	0.00	0.00	0.00	120.00	21.00	1.00	8.00	2.00	1.08	100.00	0.00	0.00	(M)	(M)
Granola Bar, Chewy Chocolate Chip, 120/.84oz, Quaker Foods, 05575, WG - MCR100328 (1 ea.) Contains Milk, Wheat, Soy. May contain Tree nuts, Peanuts.	99.22	2.98	0.99	0.00	0.00	74.42	16.87	0.99	6.95	0.99	0.00	79.38	0.00	0.00	(M)	(M)
Granola Bar, oats 'n honey; Nature Valley - MCR100329 (3/4 oz.)	90.00	3.00	0.00	(M)	0.00	80.00	15.00	1.00	(M)	2.00	0.36	0.00	0.00	0.00	(M)	(M)
Grapefruit, raw, pink and red, all areas - MCR100609 (1/2 cup sections, with juice)	48.30	0.16	0.02	(M)	0.00	0.00	12.26	1.84	7.92	0.89	0.09	25.30	1322.50	35.88	101.27	0.41
Grapes, american type (slip skin), raw - MCR100204 (1/2 c.)	30.82	0.16	0.05	(M)	0.00	0.92	7.89	0.41	(M)	0.29	0.13	6.44	46.00	1.84	37.40	0.26
Gravy, Brown - MCR100325 (1/4 Cup (Prepared)) Contains Milk, Soy.	20.00	0.00	0.00	0.00	0.00	140.00	5.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Gravy, Chicken, Low Sodium - MCR100614 (1/4 Cup (Prepared)) Contains Milk, Soy.	20.00	0.50	0.00	0.00	0.00	140.00	4.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ground Beef & WG Macaroni (with Mex Seasoning) D-22, WG Dinner Roll - MCR100097 (3/4 cup serving) Contains Wheat, Gluten.	369.48	14.75	5.46	0.72(M)	56.88(M)	546.05	35.90	4.82	5.20(M)	23.50	3.81(M)	131.35 (M)	577.25 (M)	7.24(M)	89.49(M)	1.11(M)
Hollywood Snack Platter (new), 6 -8, 9-12, M/MA, WG, Fruit - MCR100574 (1 ea.) Contains Wheat.	605.88	21.41	10.66	0.00	45.56	916.37	83.62	12.65	25.00(M)	27.71	2.17	536.74	893.31	86.74	(M)	(M)
Hollywood Snack Platter (new), K-5, M/MA, WG, Fruit - MCR100554 (1 ea.) Contains Milk, Wheat.	520.91	15.04	6.95	0.00	29.63	814.82	84.07	12.65	25.00(M)	20.27	1.95	476.19	644.32	86.74	(M)	(M)
Honeydew, raw - MCR100258 (1/2 c.)	30.60	0.12	0.03	(M)	0.00	15.30	7.73	0.68	(M)	0.46	0.14	5.10	42.50	15.30	76.35	0.35
Hummus, BP Vegetable - MCR100311 (1/2 c.)	201.84	9.27	1.13	0.00(M)	0.00	473.59	23.75	9.11	4.21(M)	8.67	321.69	78.24	9.28	4.81	17.05(M)	0.06(M)
Hummus, Meat/Meat Alternate - MCR100312 (1/2 c.)	201.84	9.27	1.13	0.00(M)	0.00	473.59	23.75	9.11	4.21(M)	8.67	321.69	78.24	9.28	4.81	17.05(M)	0.06(M)
Ice Cream Cup, Blue Bunny, 4 oz - MCR100461 (1/2 c.)	130.00	7.00	4.00	0.00	25.00	45.00	16.00	0.00	11.00	2.00	0.00	80.00	200.00	0.00	(M)	(M)
Jelly, Grape, SS, 14 g, Smucker's, 3000247 - MCR100237 (1 packet)	35.00	0.00	0.00	(M)	0.00	0.00	9.00	0.00	8.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Juice Alive, 100% Juice Smoothie Cup - MCR100372 (4 oz.)	100.00	0.00	0.00	0.00	0.00	35.00	25.00	0.00	20.00	0.00	0.00	100.00	500.00	60.00	(M)	(M)
Juice, Apple, 100% with Vitamin C, 4 oz, Suncup, 090303, F - MCR100185 (1 Carton)	57.00	0.00	0.00	0.00	0.00	10.00	15.00	(M)	13.00	0.00	0.00	11.00	0.00	60.00	(M)	(M)
Juice, Fruit Punch Cup, 100%, Fresh, 4oz, Suncup, 090803, F - MCR100201 (4 fl. oz.)	63.49	0.00	0.00	0.00	0.00	10.58	15.87	0.00	13.76	0.00	0.00	14.81	31.75	0.00	(M)	(M)
Juice, Grape, 100% with Vitamin C, 4 oz, Suncup, 090501, F - MCR100186 (1 Carton)	90.00	0.00	0.00	0.00	0.00	10.00	22.00	(M)	19.00	0.00	0.36	10.00	0.00	60.00	(M)	(M)
Juice, Orange Juice, 4oz cup, 100%, Suncup, 090100, F - MCR100187 (1 Carton)	60.00	0.00	0.00	0.00	0.00	5.00	14.00	(M)	10.00	1.00	0.00	10.00	137.55	36.00	(M)	(M)
Kiwi fruit, (chinese gooseberries), fresh, raw - MCR100452 (2 piece whole)	84.18	0.72	0.04	(M)	0.00	4.14	20.23	4.14	12.41	1.57	0.43	46.92	120.06	127.93	114.64	0.84
Lasagna Rollup (new), Whole Grain Cheese, Tasty Brands, MMA, WG - MCR100591 (1 rollup)Contains Milk, Egg, Wheat.	220.00	7.00	4.00	0.00	30.00	390.00	27.00	2.00	5.00	15.00	1.08	300.00	500.00	0.00	(M)	(M)
Lettuce and Tomato, DG, RO - MCR100113 (1 serv.)	16.60	0.24	0.03	0.00(M)	0.00	6.25	3.40	1.59	1.78	1.00	0.61	21.00	4729.85	18.16	42.53(M)	0.52
Lettuce, Romaine, Chopped, Fresh, Veg-DG - MCR100194 (1 c.)	12.34	0.22	0.02	0.00	0.00	5.81	2.39	1.52	0.86	0.87	0.70	23.95	6321.37	17.42	(M)	0.42
Macaroni & Cheese w/WG Roll, 6-8, 9-12, MMA, WG - MCR100171 (1 c.)Contains Wheat, Gluten.	516.76	18.33	7.77	0.00(M)	33.94(M)	965.97	59.06	5.54(M)	3.68(M)	28.73	2.68(M)	692.28 (M)	612.52	0.68	468.99 (M)	2.10(M)
Macaroni & Cheese, K-5, MMA, WG - MCR100156 (1 c.)Contains Wheat, Gluten.	446.76	17.33	7.77	0.00(M)	33.94(M)	855.97	46.06	3.54(M)	1.68(M)	25.73	1.96(M)	672.28 (M)	612.52	0.68	468.99 (M)	2.10(M)
Mango, Raw - MCR100421 (1/2 c.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Margarine, Spread, Whipped, SS Cup, Shelf Stable, Fresh Buttery Taste, Land O Lakes - MCR100239 (2 ea.)	45.00	5.00	1.50	0.00	0.00	75.00	0.00	0.00	0.00	0.00	0.00	0.00	300.00	0.00	(M)	(M)
Mayonnaise, Light, Heinz, - MCR100139 (1 Tbsp.)	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayonnaise, Light, pc, Heinz, 532050 - MCR100202 (1 ea.)	40.00	3.00	0.00	0.00	5.00	105.00	3.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Meatball Bowl (new), 6-8, 9-12, M/MA, WG - MCR100558 (1 bowl)Contains Milk, Egg, Wheat, Soy.	461.99	21.07	9.11	0.00(M)	69.88	880.28	35.15	3.77	5.84(M)	27.39	3.10	248.02	669.47	8.47	0.14(M)	0.00(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Meatballs with Gravy over Pasta, WG, MMA, 6-8, 9-12 - MCR100468 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	412.25	13.65	5.06	0.00	45.56	413.38	49.04	4.00	4.01	20.16	2.89	40.25	0.00	1.22	(M)	(M)
Meatballs with Gravy over Pasta, WG, MMA, K-5 - MCR100469 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	323.30	10.85	4.05	0.00	36.45	358.70	38.18	3.00	3.31	15.78	2.23	31.20	0.00	0.97	(M)	(M)
Meatballs, Sweet and Sour over Pasta, MMA, WG - MCR100107 (1 ea.)Contains Milk, Wheat, Gluten.	490.53	13.65	5.06	0.00	45.56	613.58	68.61	4.00	21.91	20.16	2.89	40.25	0.00	1.22	(M)	(M)
Metzable (new), K-5, M/MA, WG - MCR100528 (1 serv.)Contains Milk, Wheat, Soy.	345.97	13.09	4.38	0.00	33.72	901.78	38.60	2.05	8.18(M)	16.69	1.86	579.84	1616.83	0.00	(M)	(M)
Mexican Lasagna, MMA, WG, Veg-O, Veg-RO, Veg-BP - MCR100324 (1 serv.)Contains Egg, Wheat.	372.98	15.91	6.86	0.00(M)	65.73(M)	898.93	36.19	9.90	6.82(M)	21.55	3.52	419.02 (M)	2387.72 (M)	64.85(M)	68.57(M)	0.40(M)
Milk, Chocolate, Fat Free, Turner Dairy, Milk - MCR100197 (1 c.) Contains Milk.	130.00	0.50	0.00	0.00	5.00	200.00	24.00	0.00	22.00	8.00	0.36	300.00	400.00	2.40	(M)	(M)
Milk, Strawberry Flavored, Fat Free, Turners Dairy, Milk - MCR100198 (1 c.)Contains Milk.	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	8.00	0.00	300.00	400.00	2.40	(M)	(M)
Milk, Unflavored, 1% Low Fat, Turners Dairy, Milk - MCR100199 (1 c.)Contains Milk.	100.00	2.50	1.50	0.00	10.00	115.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Unflavored, Fat Free, Skim, Turners Dairy, Milk - MCR100200 (1 c.)Contains Milk.	90.00	0.00	0.00	0.00	4.99	115.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Vanilla Flavored, Fat Free, Turners Dairy, Milk - MCR100196 (1 c.)Contains Milk.	140.00	0.50	0.00	0.00	5.00	110.00	24.00	0.00	23.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Mini Loaf, Apple Cinnamon (new), Super Bakery, WG - MCR100608 (1 loaf.)Contains Milk, Egg, Wheat.	190.00	7.00	1.00	0.00	10.00	180.00	30.00	2.00	17.00	3.00	1.44	0.00	0.00	0.00	(M)	(M)
Mini Loaf, WG, Very Berry - MCR100565 (1 piece)	180.00	6.00	1.00	0.00	10.00	170.00	30.00	2.00	17.00	3.00	1.44	0.00	0.00	0.00	(M)	(M)
Mini Loaf, Whole Grain Ultra Mini Loaf Chocolate Chip (57g), Super Bakery, 6058, WG - MCR100473 (1 piece)	180.00	7.00	1.50	0.00	5.00	170.00	29.00	2.00	15.00	3.00	1.08	0.00	0.00	0.00	(M)	(M)
Mini Loaf, Whole Grain Ultra Mini Loaf Dreamy Orange (57g), Super Bakery, 6031, WG - MCR100607 (1 loaf.)Contains Milk, Egg, Wheat, Soy.	180.00	7.00	1.00	0.00	10.00	180.00	28.00	2.00	16.00	3.00	1.44	0.00	0.00	0.00	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Mini Loaf. Banana (new), Super Bakery, WG - MCR100563 (2 Ounce serving)Contains Milk, Egg, Wheat.	180.00	6.00	1.00	0.00	10.00	170.00	30.00	2.00	17.00	3.00	1.44	0.00	0.00	0.00	(M)	(M)
Muffin, Banana, Reduced Fat, Otis Spunkmeyer, 03705, WG - MCR100472 (1 muffin)Contains Egg, Wheat, Soy.	160.00	5.00	1.50	0.00	35.00	120.00	26.00	2.00	14.00	3.00	0.72	150.00	0.00	0.00	(M)	(M)
Muffin, Blueberry, Sara Lee, 4.25 oz, 8607 - MCR100496 (1 muffin)Contains Milk, Egg, Wheat, Soy.	370.00	13.00	2.00	0.00	35.00	320.00	57.00	1.00	33.00	6.00	1.80	20.00	0.00	0.00	(M)	(M)
Muffin, Chocolate, Chocolate Chip, Delicious Essentials, Otis Spunkmyer,03720, WG - MCR100265 (1 ea.)Contains Milk, Egg, Wheat, Soy.	160.00	5.00	1.50	0.00	35.00	120.00	27.00	2.00	15.00	3.00	1.08	150.00	0.00	0.00	(M)	(M)
Mustard, Packet 5.5g, Heinz, 530600 - MCR100314 (1 ea.)	0.00	0.00	0.00	0.00	0.00	68.75	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Yellow, Dispenser Pouch, Heinz, 652000 - MCR100203 (1 Tbsp.)	0.00	0.00	0.00	0.00	0.00	210.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Nachos Grande, MMA, WG - MCR100162 (1 ea.)Contains Milk.	563.94	33.29	11.30	0.76(M)	75.52	521.77	40.94	2.41	3.17(M)	26.61	2.71	256.84	436.57	7.37	80.87(M)	1.02(M)
Nachos w/Ranch Refried Bean Dip, M/MA, WG, Veg B - MCR100393 (1 c.)	515.48	21.36	6.22	0.00(M)	30.72	1655.63	62.24	9.26	0.11(M)	20.73	3.03	401.52	317.25	8.23	22.85(M)	0.20(M)
Omelet, Cheese, Glenview Farms - MCR100339 (1 ea.)Contains Milk, Egg, Soy.	198.45	15.88	5.95	0.00	287.75	466.36	2.98	0.00	1.99	11.91	1.43	148.84	744.19	0.00	(M)	(M)
Onion Rings, Breaded, Whole Grain Oven Ready, Tasty Brands, WG, Veg-O - MCR100617 (5 pieces)Contains Wheat, Soy.	190.00	8.00	1.50	0.00	0.00	310.00	27.00	3.00	5.00	3.00	1.08	40.00	0.00	2.40	(M)	(M)
Orange, Mandarin Orange Cup, Whole Segment, In Juice - MCR100283 (1/2 c.)	69.52	0.00	0.00	0.00	0.00	8.69	16.51	0.65	16.51	0.00	0.00	34.76	347.61	23.46	(M)	(M)
Orange, Mandarin Orange, Whole Segment, In Juice, Carbotrol - MCR100142 (1/2 c.)	50.96	0.00	0.00	0.00	0.00	15.29	13.25	2.04	10.19	0.00	0.00	203.85	509.62	12.23	(M)	(M)
Orange, Raw, Whole - MCR100188 (1 ea.)	72.89	0.19	0.03	0.00	0.00	0.00	18.09	3.65	(M)	1.45	0.15	61.12	346.79	81.94	(M)	(M)
Pancake on a Stick, MMA, WG, CN Label - MCR100274 (1 ea.) Contains Milk, Egg, Wheat, Soy.	220.00	11.00	3.00	0.00	25.00	480.00	23.00	1.00	8.00	8.00	1.44	40.00	0.00	0.00	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Pancake, Eggo Bites Mini Pancakes Maple (new), WG - MCR100542 (3 1/8 Ounce serving)Contains Milk, Egg, Wheat, Soy.	210.00	6.00	1.00	0.00	10.00	320.00	35.00	4.00	11.00	4.00	2.70	60.00	500.00	0.00	(M)	(M)
Pancake, Eggo Mini Pancakes Blueberry (new), WG - MCR100543 (3 1/8 Ounce serving)Contains Milk, Egg, Wheat, Soy.	210.00	6.00	1.00	0.00	10.00	310.00	35.00	4.00	11.00	4.00	2.70	60.00	500.00	0.00	(M)	(M)
Pancake, WG, Heat and Serve - MCR100240 (3 pancakes) Contains Milk, Egg, Wheat, Soy.	239.89	6.00	1.00	0.00	10.00	389.83	40.98	3.00	10.00	5.00	1.44	39.98	0.00	0.00	(M)	(M)
Pancakes with Sausage, WG, 6-8, 9-12 - MCR100242 (1 ea.) Contains Milk, Egg, Wheat, Soy.	359.89	13.00	3.00	0.00	65.00	879.83	41.98	3.00	11.00	18.00	2.16	79.98	0.00	1.20	(M)	(M)
Pancakes with Sausage, WG, K-5 - MCR100243 (1 ea.)Contains Milk, Egg, Wheat, Soy.	279.93	11.00	2.67	0.00	61.66	749.88	28.32	2.00	7.66	16.33	1.68	66.66	0.00	1.20	(M)	(M)
Pancakes, Eggo Minis Pancakes Blueberry, Frozen, Kellogg's, 08570, WG - MCR100322 (1 pouch)Contains Milk, Egg, Wheat, Soy.	200.00	5.00	1.00	0.00	10.00	290.00	34.00	3.00	10.00	4.00	2.70	60.00	500.00	0.00	(M)	(M)
Pancakes, Eggo Minis Pancakes Maple, Frozen, Kellogg's, WG - MCR100245 (1 pouch)Contains Milk, Egg, Wheat, Soy.	200.00	5.00	1.00	0.00	10.00	300.00	34.00	3.00	10.00	4.00	2.70	60.00	500.00	0.00	(M)	(M)
Pasta (Spaghetti) Meat Sauce 6-8, 9-12 MMA, WG, Veg-RO - MCR100005 (1 1/2 cup serving)	388.36	12.71	4.68	0.00(M)	51.41	212.58	45.40	6.98	4.37(M)	21.89	4.40	30.66	549.07	3.97	41.97(M)	0.47(M)
Pasta (Spaghetti) Meat Sauce K-5, MMA, WG, Veg-RO - MCR100001 (1 3/8 cup serving)	336.36	12.45	4.68	0.00(M)	51.41	209.98	35.00	5.42	3.85(M)	20.07	3.93	25.46	549.07	3.97	41.97(M)	0.47(M)
Pasta, Lasagna Rollup w/Dinner Roll (new), MMA, WG, Veg-RO - MCR100595 (1 serv.)Contains Milk, Egg, Wheat.	310.00	8.00	4.00	0.00(M)	30.00	522.50	43.49	4.50	7.00(M)	18.99	2.22	331.00	855.00	0.99	(M)	(M)
Pasta, Penne (Ziti) Pasta w/Meatballs, WG, 6-8, 9-12 - MCR100174 (1 ea.)Contains Milk, Wheat, Gluten.	456.75	15.40	6.26	0.00	50.06	439.38	50.54	6.00	7.01(M)	25.16	3.66	145.75	1250.00	16.21	(M)	(M)
Pasta, Penne (Ziti) Pasta w/Meatballs, WG, K-5 - MCR100130 (1 ea.)Contains Milk, Wheat, Gluten.	367.80	12.60	5.25	0.00	40.95	384.70	39.68	5.00	6.31(M)	20.78	2.99	141.70	1250.00	15.97	(M)	(M)
Peaches, Diced, Fruit Cup USDA - MCR100189 (1 Container)	118.00	0.16	0.01	0.00	0.00	8.00	29.98	2.20	27.73	0.79	0.46	4.00	355.00	117.80	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Peaches, Yellow Cling, Sliced, In Light Syrup - MCR100190 (1/2 c.)	70.00	0.00	0.00	0.00	0.00	10.00	17.00	0.99	13.00	0.99	0.00	0.00	300.00	1.20	(M)	(M)
Peanut Butter and Jelly Sandwich, MMA, WG, K-5, 6-8, 9- - MCR100077 (1 sandwich) Contains Wheat.	567.20	33.71	6.09	0.00(M)	0.00(M)	531.73	55.78	7.65(M)	25.17	20.04	2.82(M)	74.56(M)	0.00(M)	0.00(M)	0.99(M)	1.92(M)
Pear, Raw, Anjou - MCR100211 (1 ea.)	100.00	0.00	0.00	0.00	0.00	0.00	26.00	6.00	16.00	1.00	0.00	20.00	0.00	6.00	(M)	(M)
Pears, bartlett, canned, sliced, A433 - MCR100208 (1/2 c.)	62.00	0.09	0.00	0.00	0.00	5.00	16.05	2.00	(M)	0.42	0.36	11.00	0.00	2.00	(M)	(M)
Peas and carrots, frozen - MCR100337 (1/2 c.)	38.40	0.34	0.06	(M)	0.00	54.40	8.10	2.48	(M)	2.47	0.75	18.40	7611.20	6.48	68.64	0.46
Peas, green ,[100350, A160] - MCR100269 (1/2 c.)	62.00	0.22	0.04	0.00	0.00	58.00	11.41	4.40	(M)	4.12	1.26	19.00	1680.00	7.90	(M)	(M)
Pepperoni Roll - MCR100179 (1 slice)Contains Wheat, Soy. May contain Milk, Egg.	275.84	8.78	5.56	0.00	23.07	634.75	27.25	2.00	1.00(M)	22.52	1.47	432.30	0.00	0.00	(M)	(M)
Peppers, Red, Raw - MCR100059 (1/2 c.)	46.19	0.45	0.04	(M)	0.00	5.96	8.98	3.13	(M)	1.48	0.64	10.43	4665.19	190.27	137.39	0.70
Peppers, sweet, green, raw - MCR100222 (1/2 cup, chopped)	14.90	0.00	0.00	0.00	0.00	2.23	3.46	1.27	2.23	0.64	0.25	7.45	275.65	59.90	69.95	0.32
Pierogies Mini w/Dinner Roll, 6-8, 9-12, MMA, WG - MCR100612 (1 serv.)Contains Milk, Egg, Wheat, Soy.	430.00	11.00	6.00	0.00	100.00	570.00	61.00	8.00	2.00	21.00	4.32	220.00	0.00	2.40	(M)	(M)
Pierogies Mini, Mrs T's, K-5, MMA, WG - MCR100613 (1 serv.)Contains Milk, Egg, Wheat, Soy.	360.00	10.00	6.00	0.00	100.00	460.00	48.00	6.00	0.00	18.00	3.60	200.00	0.00	2.40	(M)	(M)
Pierogies Mini, Mrs T's, 41164-00833, MMA, WG - MCR100611 (6 ea.)Contains Milk, Egg, Wheat, Soy.	180.00	5.00	3.00	0.00	50.00	230.00	24.00	3.00	0.00	9.00	1.80	100.00	0.00	1.20	(M)	(M)
Pierogies w/WG Roll (new), K-5, 6-8, 9-12, MMA. WG - MCR100251 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	330.00	11.00	5.00	0.00	70.00	550.00	42.00	5.00	3.00	18.00	3.42	220.00	0.00	2.40	(M)	(M)
Pierogies, Mrs. T's, CN Label #078069 - MCR100123 (3 ea.) Contains Milk, Egg, Wheat, Soy, Gluten.	260.00	10.00	5.00	0.00	70.00	440.00	29.00	3.00	1.00	15.00	2.70	200.00	0.00	2.40	(M)	(M)
Pineapple Tidbits, Canned, In Juice, F - MCR100155 (1/2 c.)	60.00	0.00	0.00	0.00	0.00	10.00	14.00	2.00	11.00	1.00	0.00	0.00	100.00	9.00	(M)	(M)
Pineapple, raw, - MCR100334 (1/2 cup, chunks)	41.25	0.10	0.01	(M)	0.00	0.83	10.82	1.16	(M)	0.45	0.24	10.72	47.85	39.44	70.95	0.18

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Pizza, BBQ Chicken, MMA, WG - MCR100006 (1 ea.)Contains Wheat. May contain Milk, Egg, Soy.	359.67	14.51	7.84	0.00	52.25	1086.06	34.67	2.00	2.00(M)	24.03	1.16	254.82	407.70	8.10	(M)	(M)
Pizza, Breakfast Cheese Egg Bacon & Gravy, 2.85oz, Nardone, MMA, WG - MCR100442 (1 ea.) Contains Milk, Egg, Wheat, Soy.	180.00	8.00	2.50	0.00	45.00	410.00	18.00	3.00	4.00	9.00	0.00	150.00	100.00	0.00	(M)	(M)
Pizza, Breakfast Sausage, 3.2oz, Nardone, MMA, WG, Veg-RO - MCR100589 (1 ea.)Contains Milk, Wheat, Soy.	210.00	10.00	3.00	0.00	15.00	400.00	20.00	3.00	5.00	10.00	0.36	150.00	200.00	6.00	(M)	(M)
Pizza, breakfast, WG, Homemade - MCR100304 (1 slice)Contains Egg, Wheat. May contain Milk, Soy.	231.04	8.24	3.76	0.00	199.51	407.50	21.45	1.60	1.25(M)	17.90	1.52	246.05	226.80	0.00	(M)	(M)
Pizza, Buffalo Chicken, MMA, WG - MCR100263 (1 Slice (1/8th of Pizza))Contains Milk, Wheat, Soy. May contain Egg.	301.77	9.18	3.73	0.00	51.28	1475.63	33.22	2.83	5.35(M)	23.21	1.42	258.91	896.06	16.79	(M)	(M)
Pizza, Casserole (Rotini), MMA, WG - MCR100418 (1 serv.) Contains Wheat, Gluten.	342.98	7.47	5.15	0.00	20.07	429.81	43.91	4.30	2.61(M)	23.57	2.16	445.05	190.52	2.29	(M)	(M)
Pizza, Cheese & Pepperoni, MMA, WG - MCR100043 (1 slices,each) Contains Wheat, Gluten. May contain Milk, Egg, Soy.	297.21	10.13	6.13	0.00	25.98	733.55	29.06	2.69	2.37(M)	22.94	1.40	438.65	428.68	5.14	(M)	(M)
Pizza, Cheese 4x6, 5oz, Nardone, MMA, WG, Veg-RO - MCR100046 (1 ea.)Contains Milk, Wheat, Soy.	300.00	12.00	6.00	0.00	30.00	520.00	28.00	5.00	7.00	22.00	0.36	400.00	500.00	9.00	(M)	(M)
Pizza, Cheese and Sausage, MMA, WG - MCR100448 (1 Slice (1/8th of Pizza))Contains Wheat. May contain Milk, Egg, Soy.	287.85	8.19	5.31	0.00	25.60	666.35	29.57	3.19	2.37(M)	24.89	1.39	450.80	453.99	5.14	(M)	(M)
Pizza, Cheese French Bread, 5.5oz, Nardone, MMA, WG, Veg-RO - MCR100588 (1 ea.) Contains Milk, Wheat, Soy.	330.00	11.00	7.00	0.00	30.00	460.00	33.00	3.00	7.00	24.00	0.72	400.00	400.00	9.00	(M)	(M)
Pizza, Cheese, MMA, WG - MCR100002 (1 Slice (1/8th of Pizza))Contains Wheat. May contain Milk, Egg, Soy.	260.00	6.67	4.80	0.00	18.00	598.01	29.06	2.69	2.37(M)	21.34	1.21	438.65	428.68	5.14	(M)	(M)
Pizza, Pepperoni Pizza Bagel, MMA, WG - MCR100099 (1 ea.) Contains Wheat, Soy, Gluten.	309.70	10.14	6.22	0.00	26.51	762.60	31.49	4.83	6.66(M)	23.62	2.50	480.29	1143.14	13.72	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Pizza, Ranchero (Fiestada), 5.2oz, Nardone, MMA, WG, Veg-RO - MCR100125 (1 ea.) Contains Milk, Wheat, Soy, Gluten.	319.09	13.96	6.98	0.00	34.90	538.46	29.91	3.99	6.98	19.94	3.59	249.29	498.57	8.97	(M)	(M)
Pizza, Stuffed Crust 4X6, 4.95oz, Nardone, MMA, WG, Veg-RO - MCR100044 (1 ea.) Contains Milk, Wheat, Soy.	360.00	12.00	7.00	0.00	30.00	710.00	40.00	25.00	44.00	23.00	2.70	450.00	500.00	9.00	(M)	(M)
Pizza, Stuffed Crust Cheese Pizza Wedge, 4.95oz, Nardone, MMA, WG, Veg-RO - MCR100587 (1 piece) Contains Milk, Wheat, Soy, Gluten.	310.00	11.00	6.00	0.00	30.00	410.00	30.00	4.00	7.00	21.00	2.70	400.00	500.00	18.00	(M)	(M)
Pizza, Supreme, MMA, Veg-O, WG - MCR100260 (1 Slice (1/8th of Pizza)) Contains Wheat, Gluten. May contain Milk, Egg, Soy.	323.95	11.21	6.41	0.00(M)	36.55	821.32	30.63	3.01	3.28(M)	25.66	1.58	450.22	463.34	13.62	17.66(M)	0.08(M)
Pizza, Veggie, MMA, Veg-DG & O, WG - MCR100262 (1 Slice (1/8th of Pizza)) Contains Wheat. May contain Milk, Egg, Soy.	270.01	6.73	4.81	0.00(M)	18.00	603.67	31.19	3.29	3.19(M)	21.82	1.34	445.81	627.11	27.23	21.95(M)	0.10(M)
Pizza, White, MMA, Veg-RO, WG - MCR100261 (1 Slice (1/8th of Pizza)) Contains Wheat. May contain Milk, Egg, Soy.	317.80	13.31	5.78	0.00(M)	18.00	581.66	28.92	2.38	2.15(M)	21.38	1.24	439.45	383.10	9.19	0.00(M)	0.00(M)
Poblano Bar - MCR100371 (1 ea.) Contains Milk, Wheat.	535.11	16.17	4.77	0.85(M)	68.64(M)	1546.60	64.55	7.99	11.99(M)	32.86	5.09	179.48 (M)	1489.03 (M)	11.89(M)	182.79 (M)	2.55(M)
Pop Tart, Cinnamon, Whole Grain, Kellogg's FAFH, 3800055122, WG - MCR100327 (1 pastry) Contains Wheat, Soy.	180.00	2.50	1.00	0.00	0.00	190.00	37.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Pop Tart, Strawberry, Whole Grain, Kellogg's, 3800055130, WG - MCR100326 (1 ea.) Contains Wheat, Soy.	180.00	2.50	1.00	0.00	0.00	180.00	37.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Pop Tarts Frosted Strawberry, 80/1.83 oz - MCR100330 (1 pastry)	20280.0 0	499.20	161.20	10.40	0.00	16796.0 0	3764.80	67.60	(M)	208.00	244.40	608.40	61620.0 0	0.00	(M)	(M)
Pork, Seasoned, (Poblanos) - MCR100368 (2 oz.) Contains Wheat.	111.45	2.51	0.80	0.01(M)	19.84(M)	758.77	13.87	1.48	9.43	8.29	1.00	25.40(M)	473.69	0.11(M)	49.69(M)	1.52(M)
Potato Salad USDA E-09, Veg-S - MCR100456 (2/3 c.)	142.29	5.05	0.41	0.00(M)	50.90	323.24	21.02	1.38	3.92(M)	3.38	0.91	21.49	152.12	5.54	81.25(M)	1.53(M)
Potato, baked, flesh and skin, without salt - MCR100455 (1 potato medium)	160.89	0.23	0.07	(M)	0.00	17.30	36.59	3.81	2.04	4.33	1.87	25.95	17.30	16.61	129.56	2.30
Potato, Curly Fries - MCR100386 (1/2 c.) Contains Wheat.	138.65	6.40	1.66	0.13	0.00	392.31	18.28	1.83	0.17	1.98	0.57	0.00	0.00	4.73	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Potato, french-fry wedge cut w/ peel, frozen, Veg-S - MCR100346 (1/2 c.)	120.00	4.00	1.00	0.00	0.00	15.00	18.00	1.00	0.00	2.00	0.36	10.00	0.00	4.80	(M)	(M)
Potato, Scalloped Potato, Veg-S - MCR100350 (1/2 c.)Contains Milk, Soy.	129.76	2.50	0.50	0.00(M)	0.00	642.99	24.95	2.00	2.00	2.99	0.36	64.07	0.00	5.99	139.27 (M)	0.14(M)
Potato, Sweet Potato French Fry, Simplot, Veg-RO - MCR100310 (1 serving 1/ 2 cup)	160.00	8.00	1.50	0.00	0.00	200.00	23.00	3.00	7.00	1.00	0.72	20.00	3500.00	3.60	(M)	(M)
Potato, Triangle, Frozen, OreIda, OIF00049, Veg-S - MCR100118 (113 1/2 g.)	220.00	12.00	2.00	0.00	0.00	280.00	26.00	4.00	0.00	2.00	0.00	0.00	0.00	4.80	(M)	(M)
Potato,Hash Brown Patty, 2.25 oz, Frozen,Veg-S - MCR100252 (1 ea.)	130.00	7.50	0.50	0.00	0.00	245.00	15.00	1.50	0.00	1.00	(M)	10.00	(M)	(M)	(M)	(M)
Potato,Tator Tots, ORE-IDA, Veg-S - MCR100062 (2 5/8 ounces) Contains Soy.	129.20	5.96	0.99	0.00	0.00	308.08	16.89	1.99	0.00	1.99	0.00	0.00	0.00	3.58	(M)	(M)
Potatoes, French Fries, Golden Crinkles, Frozen, Veg-S - MCR100221 (1/2 c.)Contains Soy.	120.00	4.50	1.00	0.00	0.00	290.00	19.00	2.00	1.00	2.00	0.00	0.00	0.00	3.60	(M)	(M)
Potatoes, Mashed, Simplot, 1/2 cup - MCR100067 (23 g.) Contains Milk, Soy.	90.00	1.00	0.00	0.00	0.00	320.00	17.00	1.00	0.00	2.00	0.72	20.00	0.00	30.00	(M)	(M)
Pretzel Roll, Hot Ham & Cheese on Pretzel Roll, MM - MCR100000 (1 ea.)Contains Wheat, Gluten.	249.35	5.87	2.71	0.00	34.68	753.50	32.72	3.00	2.00(M)	16.66	1.80	377.15	535.72	0.00	(M)	(M)
Pretzel, Soft Baked Frozen, 2.5 oz, Non-WG - MCR100441 (1 pretzel)Contains Wheat.	180.00	1.00	0.00	0.00	0.00	150.00	38.00	1.00	1.00	6.00	1.80	0.00	0.00	0.00	(M)	(M)
Pudding, Banana RTU, Canned shelf Stable, MONARCH, 280143 - MCR100505 (1/2 c.)Contains Milk, Soy.	140.00	3.50	0.00	0.00	0.00	170.00	26.00	0.00	16.00	0.00	0.00	20.00	0.00	0.00	(M)	(M)
Pudding, Butterscotch RTU, Canned shelf Stable, MONARCH, 231752 - MCR100506 (1/2 c.) Contains Milk.	130.00	0.00	0.00	0.00	0.00	115.00	32.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pudding, Chocolate RTU, Canned shelf Stable, MONAR - MCR100075 (1/2 cup serving) Contains Milk.	120.00	3.00	0.50	0.00	0.00	190.00	23.00	4.00	16.00	1.00	0.72	20.00	0.00	0.00	(M)	(M)
Pudding, Tapioca RTU, Canned shelf Stable, MONARCH, 280029 - MCR100507 (1/2 c.)Contains Milk, Soy.	190.00	8.00	1.50	2.50	0.00	230.00	27.00	0.00	19.00	2.00	0.00	6.00	0.00	1.20	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Pudding, Vanilla RTU, Canned Shelf Stable, MONARCH, 280028 - MCR100419 (1/2 cup serving) Contains Milk.	130.00	3.00	0.00	0.00	0.00	200.00	25.00	0.00	15.00	0.00	0.00	20.00	0.00	0.00	(M)	(M)
Quesadilla, Chicken and Cheese, 6-8, 9-12, MMA, WG - MCR100018 (1 each quesadilla) Contains Wheat, Gluten.	299.74	9.65	4.86	0.00(M)	66.57	352.36	30.04	3.00	1.95(M)	25.33	2.20	184.22	226.33	3.44	22.14(M)	0.20(M)
Quesadilla, Chicken and Cheese, K-5, MMA, WG - MCR100017 (1 each quesadilla) Contains Milk, Wheat.	282.95	11.13	5.72	0.00(M)	68.97	270.72	24.07	5.41	1.95(M)	21.52	2.37	165.25	389.68	1.14	(M)	(M)
Quesadilla, Chicken Flatbread, 6-8, 9-12, MMA, WG - MCR100389 (1 ea.) Contains Soy.	435.03	23.48	7.46	0.00(M)	80.60	1047.32	27.50	3.00	2.28(M)	28.40	0.89(M)	315.88 (M)	1116.15 (M)	13.39(M)	1.67(M)	0.21(M)
Raisins, seedless, not packed, regular moisture [100294, A500] - MCR100290 (1/4 c.)	116.60	0.17	0.02	0.00	0.00	4.06	29.10	1.32	21.76	1.13	0.69	18.25	0.00	0.81	(M)	(M)
Raspberries, raw - MCR100451 (1/2 c.)	31.98	0.40	0.01	(M)	0.00	0.62	7.34	4.00	2.72	0.74	0.42	15.38	20.30	16.11	52.74	0.28
Ravioli w/Tomato Sauce/Dinner Roll (new), 6-8, 9-12, MMA, WG, Veg-RO - MCR100594 (14 ea.) Contains Milk, Egg, Wheat.	330.00	6.00	3.00	0.00(M)	60.00	652.50	48.49	6.50	4.00(M)	19.99	2.58	151.00	555.00	0.99	(M)	(M)
Ravioli w/Tomato Sauce/Dinner Roll (new), K-5, MMA, WG, Veg-RO - MCR100498 (7 ea.) Contains Milk, Egg, Wheat.	210.00	3.50	1.50	0.00(M)	30.00	392.50	32.49	4.50	3.00(M)	11.99	1.86	91.00	455.00	0.99	(M)	(M)
Ravioli, Whole Grain Mini Cheese, Tasty Brands, 00834WG, MMA, WG - MCR100497 (7 ea.) Contains Milk, Egg, Wheat.	120.00	2.50	1.50	0.00	30.00	260.00	16.00	2.00	1.00	8.00	0.72	60.00	100.00	0.00	(M)	(M)
Rice Krispies Treat, WG, 1 oz eq - MCR100600 (1 Bar) Contains Milk, Soy.	160.00	4.00	1.00	0.00	0.00	120.00	30.00	0.50	10.00	2.00	1.80	0.00	300.00	0.00	(M)	(M)
Roll, Cinnamon Swirl (new), Rich's, WG - MCR100599 (2 roll.) Contains Milk, Egg, Wheat, Soy.	160.00	1.00	0.50	0.00	5.00	130.00	35.00	3.00	10.00	5.00	0.72	0.00	0.00	0.00	(M)	(M)
Roll, Dinner, Wheat WG, Dinner Roll, Schwebels, 192, 1 oz WG - MCR100385 (1 bun) Contains Wheat.	70.00	1.00	0.00	0.00	0.00	110.00	13.00	2.00	2.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
Roll, Wheat Dinner Frozen, Rich's, 04300, 1.5 oz WG - MCR100596 (1 ea.) Contains Wheat, Gluten. May contain Milk, Egg, Soy.	100.00	1.50	0.00	0.00	0.00	170.00	18.00	1.00	2.00	4.00	6.00	0.00	74.00	0.00	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Roll, Whole White Wheat,Rich's, 1.25 oz, 10988, WG - MCR100597 (1 roll.)Contains Wheat.	85.00	1.50	0.25	0.00	0.00	67.50	14.00	1.50	1.50	3.50	0.54	0.00	0.00	0.00	(M)	(M)
Rolls, Mini Cinnis, Pillsbury, 18000-33686, WG - MCR100384 (1 pkg.)	240.00	8.00	2.00	0.00	0.00	300.00	40.00	10.00	15.00	5.00	1.44	20.00	0.00	0.00	(M)	(M)
Salad, Apple-Walnut w/WG Dinner Rolls, 9-12, MMA, WG, Veg-DG, Fruit - MCR100509 (1 salad)Contains Wheat.	637.45	21.74	7.09	0.00(M)	32.00	679.68	90.48	12.80	51.98(M)	27.57	3.95	642.05	6089.87	21.90	0.65(M)	0.35(M)
Salad, Asian Salad with Cucumber Wasabi Dressing, M/MA, WG, Ved-RO, Veg-O - MCR100525 (1 salad)Contains Milk, Egg, Wheat.	545.93	24.70	8.51	0.00(M)	39.50	891.46	54.70	11.74	14.47(M)	26.55	3.11	676.93	1133.73	144.23	70.73(M)	0.31(M)
Salad, Bavarian (new), M/MA, WG, Veg-DG, Veg-RO, Veg-O - MCR100553 (1 salad)Contains Wheat.	317.95	6.60	2.49	0.00(M)	52.47	1142.57	42.59	7.24	4.21(M)	24.38	3.77	209.01	19455.7 6	59.15	67.29(M)	1.59(M)
Salad, Buffalo Chicken (diced) with WG Rolls, M/MA, WG, Veg- DG, Veg-RO, Veg-O - MCR100315 (1 salad)Contains Wheat.	303.18	6.49	0.69	0.00(M)	52.65	876.85	28.69	4.67	5.62(M)	26.00	3.15	50.22	2384.92	18.95	67.29(M)	0.32(M)
Salad, Buffalo Chicken w/ WG Dinner Rolls, M/MA, WG, Veg-DG, Veg-RO, Veg-O - MCR100280 (1 ea.)Contains Egg, Wheat, Soy.	359.35	11.59	2.87	0.00(M)	54.00	871.53	40.34	6.90	5.42(M)	24.76	3.91	148.95	2438.34	53.25	88.57(M)	0.61(M)
Salad, Caesar Side - MCR100114 (1 serv.)Contains Milk, Egg, Fish.	52.59	3.18	0.77	0.00(M)	8.21	244.72	2.02	0.00	0.47(M)	1.98	0.20	35.83	839.29	2.01	(M)	(M)
Salad, Chef Salad, Ham/Turkey/WG Dinner Rolls (new), MMA, WG, Veg-DG, Ver- RO, Veg-O - MCR100013 (1 Chef Salad)Contains Wheat.	361.51	12.45	3.45	0.00(M)	215.58	897.95	37.68	5.67	7.18(M)	26.45	2.90	183.54	2348.93	12.34	104.60 (M)	0.86(M)
Salad, Chick Pea - MCR100376 (1/2 c.)	157.73	3.67	0.64	0.00(M)	0.00	1151.05	25.47	10.16	5.02(M)	7.53	0.95	76.69	669.25	6.29	3.27(M)	0.02(M)
Salad, Chicken (or Steak) Fajita in a Tortilla Bowl (new), M/MA, WG, Veg-DG, Veg-RO, Veg-O - MCR100530 (1 salad)Contains Wheat, Gluten.	412.64	16.08	6.42	0.00(M)	62.98	1017.52	43.15	9.66	4.89(M)	27.35	5.11	468.51	15832.9 7	171.42	130.55 (M)	2.10(M)
Salad, Chicken Caesar Salad, 6- 8, MMA, WG, Veg-DG, Veg-O - MCR100014 (1 salad)Contains Milk, Egg, Fish, Wheat.	291.98	11.84	3.01	0.00(M)	104.08	715.95	26.27	3.34	4.92(M)	22.67	1.76	154.00	1741.47	5.51	17.82(M)	0.07(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Salad, Chicken Caesar Salad, 9-12, MMA, WG, Veg-DG, Veg-O - MCR100015 (1 salad)Contains Milk, Egg, Fish, Wheat.	392.86	14.51	3.53	0.00(M)	163.16	846.74	39.40	5.34	7.04(M)	29.47	2.71	179.00	1803.97	5.51	17.82(M)	0.07(M)
Salad, Chicken Caesar Salad, K-5, MMA, WG, Veg - MCR100016 (1 salad)Contains Milk, Egg, Fish, Wheat.	262.30	10.44	2.56	0.00(M)	51.58	697.65	24.28	3.00	3.94(M)	20.83	1.59	144.40	839.29	2.01	(M)	(M)
Salad, Chickpea Salad (new), Veg-BP - MCR100522 (1/2 c.)	232.05	11.65	1.90	0.00(M)	0.00	541.40	25.79	10.61	4.86	8.18	1.24	93.24	256.96	7.35	33.67(M)	0.36(M)
Salad, Chopped Garden (new), MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100024 (1 salad) Contains Wheat.	411.61	18.42	9.04	0.00(M)	39.38	890.24	42.16	10.28	9.25(M)	24.62	4.71	564.93	18989.10	64.21	142.74(M)	2.42(M)
Salad, Corn and Black Bean, Veg: BP-S-O - MCR100434 (1/2 c.)	122.02	2.99	0.49	0.00(M)	0.00(M)	305.96	20.60	5.61	0.36(M)	5.30	1.88	43.26(M)	81.10(M)	6.94(M)	9.85(M)	0.39(M)
Salad, Corn Salad, Veg-S - MCR100003 (1/2 c.)	102.10	5.54	0.99	0.12(M)	2.25	438.55	11.06	1.39	1.82(M)	3.67	0.39	62.81	455.05	6.89	43.23(M)	1.28(M)
Salad, Crispy Chicken (new), 9-12, MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100025 (1 salad) Contains Egg, Wheat, Soy.	398.29	14.90	3.54	0.00(M)	70.67	878.92	30.89	6.80	3.57(M)	28.55	4.21	137.11	2373.24	54.59	108.89(M)	0.80(M)
Salad, Cucumber Salad, Veg-O - MCR100166 (1/2 cup serving)	19.61	0.17	0.01	(M)	0.00	2.24	4.22	0.73	2.44(M)	0.62	0.23	14.79	75.25	3.35	105.84(M)	0.38(M)
Salad, Garden Entree Salad K-5 (new), MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100069 (1 salad)Contains Wheat.	294.23	9.54	3.13	0.00(M)	31.15	877.06	33.76	6.19	6.48(M)	21.55	2.81	263.61	6723.52	24.72	67.29(M)	0.75(M)
Salad, Greek Salad (new), M/MA, WG, Veg-DG, Veg-RO, Veg-O - MCR100392 (1 ea.)Contains Wheat.	337.34	16.21	8.77	0.00(M)	50.46	1055.34	34.75	7.03	8.19	16.50	4.18	412.50	6335.33	28.46	112.04(M)	3.65(M)
Salad, Grilled Chicken with WG Dinner Rolls, 6-8, 9-12 - MCR100278 (1 ea.)Contains Wheat, Soy.	335.36	10.87	1.90	0.00(M)	145.00	702.77	36.95	5.67	6.87	26.82	8.27	58.66	2205.72	10.92	67.29(M)	0.32(M)
Salad, Italian, Veg-DG, RO - MCR100362 (1 1/2 c.)	14.94	0.06	0.02	0.00(M)	0.00	86.26	3.01	0.30	0.90	0.34	0.14	7.53	1370.78	5.22	47.36(M)	0.20(M)
Salad, Oriental Chicken Salad (new), M/MA, WG, Veg-DG, Veg-RO, Veg-O, Fruit - MCR100277 (1 ea.)Contains Milk, Egg, Wheat, Soy.	394.12	12.37	2.29	0.00(M)	47.00	666.22	47.79	7.61	11.19(M)	19.92	3.18	85.47	2504.51	84.94	127.53(M)	0.58(M)
Salad, Peaches and Cheese Entree Salad (new), M/MA, WG, Veg-DG, Fruit - MCR100520 (1 salad)Contains Wheat.	295.29	3.15	0.73	0.00(M)	4.52	688.78	46.07	4.99	20.07	20.99	1.60	108.93	2310.62	5.91	93.20(M)	1.57(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Salad, Pesto Pasta and Grilled Chicken (new), M/MA, WG, Veg-RO - MCR100548 (1 salad) Contains Wheat, Gluten.	480.53	21.19	3.84	0.01(M)	60.72	213.47	45.35	5.04	4.64(M)	28.86	2.56	96.00	837.83	13.49	4.80(M)	0.60(M)
Salad, Pgh Steak Salad /WG Rolls (new), 6-8, 9-12, MMA, WG, Veg-DG, Veg-RO, Veg-S, Veg-O - MCR100347 (1 serv.)Contains Wheat, Soy.	444.16	14.31	5.17	0.00(M)	43.70	655.77	46.98	5.67	6.43(M)	31.87	3.76	192.36	2170.22	15.72	67.29(M)	0.32(M)
Salad, Pgh Steak/WG Roll (new), K-5, M/MA, WG, Veg-DG, Veg-RO, Veg-S, Veg-O - MCR100348 (1 serv.)Contains Wheat, Soy.	249.76	8.51	3.42	0.00(M)	25.85	380.77	24.98	3.17	4.02(M)	18.15	1.99	164.76	2170.22	13.32	67.29(M)	0.32(M)
Salad, Philly Cheese Salad in Bread Bowl (new), M/MA, WG, Veg-DG, Veg - RO, Veg-O - MCR100545 (1 salad)Contains Milk, Egg, Wheat, Soy.	458.22	19.53	9.36	0.00(M)	69.67	1003.98	38.26	7.22	9.03(M)	33.46	5.51	518.13	13155.41	73.35	77.51(M)	1.23(M)
Salad, Salad Bar, MMA, WG, Veg-DG, Veg-RO, Veg - MCR100037 (1 salad)Contains Wheat.	404.43	12.60	3.73	0.00(M)	99.88	1566.91	39.74	7.15	7.29(M)	31.94	4.01	274.32	10144.96	36.05	110.84(M)	2.49(M)
Salad, Southwest BBQ Chicken Salad (new), MMA, WG, Veg-DG - MCR100523 (1 salad)Contains Wheat.	416.42	11.31	4.40	0.00(M)	62.98	1191.31	52.00	10.49	12.06(M)	29.86	4.26	403.47	11361.29	51.34	31.46(M)	0.80(M)
Salad, Southwest BBQ Chicken Salad, MMA, WG, Veg-DG - MCR100512 (1 salad)Contains Wheat.	501.30	13.68	6.73	0.00(M)	50.45	643.22	58.23	11.62	4.94(M)	33.15	4.23	504.40	3944.06	74.86	66.41(M)	0.34(M)
Salad, Spinach Entree Salad (new), MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100510 (1 salad)Contains Wheat.	415.12	13.89	3.25	0.00(M)	242.64	851.18	33.68	6.35	7.22(M)	23.87	5.37	238.69	6285.13	25.15	68.15(M)	0.33(M)
Salad, Steak Salad Grab n Go/WG Rolls (new), 6-8, 9-12, MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100552 (1 serv.) Contains Wheat, Soy.	350.89	10.78	4.33	0.00(M)	43.70	643.29	34.10	5.83	8.12(M)	30.54	3.59	193.17	2891.15	43.25	88.50(M)	0.43(M)
Salad, Strawberry Spinach Entree Salad (new), M/MA, WG, Veg-DG - MCR100518 (1 salad)Contains Milk, Wheat.	371.18	11.85	6.11	0.00	55.69	566.09	36.45	6.32	8.25(M)	26.46	3.97	520.50	6043.20	64.86	(M)	(M)
Salad, Sweet and Savory Kale Salad (new), M/MA, WG, Veg-DO, Veg-RO, Veg-O, Fruit - MCR100526 (1 salad)Contains Egg, Wheat.	685.07	26.79	10.11	0.00(M)	55.46	884.56	96.85	13.57	51.68	21.30	4.36	557.48	18544.20	177.20	184.02(M)	6.02(M)
Salad, Taco Salad Tortilla Bowl (new), MMA, WG, Veg-DG, Veg-RO, Veg-O - MCR100281 (1 salad)Contains Wheat, Gluten.	509.98	25.78	12.54	0.76(M)	85.89	498.20	41.74	8.40	5.07(M)	30.89	5.48	366.22	13658.24	47.82	131.83(M)	2.17(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Salad, Taco Salad w/Hard Taco Shells (new), MMA, WG, Veg-DG, Veg-RO - MCR100555 (1 salad) Contains Wheat.	602.54	33.71	13.71	0.85(M)	85.89	649.61	46.28	6.67	3.96(M)	29.10	4.65	313.69	2671.51	12.66	147.68 (M)	2.56(M)
Salad, Taco Salad, MMA, WG, Veg-DG, Veg-RO - MCR100041 (1 salad)	613.46	37.76	13.12	0.76(M)	85.89	657.55	42.39	3.73	1.31(M)	27.38	3.91	292.95	2664.37	12.66	144.96 (M)	1.84(M)
Salad, Tomato Salad, Veg-RO - MCR100159 (1/2 cup, diced)	21.22	0.20	0.03	0.00(M)	0.00(M)	5.09	4.46	1.30	0.15(M)	0.93	0.31	11.50(M)	772.80 (M)	17.82(M)	101.54 (M)	0.50(M)
Salad, Tropical Grilled Chicken Salad with WG Dinner Roll, 6-8, 9-12 - MCR100279 (1 ea.) Contains Wheat, Soy, Gluten.	448.94	12.69	3.16	0.00(M)	48.00	938.10	61.62	6.83	16.95(M)	26.08	6.82(M)	179.06 (M)	1991.47 (M)	49.50(M)	(M)	(M)
Salad, Tuna Plate Salad, 6-8, 9-12 MMA, WG, DG-Veg, RO-Veg, O-Veg - MCR100513 (1 salad) Contains Fish, Wheat.	441.85	15.09	3.78	0.00(M)	78.62	964.79	41.30	5.84	12.02(M)	35.36	3.22	336.29	2888.57	19.10	225.22 (M)	2.12(M)
Salad, Tuna Salad (new), MMA, WG, DG-Veg, RO-Veg, O-Veg - MCR100423 (1 salad) Contains Fish, Wheat.	465.95	17.09	1.94	0.00(M)	178.94	1185.08	45.93	5.41	11.36(M)	31.17	4.25	108.13	2523.02	13.27	194.01 (M)	2.18(M)
Salisbury Steak Patty Soy 2.7 Down Home - MCR100401 (1 patty) Contains Milk, Wheat, Soy.	180.00	13.00	5.00	0.00	40.00	220.00	3.00	1.00	1.00	14.00	1.80	40.00	100.00	1.20	(M)	(M)
Salsa, Condiment, USDA - MCR100085 (1 oz.)	56.70	0.00	0.00	0.00	0.00	496.12	14.18	0.00	14.18	0.00	0.00	0.00	1417.48	51.03	(M)	(M)
Salsa, Fresh (Poblano) Condiment - MCR100370 (1/4 c.)	28.23	0.14	0.02	0.00(M)	0.00	318.68	5.89	1.48	1.63(M)	1.15	0.62	48.36	860.33	15.36	54.82(M)	0.81(M)
Salsa, Vegetable RO, USDA - MCR100090 (4 oz.)	48.00	0.25	0.04	0.00(M)	0.00	140.40	9.61	1.97	0.42	1.97	2.80	16.30	682.20	5.74	8.91(M)	0.04(M)
Sandwich, BBQ Ham Sandwich, K-5, MMA, WG - MCR100029 (1 sandwich) Contains Wheat.	234.28	3.41	0.65	0.00	37.95	1440.74	36.68	3.00	5.21(M)	16.39	1.08	40.00	241.92	7.26	(M)	(M)
Sandwich, BBQ Pork Patty, 6-8, 9-12 - MCR100081 (1 ea.) Contains Soy.	302.01	12.13	3.54	0.00	30.38	634.90	34.10	4.01	9.06	18.15	2.53	80.50	101.26	1.22	(M)	(M)
Sandwich, BBQ Pork Patty, K-5 - MCR100098 (1 ea.) Contains Wheat, Soy.	272.01	11.63	3.54	0.00	30.38	604.90	30.10	4.01	9.06	17.15	2.17	80.50	101.26	1.22	(M)	(M)
Sandwich, Black Bean Burger on WG Bun, 6-8, 9-12 - MCR100303 (1 ea.)	306.07	8.99	0.90	0.08	1.64	636.28	39.73	8.76	4.00(M)	20.30	2.92	95.25	0.00	0.00	(M)	(M)
Sandwich, Bologna and Cheese, 6-8, 9-12, MMA, WG - MCR100305 (1 ea.)	305.99	14.46	5.21	0.00	33.02	858.28	29.33	3.00	5.88(M)	15.96	1.96	433.30	571.44	0.34	22.06(M)	1.21(M)
Sandwich, Bologna and Cheese, K-5, MMA, WG - MCR100152 (1 ea.) Contains Wheat.	275.99	13.96	5.21	0.00	33.02	828.28	25.33	3.00	5.88(M)	14.96	1.60	433.30	571.44	0.34	22.06(M)	1.21(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Sandwich, Buffalo Chicken Cheesesteak, 6-8, 9-12, MMA, WG - MCR100435 (1 sandwich) Contains Wheat.	310.61	6.82	1.83	0.00	82.98	715.36	29.14	4.00	4.00(M)	35.05	2.55	124.25	399.13	4.25	(M)	(M)
Sandwich, Buffalo Grilled Chicken, 6-8, 9-12, MMA, WG - MCR100306 (1 ea.) Contains Milk, Soy.	250.85	7.04	1.21	0.00	40.00	783.41	30.34	3.42	6.08	21.00	7.44	40.83	100.00	2.03	(M)	(M)
Sandwich, Cheese Sandwich, MMA, WG, K-5 - MCR100010 (1 sandwich) Contains Wheat.	250.00	9.50	5.00	0.00	30.00	1050.00	26.00	3.00	4.00(M)	19.00	1.08	1468.58	2142.86	0.00	(M)	(M)
Sandwich, Cheese Steak, Hoagie, 6-8, 9-12, MMA, WG - MCR100515 (1 sandwich) Contains Wheat, Soy.	323.80	9.60	3.75	0.00	43.20	795.00	30.00	4.00	4.81(M)	29.95	3.19	422.35	535.72	0.00	(M)	(M)
Sandwich, Cheese Steak, Hoagie, K-5, MMA, WG - MCR100011 (1 sandwich) Contains Wheat, Soy.	291.60	8.20	3.13	0.00	34.27	716.25	30.00	4.00	4.61(M)	25.09	2.75	421.05	535.72	0.00	(M)	(M)
Sandwich, Cheese Steak, MMA, WG K-5 - MCR100119 (1 sandwich) Contains Wheat, Soy.	241.60	7.70	3.13	0.00	34.27	656.25	23.00	3.00	4.61(M)	23.09	2.39	401.05	535.72	0.00	(M)	(M)
Sandwich, Cheesedog (turkey) on a WG Bun, 9-12 - MCR100344 (1 ea.)	294.37	12.95	4.23	0.00	42.32	1076.68	30.98	3.00	5.99(M)	16.46	1.44	397.15	535.72	0.00	(M)	(M)
Sandwich, Cheesedog (turkey) on a WG Bun, K-5, 6-8 - MCR100345 (1 ea.) Contains Wheat.	264.37	12.45	4.23	0.00	42.32	1046.68	26.98	3.00	5.99(M)	15.46	1.08	397.15	535.72	0.00	(M)	(M)
Sandwich, Chicken Caesar Hoagie (new), M/MA, WG, Veg-DG - MCR100529 (1 roll medium submarine, hoagie) Contains Milk, Egg, Fish, Wheat.	470.97	19.36	7.35	0.00(M)	118.10	953.16	32.93	3.00	4.20(M)	43.97	2.07	333.30	981.84	1.77	5.91(M)	2.28(M)
Sandwich, Chicken Cheese Steak Hoagie, 6-8, 9-12, MMA, WG - MCR100443 (1 sandwich) Contains Wheat.	335.00	9.00	2.75	0.00	77.50	740.00	33.00	4.00	6.00(M)	29.50	2.16	437.15	635.72	2.40	(M)	(M)
Sandwich, Chicken Fiesta, MMA, WG, Veg-RO, 6-8, 9-12 - MCR100424 (1 sandwich) Contains Egg, Wheat, Soy.	387.70	11.30	2.82	0.00	54.00	1183.62	49.32	5.00	18.18(M)	22.93	3.45	126.25	1589.23	52.03	(M)	(M)
Sandwich, Chicken Parmesan, MMA, WG, Veg-RO - MCR100023 (1 sandwich) Contains Egg, Wheat, Soy.	357.76	11.08	2.60	0.00	52.25	748.02	40.74	6.83	7.66(M)	23.91	4.12	133.04	1270.14	14.72	(M)	(M)
Sandwich, Chicken Parmesan, MMA, WG, Veg-RO, K-5 - MCR100433 (1 sandwich) Contains Egg, Wheat, Soy.	304.75	10.13	2.60	0.00	52.25	766.50	33.50	5.45	5.35(M)	22.45	3.43	114.75	217.00	2.62	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Sandwich, Chicken Patty LA Club, MMA, WG - MCR100463 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	318.57	10.13	2.01	0.00(M)	51.58	654.59	36.07	5.38	4.55	21.67	3.69	70.19	879.66	5.50	18.90(M)	0.10(M)
Sandwich, Chicken Patty with Cheese, WG, on a WG Bun 6-8, 9-12, MMA, WG - MCR100175 (1 ea.)Contains Egg, Wheat, Soy.	346.00	12.00	3.25	0.00	57.50	846.00	36.00	5.00	4.00(M)	24.50	3.44	419.15	662.72	1.00	(M)	(M)
Sandwich, Chicken Patty with Cheese, WG, on a WG Bun K-5, MMA, WG - MCR100129 (1 ea.) Contains Egg, Wheat, Soy.	316.00	11.50	3.25	0.00	57.50	816.00	32.00	5.00	4.00(M)	23.50	3.08	419.15	662.72	1.00	(M)	(M)
Sandwich, Chicken Patty, WG, on a WG Bun 6-8, 9-12, MMA, WG - MCR100049 (1 ea.)Contains Egg, Wheat, Soy.	311.00	10.00	2.00	0.00	50.00	636.00	35.00	5.00	4.00	21.00	3.44	62.00	127.00	1.00	(M)	(M)
Sandwich, Chicken Patty, WG, on a WG Bun K-5 - MCR100072 (1 ea.)Contains Egg, Wheat, Soy.	326.00	13.50	2.00	0.00	62.00	580.00	35.00	5.00	5.00	19.00	3.08	69.00	73.00	11.00	(M)	(M)
Sandwich, Chicken Salad, 6-8, 9-12, MMA, WG - MCR100447 (1 sandwich)	292.85	8.06	0.69	0.00(M)	59.73	471.79	33.66	3.42	9.36(M)	23.88	2.28	45.89	159.19	1.03	11.35(M)	0.20(M)
Sandwich, Chicken, Grilled 2.5 oz - MCR100182 (1 ea.)Contains Soy.	90.00	4.00	1.00	0.00	40.00	310.00	1.00	0.00	0.00	15.00	6.00	0.00	0.00	0.00	(M)	(M)
Sandwich, Chili Hot dog (turkey) on a WG Bun, 9-12, MMA, WG, Veg RO - MCR100405 (1 ea.) Contains Wheat.	354.97	15.80	4.86	0.30(M)	56.41	954.70	35.45	4.31	6.17(M)	20.24	2.66	62.95	310.67	3.74	52.01(M)	0.60(M)
Sandwich, Chili Hot dog (turkey) on a WG Bun, K-5, 6-8, MMA, WG, Veg RO - MCR100406 (1 ea.)Contains Wheat.	324.97	15.30	4.86	0.30(M)	56.41	924.70	31.45	4.31	6.17(M)	19.24	2.30	62.95	310.67	3.74	52.01(M)	0.60(M)
Sandwich, Deli Hoagie, MMA, WG, 6-8, 9-12 - MCR100416 (1 sandwich)Contains Wheat.	397.92	16.61	5.76	0.09	58.40	1680.54	32.40	4.00	5.39(M)	26.51	2.29	445.97	559.53	0.23	60.05(M)	3.57(M)
Sandwich, Deli Hoagie, MMA, WG, K-5 - MCR100417 (1 sandwich)Contains Wheat.	325.26	15.46	5.57	0.09	51.31	1393.30	25.23	3.00	5.39(M)	21.64	1.84	425.10	559.53	0.23	47.07(M)	2.87(M)
Sandwich, Egg ,Ham, and Cheese Croissant, MMA, WG - MCR100381 (1 sandwich) Contains Egg, Soy.	293.66	13.52	3.92	0.00	127.77	789.25	28.90	3.00	2.00(M)	14.21	48.60(M)	375.37 (M)	641.02 (M)	0.00(M)	(M)	(M)
Sandwich, Egg ,Sausage, and Cheese Croissant, MMA, WG - MCR100457 (1 sandwich) Contains Milk, Egg, Wheat, Soy.	328.41	17.72	6.81	0.00	147.54	796.73	24.53	2.00	2.52(M)	17.31	50.05	436.22	741.02	4.22	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Sandwich, Egg and Cheese Croissant, MMA, WG, Breakfast - MCR100318 (1 sandwich) Contains Milk, Egg, Wheat, Soy.	265.88	14.08	5.77	0.00	118.88	541.38	24.01	2.00	2.00(M)	10.54	49.68	415.37	741.02	3.60	(M)	(M)
Sandwich, Egg Salad, WG, 6-8, 9-12 - MCR100287 (1 ea.)	253.80	10.04	2.02	0.00(M)	186.50	406.84	29.47	3.26	6.64(M)	12.48	2.11	69.26	351.89	0.58	55.44(M)	0.96(M)
Sandwich, Egg Salad, WG, K-5 - MCR100286 (1 ea.) Contains Wheat.	223.80	9.54	2.02	0.00(M)	186.50	376.84	25.47	3.26	6.64(M)	11.48	1.75	69.26	351.89	0.58	55.44(M)	0.96(M)
Sandwich, Egg, Ham & Cheese on an English Muffin, MMA, WG - MCR100128 (1 ea.) Contains Milk, Egg, Wheat, Soy.	262.05	9.98	3.08	0.00	136.96	903.09	26.82	3.00	1.00(M)	16.96	50.40	455.37	641.02	0.00	(M)	(M)
Sandwich, Egg, Ham & Cheese on Flatbread (new), MMA, WG - MCR100626 (1 ea.) Contains Egg, Soy.	293.66	13.52	3.92	0.00	127.77	789.25	28.90	3.00	2.00(M)	14.21	48.60(M)	375.37 (M)	641.02 (M)	0.00(M)	(M)	(M)
Sandwich, Egg, Sausage & Cheese on an Bagel, MMA, WG - MCR100495 (1 ea.) Contains Egg, Wheat, Soy.	285.88	12.58	3.77	0.00	146.38	736.38	26.51	3.00	3.50(M)	18.04	50.40	435.37	641.02	0.60	(M)	(M)
Sandwich, Egg, Sausage & Cheese on an English Muffin, MMA, WG - MCR100380 (1 ea.) Contains Milk, Egg, Wheat, Soy.	285.88	12.58	3.77	0.00	146.38	786.38	25.51	3.00	1.50(M)	18.04	50.76	475.37	641.02	0.60	(M)	(M)
Sandwich, Grilled Chicken, 6-8, 9-12, MMA, WG - MCR100184 (1 ea.) Contains Soy.	230.00	6.00	1.00	0.00	40.00	550.00	27.00	3.00	4.00	21.00	7.44	40.00	0.00	0.00	(M)	(M)
Sandwich, Grilled Chicken, K-5, MMA, WG - MCR100183 (1 ea.) Contains Wheat, Soy.	200.00	5.50	1.00	0.00	40.00	520.00	23.00	3.00	4.00	20.00	7.08	40.00	0.00	0.00	(M)	(M)
Sandwich, Ham and Cheese Bagel, MMA, WG - MCR100490 (1 ea.) Contains Wheat, Soy.	228.20	4.84	1.87	0.00	44.10	1112.00	28.66	3.00	3.00(M)	19.48	1.44	397.15	535.72	0.00	(M)	(M)
Sandwich, Ham and Cheese Croissant, K-5, MMA, WG - MCR100124 (1 sandwich) Contains Milk, Egg, Wheat, Soy.	249.26	9.37	4.71	0.00	34.63	972.57	25.71	2.00	2.00(M)	15.64	1.08	397.15	635.72	3.60	(M)	(M)
Sandwich, Ham and Cheese, 6-8, 9-12 - MCR100076 (1 ea.)	229.26	5.37	1.71	0.00	34.63	992.57	29.71	3.00	4.00(M)	17.64	1.44	397.15	535.72	0.00	(M)	(M)
Sandwich, Ham and Cheese, K-5 - MCR100074 (1 ea.) Contains Wheat.	216.75	7.45	2.36	0.00(M)	35.77	893.25	24.41	3.00	4.00(M)	16.15	1.70	401.92	550.09	0.78	(M)	(M)
Sandwich, Hoagie, Ham and Cheese, 6-8, 9-12 - MCR100082 (1 ea.) Contains Wheat.	249.26	5.37	1.71	0.00	34.63	1022.57	32.71	4.00	4.00(M)	18.64	1.44	417.15	535.72	0.00	(M)	(M)
Sandwich, Hoagie, Turkey and Cheese, MMA, WG - MCR100083 (1 sandwich) Contains Wheat.	307.00	8.80	2.85	0.00	63.50	1200.00	30.00	4.00	4.00(M)	28.10	2.40	433.15	565.72	5.20	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Sandwich, Hot dog (turkey) on a WG Bun, 9-12, MMA, WG - MCR100134 (1 ea.)Contains Wheat.	259.37	10.95	2.98	0.00	34.82	866.68	29.98	3.00	5.99	12.96	1.44	40.00	0.00	0.00	(M)	(M)
Sandwich, Hot dog (turkey) on a WG Bun, K-5, 6-8, MMA, WG - MCR100133 (1 ea.)Contains Wheat.	229.37	10.45	2.98	0.00	34.82	836.68	25.98	3.00	5.99	11.96	1.08	40.00	0.00	0.00	(M)	(M)
Sandwich, Hot Turkey & Cheese on Pretzel Roll, MMA, WG - MCR100630 (1 ea.)Contains Wheat, Gluten.	307.44	9.32	3.86	0.00	63.59	932.62	30.01	3.00	2.00(M)	26.14	2.76	397.61	572.41	5.20	(M)	(M)
Sandwich, Hot Turkey Sandwich w/Gravy, MMA, WG - MCR100096 (1 sandwich)Contains Milk, Wheat, Soy.	221.00	5.82	1.09	0.00	30.37	663.75	26.00	4.00	5.00(M)	16.13	1.80	40.00	0.00	0.00	(M)	(M)
Sandwich, Italian Dunkers, 6-8, 9-12 - MCR100284 (1 ea.) Contains Wheat.	454.44 (M)	16.50(M)	8.70(M)	0.00(M)	207.00 (M)	1017.44 (M)	44.01(M)	1.52(M)	1.52(M)	31.59(M)	3.03(M)	663.38 (M)	400.00 (M)	8.49(M)	(M)	(M)
Sandwich, Italian Dunkers, K-5 - MCR100132 (1 ea.)Contains Wheat, Gluten.	281.02	9.57	5.98	0.00	25.08	964.28	29.00	4.00	7.00(M)	23.42	2.17	462.00	200.00	3.60	(M)	(M)
Sandwich, Italian Grinder, 9-12, MMA, WG - MCR100034 (1 ea.) Contains Wheat.	361.42	13.95	5.24	0.00	67.68	1518.18	33.67	4.00(M)	4.51(M)	26.79	1.76(M)	170.56 (M)	0.00(M)	0.00(M)	(M)	(M)
Sandwich, Italian Grinder, MMA, WG - MCR100032 (1 ea.) Contains Wheat.	343.12	13.49	5.08	0.00	58.53	1335.18	32.75	4.00(M)	4.51(M)	24.05	1.76(M)	170.56 (M)	0.00(M)	0.00(M)	(M)	(M)
Sandwich, Italian Hot Sausage, w/Peppers, MMA, WG - MCR100605 (1 sandwich) Contains Wheat.	585.87	38.03	13.00	0.00(M)	95.00	1280.81	31.23	5.44	4.34(M)	27.21	8.73	61.95	402.62	26.33	21.40(M)	0.10(M)
Sandwich, Italian Meatball and Cheese Hoagie, 6-8, 9-12, MMA, WG - MCR100084 (1 ea.) Contains Milk, Wheat.	398.97	16.08	6.26	0.00	50.06	943.30	37.53	5.36	8.64(M)	24.16	2.75	194.82	453.62	8.02	(M)	(M)
Sandwich, Italian Meatball and Cheese on a Bun K-5, MMA, WG - MCR100092 (1 ea.)Contains Milk, Wheat.	330.24	14.74	6.13	0.00	47.81	698.69	29.47	3.93	8.27(M)	21.09	2.70	122.30	0.00(M)	2.33	(M)	(M)
Sandwich, Italian Sanwich, K-5, MMA, WG - MCR100035 (1 ea.) Contains Wheat.	299.16	13.17	5.23	0.00	59.20	1194.94	25.49	3.00(M)	6.38(M)	22.56	3.43(M)	150.56 (M)	0.00(M)	0.00(M)	(M)	(M)
Sandwich, Italian Toasted Cheese Sandwich, Grilled Cheese, MMA, WG - MCR100415 (1 sandwich) Contains Wheat, Gluten.	326.31	14.30	6.66	0.00(M)	39.92	1238.68	28.00	4.00	4.00(M)	21.98	1.68	1468.58	2142.86	0.00	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Sandwich, Jamwich, 2.8oz., w/Mozzarella Cheese and Graham Crackers, K-5, MMA, WG - MCR100488 (1 sandwich) Contains Milk, Wheat, Peanuts, Soy.	490.00	24.50	7.00	0.00	15.00	675.00	55.00	5.00	20.00	19.00	3.42	340.00	600.00	2.40	(M)	(M)
Sandwich, Jamwich, 2.8oz., with Mozzarella and Pretzels, 6-8, 9-12, MMA, WG - MCR100341 (1 sandwich) Contains Milk, Wheat, Peanuts, Soy.	450.00	22.50	6.00	0.00	15.00	760.00	49.00	6.00	12.00	19.00	3.42	240.00	100.00	2.40	(M)	(M)
Sandwich, Jamwich, 2.8oz., with Mozzarella Cheese and Pretzels, K-5, MMA, WG - MCR100042 (1 sandwich) Contains Milk, Wheat, Peanuts, Soy.	450.00	22.50	6.00	0.00	15.00	760.00	49.00	6.00	12.00	19.00	3.42	240.00	100.00	2.40	(M)	(M)
Sandwich, Monte Cristo, M/MA, WG, 6-8, 9-12 - MCR100394 (1 ea.) Contains Milk, Egg, Wheat, Soy.	381.17	11.91	5.06	0.00(M)	115.59	1411.71	45.81	4.00	7.00(M)	24.93	2.70	1151.44	1707.15	0.00	(M)	(M)
Sandwich, Panini, BBQ Chicken Cheddar, MMA, WG - MCR100482 (1 ea.) Contains Milk, Egg, Wheat, Soy.	474.60	16.70	5.79	0.00	78.66	1213.47	46.41	5.42	8.84(M)	32.24	3.30	279.00	472.76	1.00	(M)	(M)
Sandwich, Panini, Italian, MMA, WG - MCR100483 (1 ea.) Contains Milk, Egg, Wheat, Soy, Gluten.	382.07	17.13	7.42	0.09	51.60	1117.34	29.43	3.00	3.14(M)	24.09	2.10	213.44	148.84	0.00	32.37(M)	2.06(M)
Sandwich, Panini, Pizza, MMA, WG - MCR100481 (1 ea.) Contains Milk, Wheat, Soy, Gluten.	388.45	18.44	6.99	0.00(M)	67.99	1328.23	28.43	3.00	3.91(M)	25.09	27.21	306.18	251.93	1.93	31.77(M)	2.07(M)
Sandwich, Panini, Smoked Turkey Club, MMA, WG - MCR100484 (1 ea.) Contains Milk, Wheat.	345.01	11.78	4.42	0.00(M)	74.94	1035.42	28.81	3.00	3.08(M)	29.66	2.24	122.17	152.87	4.87	5.80(M)	0.67(M)
Sandwich, Panini, Turkey Bacon Melt, MMA, WG - MCR100479 (1 ea.) Contains Milk, Wheat, Soy.	314.01	12.03	5.10	0.00	65.16	1090.51	27.01	4.31	6.50(M)	26.28	2.29	257.42	207.44	3.67	(M)	(M)
Sandwich, Peanut Butter and Grape Jelly on Whole Grain Bread, PB Jamwich, AdvancePierre Foods, MMA, WG - MCR100407 (1 sandwich) Contains Wheat, Peanuts, Soy.	290.00	15.00	2.50	0.00	0.00	350.00	33.00	4.00	12.00	10.00	2.70	40.00	0.00	2.40	(M)	(M)
Sandwich, Pesto Tomato Flatbread w/Side Ceasar (new), M/MA, WG, Veg-DG, Veg-RO - MCR100549 (1 salad) Contains Soy.	536.50	29.72	10.01	0.00(M)	36.92	646.08	40.63	6.63	6.36(M)	24.75	1.82(M)	522.37 (M)	7540.83 (M)	30.55(M)	89.10(M)	1.49(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Sandwich, Pollock Fish Rectangle on a WG Bun (new), 6-8, 9-12, M/MA, WG - MCR100586 (1 sandwich)Contains Fish, Wheat. May contain Soy.	300.00	8.00	1.00	0.00	35.00	490.00	42.00	5.00	5.00	17.00	2.16	60.00	0.00	0.00	(M)	(M)
Sandwich, Pollock Fish Rectangle on a WG Bun (new), K-5, M/MA, WG - MCR100585 (1 sandwich) Contains Fish, Wheat. May contain Soy.	270.00	7.50	1.00	0.00	35.00	460.00	38.00	5.00	5.00	16.00	1.80	60.00	0.00	0.00	(M)	(M)
Sandwich, Pork BBQ, 6-8 & 9-12, MMA, WG - MCR100004 (1 ea.)	347.52	12.51	3.86	0.00	56.86	532.84	38.10	3.00	4.00(M)	22.00	3.14	48.43	6.32	3.84	(M)	(M)
Sandwich, Pulled Pork BBQ, K-5, MMA, WG - MCR100432 (1 ea.) Contains Wheat.	317.52	12.01	3.86	0.00	56.86	502.84	34.10	3.00	4.00(M)	21.00	2.78	48.43	6.32	3.84	(M)	(M)
Sandwich, Sloppy Joe MMA, WG, Veg-RO - MCR100104 (1/3 c.) Contains Wheat.	353.31	17.92	6.28	1.00(M)	57.97	308.51	30.52	3.79	7.83(M)	19.83	3.22	64.87	260.60	4.16	65.15(M)	0.74(M)
Sandwich, Sloppy Joe on a WG Biscuit (new), MMA, WG, Veg-RO - MCR100629 (1/3 c.)Contains Milk, Egg, Wheat, Soy.	453.31	24.42	11.28	1.00(M)	62.97	588.51	37.52	3.79	5.83(M)	19.83	2.86	64.87	260.60	4.16	65.15(M)	0.74(M)
Sandwich, Sloppy Joe, 6-8, 9-12, MMA, WG, Veg-RO - MCR100105 (1/3 c.)	383.31	18.42	6.28	1.00(M)	57.97	338.51	34.52	3.79	7.83(M)	20.83	3.58	64.87	260.60	4.16	65.15(M)	0.74(M)
Sandwich, Spicy Chicken on WG Biscuit, MMA, WG - MCR100601 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	461.44	22.03	8.27	0.00	74.59	1102.63	43.01	5.00	3.00(M)	22.54	2.72	430.61	615.41	11.00	(M)	(M)
Sandwich, Spicy Chicken Patty on a WG Bun, 9-12 - MCR100060 (1 ea.)Contains Egg, Wheat, Soy.	356.00	14.00	2.00	0.00	62.00	640.00	39.00	5.00	5.00	20.00	3.44	69.00	73.00	11.00	(M)	(M)
Sandwich, Spicy Chicken Patty on a WG Bun, K-5 - MCR100073 (1 ea.)Contains Egg, Wheat, Soy.	326.00	13.50	2.00	0.00	62.00	610.00	35.00	5.00	5.00	19.00	3.08	69.00	73.00	11.00	(M)	(M)
Sandwich, Toasted Cheese Sandwich, Goldfish Bread, MMA, WG, K-5 - MCR100275 (1 sandwich)	255.71 (M)	9.49(M)	5.50(M)	0.00(M)	30.00(M)	1008.12 (M)	24.77(M)	3.96(M)	2.97(M)	18.95(M)	1.78(M)	1487.92 (M)	2142.86 (M)	0.00(M)	(M)	(M)
Sandwich, Toasted Cheese Sandwich, Grilled Cheese, - MCR100080 (1 sandwich) Contains Wheat.	260.00	10.00	5.00	0.00(M)	30.00	1060.00	26.00	4.00	4.00(M)	20.00	1.44	1468.58	2142.86	0.00	(M)	(M)
Sandwich, Tuna Salad, 6-8, 9-12, MMA, WG, Veg-O - MCR100292 (1 ea.)Contains Fish.	334.49	9.66	0.45	0.00(M)	62.62	773.25	35.35	3.50	8.78(M)	26.52	2.79	61.97	226.69	1.29	90.64(M)	1.47(M)
Sandwich, Tuna Salad, K-5, MMA, WG, Veg-O - MCR100293 (1 ea.) Contains Fish, Wheat.	304.49	9.16	0.45	0.00(M)	62.62	743.25	31.35	3.50	8.78(M)	25.52	2.43	61.97	226.69	1.29	90.64(M)	1.47(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Sandwich, Turkey and Cheese Croissant, K-5, MMA, WG - MCR100440 (1 sandwich) Contains Milk, Egg, Wheat, Soy.	279.00	11.60	5.45	0.00	49.50	970.00	23.00	2.00	2.00(M)	20.70	1.80	409.15	658.22	7.50	(M)	(M)
Sandwich, Turkey and Cheese, 6-8, 9-12, MMA, WG - MCR100444 (1 sandwich)	287.00	8.80	2.85	0.00	63.50	1170.00	27.00	3.00	4.00(M)	27.10	2.40	413.15	565.72	5.20	(M)	(M)
Sandwich, Turkey and Cheese, K-5, MMA, WG - MCR100087 (1 sandwich) Contains Wheat.	229.00	7.10	2.45	0.00	49.50	960.00	23.00	3.00	4.00(M)	21.70	1.80	409.15	558.22	3.90	(M)	(M)
Sandwich, Turkey Reuben, M/MA, WG, 9-12 - MCR100359 (1 ea.) Contains Wheat, Soy.	712.99	55.53	17.27	0.00(M)	73.55	1965.10	33.52	5.35	14.51(M)	23.56	3.48	220.55	1340.63	8.23	56.89(M)	2.38(M)
Sandwich, Turkey, Ham and Cheese Croissant, 6-8, 9-12, MMA, WG - MCR100039 (1 sandwich) Contains Milk, Egg, Wheat, Soy.	350.41	12.40	5.22	0.00	45.20	1180.93	38.93	4.00	2.00(M)	21.22	2.29	405.27	650.95	6.24	(M)	(M)
Sandwich, Turkey, Ham and Cheese Croissant, 9-12, - MCR100038 (1 sandwich) Contains Milk, Egg, Wheat, Soy.	358.56	12.61	5.29	0.00	49.28	1262.46	39.33	4.00	2.00(M)	22.44	2.29	405.27	650.95	6.24	(M)	(M)
Sandwich, Turkey, Ham and Cheese Croissant, K-5, M - MCR100040 (1 sandwich) Contains Milk, Egg, Wheat, Soy.	270.41	10.90	5.22	0.00	45.20	980.93	23.93	2.00	2.00(M)	19.22	1.57	405.27	650.95	6.24	(M)	(M)
Sandwich, Wasabi Veggie on Flatbread (new), M/MA, WG, Veg-RO, Veg-O - MCR100544 (1 sandwich) Contains Milk, Egg, Soy.	412.42	21.24	7.34	0.00(M)	35.37	1287.36	35.33	4.33	4.96(M)	20.26	0.45(M)	1469.02 (M)	3653.79 (M)	38.69(M)	83.00(M)	0.41(M)
Sauce, Pesto (new) - MCR100546 (3 Tbsp.)	127.11	13.12	2.53	(M)	4.71	82.74	0.64	0.03	0.11(M)	2.12	0.13	61.31	46.74	0.80	3.60(M)	0.45(M)
Sauce, Pizza Sauce Low Sodium, Red Pack, Veg-RO - MCR100593 (1/4 c.)	35.00	0.50	0.00	0.00	0.00	70.00	6.00	2.00	4.00	1.00	0.72	20.00	1250.00	15.00	(M)	(M)
Sauce, Queso (Polanos) - MCR100365 (1/8 c.) Contains Milk.	41.33	3.00	0.75	1.00	0.00	246.67	3.83	0.00	1.83	0.50	0.00	30.00	33.33	1.20	(M)	(M)
Sauce, Red Enchilada Sauce - MCR100628 (1 tsp.)	9.34	0.63	0.11	0.00(M)	0.24(M)	52.18	0.75	0.22	0.04(M)	0.31	0.13	2.24(M)	158.53 (M)	0.02(M)	7.43(M)	0.17(M)
Sauce, RF Nacho Cheese Sauce (new), Reduced Sodium - MCR100557 (2 ounces) Contains Milk.	100.00	7.00	4.50	0.00	20.00	230.00	3.00	0.00	2.00	7.00	0.00	200.00	200.00	0.00	(M)	(M)
Sauce, RF Cheese Sauce (new), Reduced Sodium - MCR100556 (2 ounces) Contains Milk.	100.00	7.00	4.50	0.00	20.00	230.00	3.00	0.00	2.00	7.00	0.00	200.00	200.00	0.00	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Sauce, tartar, 100/0.75 oz; as purchased - MCR100502 (3/4 oz.)	124.41	13.24	2.02	(M)	9.54	209.57	1.12	0.09	(M)	0.24	0.22	2.82	20.93	0.22	5.04	0.15
Sausage, Patty, Turkey, Fully Cooked, Jimmy Dean, MMA - MCR100241 (2 patty)	120.00	7.00	2.00	0.00	55.00	490.00	1.00	0.00	1.00	13.00	0.72	40.00	0.00	1.20	(M)	(M)
Shells, Stuffed, CN Label - MCR100340 (2 shell)Contains Milk, Egg, Wheat.	170.00	4.00	3.00	0.00	30.00	270.00	21.00	2.00	2.00	13.00	1.80	200.00	100.00	0.00	(M)	(M)
Sorbet, Cherry/Blue/Rasp (new), 100% Frozen Juice, J&J Snack - MCR100575 (1 ea.)	70.00	0.00	0.00	0.00	0.00	5.00	18.00	3.00	15.00	0.00	0.36	80.00	500.00	60.00	(M)	(M)
Sorbet, Kiwi/Straw (new), 100% Frozen Juice, J&J Snack - MCR100573 (1 ea.)	70.00	0.00	0.00	0.00	0.00	5.00	18.00	3.00	15.00	0.00	0.36	60.00	0.00	60.00	(M)	(M)
Soup, Tomato Soup, Canned, Campbell's, 51000-00016, Veg-RO - MCR100161 (1 c.)	180.00	0.00	0.00	0.00	0.00	960.00	40.00	2.00	24.00	4.00	1.44	0.00	600.00	12.00	(M)	(M)
Soup, Vegetable USDA H-04 - MCR100352 (1 c.)	55.12	0.73	0.04	0.00(M)	2.43	214.36	9.37	1.93	1.65(M)	3.60	0.78	35.10	997.77	9.34	51.11(M)	0.41(M)
Spinach, Fresh, baby Flat leaf, Veg-DG - MCR100144 (1 c.)	6.90	0.12	0.02	0.00	0.00	23.70	1.09	0.66	0.13	0.87	0.81	29.70	2813.10	8.43	(M)	(M)
Squash, Roasted Butternut, O - MCR100361 (1/2 c.)Contains Soy.	103.07	5.98	2.61	0.00(M)	0.00	56.56	11.91	1.13	1.94	1.29	0.42	20.41	1519.78	40.14	107.98 (M)	0.67(M)
Squash, summer, zucchini, includes skin, cooked, b - MCR100063 (1/2 cup, sliced)	13.50	0.32	0.07	(M)	0.00	2.70	2.42	0.90	1.54	1.03	0.33	16.20	1005.30	11.61	85.70	0.53
Steak, Salisbury with Gravy and Dinner Roll, K-5, MMA, WG - MCR100404 (1 serv.)Contains Milk, Wheat, Soy.	270.00	14.00	5.00	0.00	40.00	470.00	21.00	3.00	4.00	17.00	2.52	60.00	100.00	1.20	(M)	(M)
Steak, Salisbury with Gravy and Dinner Rolls, 6-8, 9-12, MMA, WG - MCR100403 (1 serv.)Contains Milk, Wheat, Soy.	340.00	15.00	5.00	0.00	40.00	580.00	34.00	5.00	6.00	20.00	3.24	80.00	100.00	1.20	(M)	(M)
Stick, Strawberry Cream Cheese (new), WG, 2 oz, J&J Snack - MCR100567 (1 stick.)Contains Milk, Egg, Wheat, Soy.	150.00	4.50	2.50	0.00	10.00	135.00	24.00	2.00	3.00	4.00	1.44	20.00	100.00	0.00	(M)	(M)
Strawberries, frozen, thawed, sliced, sweetened (sugar added) [A380] - MCR100259 (1/2 c.)	122.00	0.17	0.01	0.00	0.00	4.01	33.05	2.41	(M)	0.68	0.76	14.00	31.00	52.80	(M)	(M)
Strawberries, raw, halves - MCR100210 (1/2 c.)	25.00	0.00	0.00	0.00	0.00	0.00	6.25	1.00	4.00	0.50	0.18	16.10	12.00	48.00	(M)	(M)
Stromboli with Tomato Sauce, made with tortilla shells (USDA F-06A), MMA, WG - MCR100309 (1 serv.)Contains Wheat.	289.49	7.38	3.92	0.01(M)	28.76	1050.65	29.16	4.38	2.00(M)	20.38	2.10	297.58	135.47	1.94	47.41(M)	2.21(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Stromboli with Tomato Sauce, USDA F-06A, MMA, WG - MCR100308 (1 serv.)	223.68	6.08	3.19	0.01(M)	28.76	878.69	21.05	3.08	0.50(M)	19.77	1.53	226.16	137.85	1.94	61.65(M)	2.38(M)
Strudel, Apple Lattice, 2.29 oz, WG - MCR100427 (1 ea.) Contains Milk, Wheat.	210.00	6.00	1.50	0.00	0.00	280.00	36.00	2.00	11.00	5.00	1.08	0.00	0.00	0.00	(M)	(M)
Strudel, Cherry Frudel, 2.29 oz, WG - MCR100426 (1 ea.) Contains Milk, Wheat.	210.00	6.00	1.50	0.00	0.00	280.00	36.00	2.00	11.00	5.00	1.08	0.00	0.00	0.00	(M)	(M)
Stuffing Mix; Stuffing betty crocker(r) chicken flavor; as purchased - MCR100465 (1/4 c.)	90.91	1.14	0.00	(M)	0.00	477.27	18.18	0.76	(M)	2.27	1.09	15.15	0.00	0.00	(M)	(M)
Sun Butter and Jelly Sandwich, MMA, WG, K-5, 6-8, 9-12 - MCR100153 (1 sandwich) Contains Milk, Wheat.	467.87	25.66	5.00	0.00(M)	15.00(M)	543.09	48.89	5.80(M)	21.01(M)	18.53	2.76(M)	260.00 (M)	117.00 (M)	0.00(M)	(M)	(M)
Sweet Potatoes, Baked Sweet Potatoes Lightly Seasoned, 1/2 cup Veg-RO - MCR100168 (1/2 c.)	159.31	2.23	0.47	0.00(M)	0.00(M)	70.04	33.79	3.74(M)	1.92(M)	1.63	1.20(M)	22.96(M)	11583.3 6(M)	13.58(M)	0.36(M)	0.05(M)
Syrup, Pancake Maple Flavored, 41/1 GA, Harvest Value, 231295 - MCR100253 (2 oz.)	197.16	0.00	0.00	0.00	0.00	54.22	50.27	0.00	48.30	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Taco, Beef Taco Filling - MCR100282 (1/4 c.)	185.40	12.34	4.81	0.76(M)	55.52	64.98	2.23	0.56	0.13(M)	15.65	2.04	18.49	237.25	2.10	81.43(M)	1.06(M)
Taco, Beef Taco with Nacho Chips, MMA, WG - MCR100007 (1 ea.) Contains Wheat, Gluten.	383.04	19.63	6.93	0.54(M)	47.65	447.18	34.05	3.77	0.88(M)	20.14	2.97	229.73	540.51	4.34	98.18(M)	0.98(M)
Taco, Beef Taco, w/ 10" Soft Taco Shell, K-5, 6-8, 9-12, MMA, WW - MCR100508 (1 ea.) Contains Wheat, Gluten.	369.44	17.02	8.21	0.54(M)	55.33	478.04	30.92	3.97	1.88(M)	24.24	3.15	357.07	626.43	4.34	97.38(M)	0.98(M)
Taco, Beef Taco, w/ Hard Taco Shells, 6-8, 9-12, MMA, WG - MCR100431 (6 ea.)	493.84	24.36	9.66	0.54(M)	50.21	192.12	45.74	4.97	0.88(M)	20.78	3.14	234.83	569.15	4.34	97.38(M)	0.98(M)
Taco, Beef Taco, w/ Hard Taco Shells, K-5, MMA, WG - MCR100430 (5 ea.)	443.84	22.36	8.99	0.54(M)	50.21	192.12	38.74	4.30	0.88(M)	20.11	2.90	228.16	569.15	4.34	97.38(M)	0.98(M)
Taco, Beef Taco, w/ Soft Taco Shells, K-5, 6-8, 9-12, MMA, WW - MCR100008 (2 ea.) Contains Wheat.	379.44	17.02	7.71	0.54(M)	55.33	478.04	29.92	4.97	2.88(M)	23.24	3.15	357.07	626.43	4.34	97.38(M)	0.98(M)
Taco, Breakfast Rolled Taco (new), Egg and Cheese, M/MA WG - MCR100560 (2 1/2 Ounce serving) Contains Milk, Egg, Wheat.	140.00	6.00	1.50	0.00	85.00	360.00	15.00	1.00	2.00	7.00	1.08	60.00	100.00	0.00	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Taco, Breakfast Rolled Taco, Egg, Cheese, Potato, turkey Sausage, M?MA WG - MCR100559 (2 1/2 Ounce serving)Contains Milk, Egg, Wheat, Soy.	130.00	5.00	1.50	0.00	55.00	290.00	16.00	2.00	2.00	7.00	1.08	60.00	100.00	0.00	(M)	(M)
Taco, Fish Southwestern (new), 6 -8, 9-12, MMA, WG, Veg-DG, Veg-RO, Veg-BP, Veg-S - MCR100590 (1 serv.)Contains Fish, Wheat. May contain Soy.	483.69	14.76	5.38	0.00(M)	51.00	725.95	59.28	11.48	4.72(M)	26.85	3.70	390.15	5036.69	84.24	83.29(M)	0.63(M)
Tangerines, (mandarin oranges), raw - MCR100449 (1/2 cup, sections)	51.67	0.30	0.04	(M)	0.00	1.95	13.01	1.75	(M)	0.79	0.15	36.08	663.98	26.03	83.04	0.37
Toast, WG Bread Slice - MCR100297 (1 ea.)Contains Wheat.	60.00	1.00	0.00	0.00	0.00	110.00	11.00	2.00	2.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
Tomato sauce - MCR100354 (1/4 c.)	27.11	0.18	0.03	(M)	0.00	526.15	5.40	1.51	1.00	1.32	1.02	13.05	434.77	7.03	91.49	2.01
Tomato Wedges - MCR100065 (1/2 c.)	16.20	0.18	0.03	(M)	0.00	4.50	3.50	1.08	2.37	0.79	0.24	9.00	749.70	12.33	85.07	0.45
Tomatoes, Raw, Cherry, Veg- RO - MCR100272 (1/2 c.)	13.41	0.15	0.02	(M)	0.00	3.73	2.90	0.89	(M)	0.66	0.20	7.45	620.59	10.21	70.42	0.37
Tuna Pasta Casserole, MMA, WG, Veg-O - MCR100501 (1 c.) Contains Wheat, Gluten.	248.68	2.61	0.34	0.00(M)	64.00(M)	817.97	24.10	3.27(M)	1.03(M)	31.11	2.55(M)	78.53(M)	2746.29 (M)	1.97(M)	232.18 (M)	0.27(M)
Tuna Salad, MMA, Veg-O - MCR100289 (1/2 c.)Contains Fish.	194.49	7.66	0.45	0.00(M)	62.62	533.25	9.35	0.50	4.78(M)	20.52	1.35	21.97	226.69	1.29	90.64(M)	1.47(M)
Turkey, Roasted with Dinner Rolls, MMA, WG - MCR100462 (1 serv.)Contains Wheat.	261.50	6.98	1.64	0.00	45.56	675.62	26.00	4.00	4.00(M)	21.19	1.98	40.00	0.00	0.00	(M)	(M)
Turkey, Roasted with Dinner Rolls, MMA, WG, K-5 - MCR100464 (1 serv.)Contains Wheat.	151.00	4.32	1.09	0.00	30.37	413.75	13.00	2.00	2.00(M)	13.13	1.08	20.00	0.00	0.00	(M)	(M)
USDA Commodity, Peanut Butter, smooth - MCR100181 (2 Tbsp.)	188.16	15.85	3.05	(M)	0.00	152.32	7.67	1.82	2.08	7.02	0.69	17.28	0.00	0.00	0.50	0.96
USDA Commodity, Potato wedges, frozen - MCR100115 (1/2 c.)	104.61	1.87	0.47	(M)	0.00	41.67	21.69	1.70	(M)	2.30	0.60	12.76	0.00	9.53	58.09	1.14
Vegetable, Glazed Carrots, Veg-RO - MCR100160 (1/2 cup serving)Contains Soy.	62.36	2.31	0.52	0.50(M)	0.00	110.78	10.16	2.63	2.75(M)	0.57	0.82	28.90	12608.9 1	2.40	0.00(M)	0.05(M)
Vegetable, Mexicali Corn, Veg-S - MCR100158 (1/2 c.)	95.00	2.60	0.50	0.00	0.00	264.00	15.50	1.80	(M)	2.20	0.82	8.00	408.00	15.00	(M)	(M)
Vegetable, Stewed Tomatoes, J-19, Veg-RO - MCR100170 (1/2 c.)	43.09	0.60	0.27	0.00(M)	0.00	253.08	8.04	1.06	2.00(M)	1.15	0.80	41.08	791.66	12.24	0.00(M)	0.27(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Vegetables, Collard Greens, Chopped Frozen, Monarch, 670056, Veg-DG - MCR100453 (1/2 cup (washed))	30.00	0.00	0.00	0.00	0.00	20.00	2.00	2.00	1.00	2.00	0.36	80.00	2000.00	15.00	(M)	(M)
Vegetables, Mixed, California, Cooked, Drained, No salt - MCR100377 (1/2 c.)	33.00	1.00	0.00	0.00	0.00	18.00	4.30	2.30	1.40	1.80	0.36	20.00	1150.00	25.20	(M)	(M)
Vegetables, Oriental Blend, Monarch, 673427, Veg-O - MCR100500 (1/2 c.)	30.00	0.00	0.00	0.00	0.00	20.00	5.00	2.00	3.00	2.00	0.00	20.00	300.00	12.00	(M)	(M)
Waffle, Dutch (new), J&J Snack, WG - MCR100561 (1 waffle) Contains Milk, Egg, Wheat, Soy.	300.00	13.00	3.00	0.00	20.00	350.00	43.00	3.00	12.00	4.00	1.80	40.00	0.00	0.00	(M)	(M)
Waffle, Eggo Bites Mini Waffles Maple (new), WG - MCR100541 (2 2/3 Ounce serving) Contains Milk, Egg, Wheat, Soy.	200.00	5.00	1.50	0.00	0.00	220.00	35.00	4.00	10.00	4.00	2.70	100.00	500.00	0.00	(M)	(M)
Waffle, Eggo Mini Waffles Cinnamon (new), WG - MCR100540 (2 2/3 Ounce serving) Contains Milk, Egg, Wheat, Soy.	200.00	5.00	1.50	0.00	0.00	270.00	35.00	4.00	10.00	5.00	2.70	100.00	500.00	0.00	(M)	(M)
Waffle, WG, Hilltop - MCR100246 (2 waffle) Contains Milk, Egg, Wheat, Soy.	200.00	6.00	1.00	0.00	5.00	480.00	32.00	3.00	4.00	5.00	3.60	100.00	0.00	0.00	(M)	(M)
Waffles with Sausage Patties, MMA, WG - MCR100247 (1 ea.) Contains Milk, Egg, Wheat, Soy.	320.00	13.00	3.00	0.00	60.00	970.00	33.00	3.00	5.00	18.00	4.32	140.00	0.00	1.20	(M)	(M)
Walking Taco ,MMA,WG, K-5 - MCR100093 (1 ea.) Contains Wheat.	356.90	18.82	8.14	0.76(M)	71.52	420.05	19.97	3.55	3.14(M)	27.24	3.60	304.51	882.05	7.68	120.57 (M)	1.25(M)
Walking Taco w/Pretzel Rod, MMA,WG, K-5 - MCR100117 (1 ea.)	353.20	18.30	8.13	0.76(M)	71.52	363.26	20.23	2.40	1.14(M)	26.08	3.36	283.33	824.63	7.26	120.57 (M)	1.25(M)
Walking Taco w/Pretzel Sticks, MMA,WG, 6-8, 9-12 - MCR100249 (1 ea.)	426.90	18.82	8.14	0.76(M)	71.52	440.05	34.97	3.55	1.14(M)	28.24	4.32	284.51	882.05	7.68	120.57 (M)	1.25(M)
Walking Taco w/WG Rolls, MMA,WG, 6-8, 9-12 - MCR100254 (1 ea.) Contains Wheat.	423.20	19.80	8.13	0.76(M)	71.52	518.26	32.23	5.40	5.14(M)	30.08	4.08	323.33	824.63	7.26	120.57 (M)	1.25(M)
Watermelon, raw, diced - MCR100256 (1/2 cup, diced)	22.80	0.11	0.01	(M)	0.00	0.76	5.74	0.30	(M)	0.46	0.18	5.32	432.44	6.16	69.50	0.19
Whole Fruit , Orange/Pineapple/Cherry Swirl (new), Frozen, 100% Juice, J&J Snack - MCR100576 (4 fl. oz.)	70.00	0.00	0.00	0.00	0.00	5.00	18.00	3.00	15.00	0.00	0.36	80.00	500.00	60.00	(M)	(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Whole Fruit, Fruit/Mango/Straw/Pom Swirl (new), Frozen, 100% Juice, J&J Snack - MCR100578 (1 ea.)	70.00	0.00	0.00	0.00	0.00	5.00	18.00	3.00	15.00	0.00	0.36	80.00	1500.00	60.00	(M)	(M)
Whole Fruit, Mixed Berry/Lemon Swirl (new), 100% Juice, J&J Snack - MCR100577 (4 fl. oz.)	70.00	0.00	0.00	0.00	0.00	5.00	18.00	3.00	15.00	0.00	0.36	80.00	300.00	60.00	(M)	(M)
Wrap, BBQ Chicken and Cheese Wrap K-5, MMA, WG - MCR100094 (1 wrap)Contains Wheat, Gluten.	310.43	7.94	3.81	0.00	60.65	724.55	35.62	3.42	6.84(M)	26.27	2.19	208.50	256.26	0.00	(M)	(M)
Wrap, BBQ Chicken and Cheese Wrap, WG, 6-8, 9-12, MMA, WG - MCR100163 (1 wrap)Contains Wheat, Gluten.	310.43	7.94	3.81	0.00	60.65	724.55	35.62	3.42	6.84(M)	26.27	2.19	208.50	256.26	0.00	(M)	(M)
Wrap, Beef and Cheddar (new), M/MA, WG, Veg-DG, Veg-RO - MCR100514 (1 wrap)Contains Wheat, Soy, Gluten.	327.74	11.29	5.66	0.00(M)	43.70	640.25	29.04	3.54	2.99(M)	28.70	3.33	218.20	883.99	7.17	42.53(M)	0.23(M)
Wrap, Buffalo Chicken Wrap, 6-8, 9-12 - MCR100353 (1 ea.)	235.00	8.00	3.30	0.00	47.00	716.00	23.60	2.40	3.00	20.50	2.70	189.00	389.00	4.40	(M)	(M)
Wrap, Buffalo Chicken Wrap, K-5 - MCR100336 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	235.00	8.00	3.30	0.00	47.00	716.00	23.60	2.40	3.00	20.50	2.70	189.00	389.00	4.40	(M)	(M)
Wrap, Chicken Caesar, 6-8, 9-12, M/MA, WG, Veg-DG, Veg-RO - MCR100079 (1 ea.)Contains Milk, Egg, Fish, Wheat, Gluten.	332.95	11.32	4.32	0.00(M)	71.33	684.78	33.03	3.50	3.19(M)	27.86	2.36	209.40	1214.29	7.71	(M)	(M)
Wrap, Chicken Caesar, K-5, MMA, WG - MCR100357 (1 ea.) Contains Milk, Egg, Fish, Wheat, Gluten.	311.18	10.74	4.15	0.00(M)	58.16	678.20	33.03	3.50	3.19(M)	23.50	2.17	209.40	1214.29	7.71	(M)	(M)
Wrap, Chicken Salad (USDA E- 05), 6-8 & 9-12 - MCR100422 (1 ea.)Contains Wheat, Gluten.	302.85	9.06	2.19	0.00(M)	59.73	451.79	34.66	3.42	6.36(M)	22.88	2.28	85.89	159.19	1.03	11.35(M)	0.20(M)
Wrap, Crispy Chicken, 6-8, 9-12, M/MA, WG, Veg-DG, Veg-RO - MCR100068 (1 ea.)Contains Egg, Wheat, Soy, Gluten.	341.62	11.63	4.10	0.00(M)	52.25	668.15	37.29	4.21	1.62(M)	22.21	3.61	158.91	1174.06	8.00	(M)	(M)
Wrap, Crispy Chicken, K-5, M/MA, WG, Veg-DG, Veg-RO - MCR100358 (1 ea.)Contains Egg, Wheat, Soy, Gluten.	326.03	11.00	3.50	0.00(M)	50.00	620.15	37.04	4.21	1.62	20.21	3.59	106.16	754.41	6.99	(M)	(M)
Wrap, Egg Salad, WG, 6-8, 9-12 - MCR100288 (1 ea.)Contains Wheat, Gluten.	263.80	11.04	3.52	0.00(M)	186.50	386.84	30.47	3.26	3.64(M)	11.48	2.11	109.26	351.89	0.58	55.44(M)	0.96(M)
Wrap, Egg Salad, WG, K-5 - MCR100294 (1 ea.)Contains Wheat, Gluten.	263.80	11.04	3.52	0.00(M)	186.50	386.84	30.47	3.26	3.64(M)	11.48	2.11	109.26	351.89	0.58	55.44(M)	0.96(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Wrap, Ham and Cheese, 6-8, 9-12, M/MA, WG, Veg-DG, Veg-RO - MCR100078 (1 ea.)Contains Wheat, Gluten.	264.63	6.71	3.28	0.00	37.15	1030.97	35.10	5.02	3.11(M)	18.77	2.28	466.10	7232.09	23.12	(M)	0.42(M)
Wrap, Ham and Cheese, K-5, M/MA, WG, Veg-DG, Veg-RO - MCR100070 (1 ea.)Contains Wheat, Gluten.	258.46	6.60	3.27	0.00	37.15	1028.07	33.91	4.26	2.68(M)	18.33	1.93	454.12	4071.40	14.41	(M)	0.21(M)
Wrap, Hotdog K-5, MMA, WG - MCR100095 (1 wrap)Contains Wheat, Soy, Gluten.	355.44	21.03	8.77	0.00	37.59	1022.63	28.01	3.00	1.00(M)	15.54	2.16	441.61	642.41	0.00	(M)	(M)
Wrap, Italian Wrap (new), MMA, WG, Veg-DG, Veg-RO - MCR100033 (1 ea.)Contains Wheat, Gluten.	318.87	12.02	5.76	0.00(M)	49.34	1182.38	33.41	4.30	2.62(M)	21.77	1.96(M)	201.97 (M)	3535.53 (M)	14.87(M)	42.53(M)	0.44(M)
Wrap, Oriental Chicken (new), 6-8, 9-12, M/MA, WG, Veg-DG, Veg-RO - MCR100516 (1 wrap)Contains Milk, Egg, Wheat, Soy, Gluten.	448.05	16.24	5.02	0.00(M)	54.59	986.08	48.43	5.54	7.44(M)	23.94	3.56	462.11	1520.33	8.34	42.53(M)	0.23(M)
Wrap, Strawberry Spinach (new), M/MA, WG, Veg-DG, Fruit - MCR100519 (1 wrap)Contains Milk, Wheat, Gluten.	374.28	12.74	7.59	0.00	55.69	542.39	36.37	4.66	5.13(M)	24.59	3.16	530.80	3230.10	56.43	(M)	(M)
Wrap, Taco, 6-8, 9-12, M/MA, WG, Veg-DG, Veg-RO - MCR100517 (1 wrap)Contains Wheat, Gluten.	424.49	20.63	9.61	0.76(M)	71.52	493.23	31.55	4.10	2.31(M)	28.76	3.65	359.99	1282.17	9.44	123.96 (M)	1.29(M)
Wrap, Tropical Chicken (new), MMA, WG, Veg-DG, Fruit - MCR100321 (1 serv.)Contains Egg, Wheat, Soy, Gluten.	494.88	17.45	5.12	0.00	68.98	782.78	62.07	6.67	20.68(M)	23.34	3.60	260.39	1965.45	31.41	(M)	0.11(M)
Wrap, Tropical Chicken, 6-8, 9-12 - MCR100335 (1 ea.)Contains Egg, Wheat, Soy, Gluten.	509.50	14.94	5.29	0.00(M)	58.00	954.10	69.37	8.32	15.95(M)	25.83	3.54(M)	261.06 (M)	649.72 (M)	46.98(M)	(M)	(M)
Wrap, Tuna Salad, 6-8, 9-12, MMA, WG, Veg-O - MCR100291 (1 ea.)Contains Fish, Wheat, Gluten.	344.49	10.66	1.95	0.00(M)	62.62	753.25	36.35	3.50	5.78(M)	25.52	2.79	101.97	226.69	1.29	90.64(M)	1.47(M)
Wrap, Tuna Salad, K-5, MMA, WG, Veg-O - MCR100036 (1 ea.)Contains Fish, Wheat, Gluten.	344.49	10.66	1.95	0.00(M)	62.62	753.25	36.35	3.50	5.78(M)	25.52	2.79	101.97	226.69	1.29	90.64(M)	1.47(M)
Wrap, Turkey and Cheese, 6-8, 9-12, M/MA, WG, Veg-DG, Veg-RO - MCR100349 (1 ea.)Contains Wheat, Gluten.	304.17	9.61	4.26	0.00	60.00	1110.15	30.94	4.26	2.68(M)	25.93	2.83	469.12	4099.53	19.28	(M)	0.21(M)
Wrap, Turkey and Cheese, K-5, M/MA, WG, Veg-DG, Veg, RO - MCR100373 (1 ea.)Contains Wheat, Gluten.	286.67	8.86	4.01	0.00	51.25	997.65	30.94	4.26	2.68(M)	23.18	2.68	466.62	4094.84	18.47	(M)	0.21(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Item Name (Serving Size)	FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Yogurt Parfait with Moz Cheese Stick w/Belly Bears Crackers, K-5, MMA, WG - MCR100137 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	533.86	11.82	3.96	0.00(M)	17.31	438.10	96.98	5.38(M)	61.40	15.53	2.54(M)	436.45	628.92	52.78(M)	93.31(M)	0.31(M)
Yogurt Parfait with Moz Cheese Stick with WG Roll, 6-8, 9-12 - MCR100136 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	473.86	8.82	3.96	0.00(M)	17.31	428.10	88.98	6.38(M)	55.40	16.53	2.18(M)	356.45	628.92	52.78(M)	93.31(M)	0.31(M)
Yogurt Parfait with Moz Cheese Stick with WG Roll, K-5 - MCR100135 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	446.98	8.57	3.96	0.00(M)	17.31	416.37	83.12	5.89(M)	53.20	15.92	2.00(M)	356.45	628.92	52.78(M)	93.31(M)	0.31(M)
Yogurt Parfait with Toast - MCR100317 (1 ea.)Contains Wheat, Soy, Gluten.	384.85	2.89	0.51	0.00(M)	2.50	220.70	85.99	6.38(M)	55.40	9.62	2.18(M)	158.91	530.16	52.78(M)	93.31(M)	0.31(M)
Yogurt Snack Pack, K-5 - MCR100138 (1 ea.)Contains Milk.	430.00	13.50	4.50	0.00	20.00	650.00	64.00	0.00	29.00	16.00	2.88	350.00	100.00	0.00	(M)	(M)
Yogurt, Danimals (strawberry) - MCR100298 (1 ea.)Contains Milk.	80.00	0.00	0.00	0.00	5.00	65.00	16.00	0.00	13.00	4.00	0.00	150.00	0.00	0.00	(M)	(M)
Yogurt, Danimals and Cheese Stick with Belly Bears Crackers, MMA, WG - MCR100180 (1 ea.) Contains Milk, Wheat, Soy, Gluten.	397.53	10.98	3.50	0.00	20.00	441.92	61.46	2.96	29.80	15.44	1.78	450.00	100.00	0.00	(M)	(M)
Zucchini, includes skin, cooked, boiled, drained, with salt - MCR100338 (1/2 cup slices)	13.50	0.32	0.07	(M)	0.00	215.10	2.42	0.90	(M)	1.03	0.33	16.20	1005.30	11.61	85.70	0.53

Legend

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.