Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

Meal Pattern: [USDA]Meal Pattern SY 2014-2017 Serving Group: K-12

Data Source: PDE 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)
American Cheese - SR103327 (2 slice cheese)	110.00	9.00	6.00	0.00	25.00	300.00	1.00	0.00	0.00	5.00	0.00	150.00	500.00	0.00	(M)	(M)
Animal Cracker, 1oz Whole Grain Pre-Packaged Jungle Crackers, 200 ct, J & J Snack Foods, 039085, WGR - SR104962 (1 oz package)Contains Wheat.	130.00	4.00	0.00	0.00	0.00	95.00	20.00	1.00	8.00	2.00	0.72	150.00	0.00	0.00	(M)	(M)
Apple juice, canned or bottled, unsweetened, with added ascorbic acid - SR105342 (1 c.)	114.08	0.32	0.06	(M)	0.00	9.92	28.02	0.50	23.86	0.25	0.30	19.84	2.48	95.48	218.84	0.57
Apple Sauce, Single Serve Cups Loose Pack Cases, K - SR100701 (1 Container)	90.00	0.00	0.00	0.00	0.00	10.00	22.00	2.00	19.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Apple, Apple Stick, Farm Rich, F - SR100148 (5 piece whole)	180.00	5.00	1.00	0.00	0.00	400.00	31.00	0.00	(M)	2.00	0.50	31.00	0.00	0.00	0.00	0.00
Apple, Baked W/ Cinnamon, F - SR102432 (1/2 cup (1/2 cup ladle))	55.88	0.00	0.00	0.00(M)	0.00	4.57	14.18	0.95	5.99(M)	0.00	1.30	1.10	0.31	1.08	0.01(M)	0.00(M)
Apple, Cinnamon Apple Sauce, 1 Cup, Variety Pack, - SR102319 (1 c.)	100.00	0.00	0.00	0.00	0.00	0.00	25.00	1.00	23.00	0.00	(M)	(M)	(M)	12.00	(M)	(M)
Apple, Original Apple Sauce, 1 Cup, Variety Pack, - SR102320 (1 c.)	100.00	0.00	0.00	0.00	0.00	0.00	24.00	1.00	22.00	0.00	(M)	(M)	(M)	12.00	(M)	(M)
Apples, Baked Apples, WG, F - SR104604 (1 serv.)	79.00	0.34	0.06	0.00(M)	0.00	5.34	18.35	1.40	8.54(M)	0.94	0.76	15.13	0.69	0.84	0.14(M)	0.05(M)
Apples, Canned, sliced, water-pack, 6/96 oz can, K - SR104578 (1/2 c.)	49.99	0.10	0.00	(M)	0.00	21.35	12.19	2.10	(M)	0.00	2.20	4.30	0.00	0.00	(M)	(M)
Apples, canned, unsweetened, sliced, in water, wit - SR102654 (1/2 c.)	35.71	0.00	0.00	0.00	0.00	4.96	8.93	0.99	(M)	0.00	1.43	0.00	0.00	1.19	(M)	(M)
Apples, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100284, A337] - SR100040 (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, fresh, raw, sliced, unpeeled (with skin) from ready-to-eat pouch [100285, A338], F - SR105075 (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, raw, with skin, F - SR105078 (1 medium (3 dia)")	94.64	0.31	0.06	(M)	0.00	1.82	25.13	4.37	18.91	0.47	0.22	10.92	98.28	8.37	155.72	0.35

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)
Apples, Sliced Apples w/ Cinnamon, F - SR102471 (1/2 cup serving)	56.41	0.00	0.00	0.00(M)	0.00	6.70	14.24	1.08	4.45(M)	0.01	1.59	3.80	0.00	1.30	0.06(M)	0.02(M)
Applesauce, Applesauce w/ Cinnamon, F - SR100801 (1/2 c.)	84.44	0.21	0.04	0.00(M)	0.00	2.49	21.77	1.65	18.05	0.21	0.18	6.95	8.34	2.10	100.87	0.27
Applesauce, canned, sweetened, without salt, F - SR105079 (1 c.)	167.28	0.42	0.07	(M)	0.00	4.92	43.02	2.95	36.09	0.39	0.30	7.38	14.76	4.18	201.67	0.52
Applesauce, canned, unsweetened, regular (pureed) form, without salt [100208, A350] - SR105080 (1/2 c.)	52.00	0.06	0.02	0.00	0.00	2.00	13.79	1.40	(M)	0.20	0.13	4.00	36.00	1.40	(M)	(M)
Applesauce, Cinnamon Fruit Cup, AdvancePierre Foods, 102041, F - SR106206 (1 ea.)	60.00	0.00	0.00	0.00	0.00	5.00	17.00	2.00	13.00	0.00	0.36	0.00	0.00	30.00	(M)	(M)
Applesauce, Cinnamon TVASD, F - SR104746 (1/2 c.)	89.38	0.07	0.03	0.00(M)	0.00	2.28	23.53	1.69	8.32(M)	0.22	0.18	7.67	39.96	1.53	0.04(M)	0.01(M)
Applesauce, Country Berry, Healthy Harvest, Mott's - SR100296 (1 Container)	50.00	0.00	0.00	(M)	(M)	0.00	13.00	1.00	11.00	0.00	(M)	(M)	(M)	18.00	(M)	(M)
Applesauce, Fruit Cup, AdvancePierre Foods, 110401, F - SR106208 (1 ea.)	60.00	0.00	0.00	0.00	0.00	5.00	17.00	2.00	13.00	0.00	0.36	0.00	0.00	30.00	(M)	(M)
Applesauce, juice pack, 4 oz cup, Knouse/Musselman Foods, F - SR105969 (1/2 c.)	52.00	0.00	0.00	(M)	0.00	6.80	12.89	0.20	(M)	0.00	0.10	4.60	0.00	3.20	(M)	(M)
Applesauce, Natural, Plastic Cup, DPS Beverages In - SR100591 (1 container, individual)	50.00	0.00	0.00	0.00	0.00	0.00	12.00	1.00	11.00	0.00	0.00	0.00	0.00	12.00	(M)	(M)
Applesauce, Peach Medley, Healthy Harvest, Mott's, - SR100356 (1 Container)	50.00	0.00	0.00	(M)	(M)	0.00	13.00	1.00	11.00	0.00	(M)	(M)	(M)	18.00	(M)	(M)
Applesauce, Strawberry Banana, National Food Group, 3700-235A, F - SR106693 (1 Container)	50.00	0.00	0.00	(M)	(M)	15.00	14.00	2.00	11.00	0.00	(M)	(M)	(M)	60.00	(M)	(M)
Applesauce, Summer Strawberry, Healthy Harvest, Mott's, F - SR100546 (1 Container)	50.00	0.00	0.00	(M)	(M)	0.00	13.00	(M)	11.00	0.00	(M)	(M)	(M)	15.00	(M)	(M)
Applesauce. Chunky Fruit Cup, AdvancePierre Foods, 101041, F - SR106207 (1 ea.)	80.00	0.00	0.00	0.00	0.00	35.00	23.00	2.00	17.00	0.00	0.36	0.00	0.00	54.00	(M)	(M)
Apricots, canned, halves, unpeeled, packed in extra light syrup [100209, A360] - SR105088 (1 half)	31.00	0.07	0.00	0.00	0.00	1.50	7.94	1.00	(M)	0.38	0.19	6.50	807.00	2.55	(M)	(M)
Apricots, Unpeeled Half in Juice, F - SR100592 (1 apricot half with liquid)	17.28	0.01	0.00	(M)	0.00	1.44	4.44	0.58	(M)	0.23	0.11	4.32	608.76	1.76	31.18	0.13

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)
Assorted BeneFIT Bars, 2.5 oz, WG - SR103003 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	287.68	8.74	2.75	0.10	18.23	237.54	47.81	3.25	22.66	4.90	1.82	23.53	25.83	0.18	(M)	(M)
Assorted Muffins, Cinnamon Apple,Chocolate, WG - SR102926 (1 ea.)Contains Egg, Wheat, Soy.	175.00	5.00	2.00	0.00	37.50	120.00	29.00	2.50	15.50	3.00	1.26	40.00	50.00	1.20	(M)	(M)
Bacon Bits, Bacon Flavored Redi-Bits, Dutch Valley - SR102581 (1 Tbsp.)Contains Soy.	30.00	1.00	0.00	0.00	0.00	55.00	2.00	1.00	0.00	3.00	0.36	20.00	0.00	0.00	(M)	(M)
Bacon, Bacon Crumbles, Kirkland - SR104400 (1 Tbsp.)	35.00	2.00	0.50	0.00	4.00	240.00	0.00	(M)	(M)	3.00	(M)	(M)	(M)	(M)	(M)	(M)
Bacon, Quick 'N Easy, Kunzler, Not Creditable - SR104796 (1 slice)	50.00	5.00	2.00	0.00	5.00	85.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	(M)	(M)
Bacon, Real Bacon Bits, Hickory Smoke Flavor - SR102409 (1 Tbsp.)	25.00	1.50	0.50	0.00	5.00	170.00	0.00	(M)	(M)	2.00	(M)	(M)	(M)	1.20	(M)	(M)
Bacon, Round Medium, Fully Cooked, Hormel Fast & Easy, 15825 - SR105897 (1 slice)	50.00	4.00	1.50	0.00	15.00	210.00	0.00	0.00	0.00	4.00	0.00	0.00	0.00	0.00	(M)	(M)
Bacon, Turkey Sliced 16 Count Cured Smoked Raw Ref - SR101863 (28 grams)Contains Milk.	40.00	1.00	0.00	0.00	25.00	200.00	1.00	0.00	0.00	5.00	0.36	0.00	0.00	0.00	(M)	(M)
Bagel Sandwich, Sausage, Egg & Cheese Whole Grain, MMA, WG - SR106433 (1 ea.)Contains Egg.	337.87	10.77	3.26	0.00(M)	142.56	681.42	43.51	2.00	1.50(M)	20.02	3.73	255.28	320.56	4.80	(M)	(M)
Bagel, 100% Whole Wheat, Original, Lender's Bagels, Pinnacle Food Service, 00018, WG - SR100634 (1 bagel) Contains Wheat.	150.00	1.00	0.00	0.00	0.00	300.00	30.00	4.00	5.00	8.00	1.44	0.00	0.00	0.00	(M)	(M)
Bagel, 51% Whole Grain Cinnamon Raisin WG, 2.3 oz., Original Bagel, 53101, WG - SR105860 (1 bagel)Contains Wheat.	160.00	1.00	0.00	0.00	0.00	160.00	36.00	3.00	4.00	6.00	1.80	80.00	0.00	3.60	(M)	(M)
Bagel, 51% Whole Grain Cinnamon Raisin WG, 3 oz., Original Bagel, 54106, WG - SR105861 (1 bagel)Contains Wheat.	210.00	1.00	0.00	0.00	0.00	210.00	47.00	4.00	5.00	8.00	2.70	100.00	0.00	4.80	(M)	(M)
Bagel, 51% Whole Grain Plain, 2.3 oz., Original Bagel, 26901, WG - SR105859 (1 bagel) Contains Wheat.	160.00	1.00	0.00	0.00	0.00	160.00	34.00	3.00	1.00	7.00	1.80	60.00	0.00	3.60	(M)	(M)
Bagel, Bagel and Yogurt Lunch - SR100019 (1 bag, single serving)Contains Wheat.	571.05	30.61	16.90	0.00(M)	98.52	720.43	58.53	1.00	17.77	15.05	2.12	203.65	1643.32	2.40	46.27(M)	1.12(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)
Bagel, Bagel Shoppe Plain 4.0 oz., Lender's Bagels, Pinnacle Food Service, 007680000411 Non-WGR - SR103242 (1 bagel) Contains Wheat. May contain Gluten.	300.00	1.00	0.00	0.00	0.00	360.00	62.00	4.00	7.00	10.00	3.60	80.00	0.00	0.00	(M)	(M)
Bagel, Bake Crafters Bagel Plain, 2.2 oz, Sliced, - SR102012 (1 ea.)	160.00	1.00	0.00	0.00	0.00	291.00	32.00	1.00	1.00	5.00	1.98	60.00	0.00	0.00	(M)	(M)
Bagel, Blueberry, 4 oz, Slice & Serve, Sara Lee, 08028, Non-WG - SR102666 (1 bagel)Contains Wheat, Soy.	340.00	1.50	0.50	0.00	0.00	470.00	68.00	2.00	12.00	11.00	4.50	150.00	0.00	0.00	(M)	(M)
Bagel, Cinnamon Brown Sugar, Cream Cheese, Bar, Fr - SR100434 (1 ea.)	190.00	4.00	2.50	0.00	10.00	220.00	35.00	3.00	8.00	6.00	1.08	20.00	0.00	0.00	(M)	(M)
Bagel, Cinnamon Raisin Sliced, Pinnacle Food's Group, 00069, Non-WG - SR102269 (1 bagel) Contains Wheat.	180.00	1.50	0.00	0.00	0.00	260.00	37.00	2.00	8.00	6.00	2.70	0.00	0.00	0.00	(M)	(M)
Bagel, Cinnamon Raisin, 3 oz., Original Bagel, 28906, Non-WG - SR105858 (1 bagel)Contains Wheat.	230.00	1.00	0.00	0.00	0.00	460.00	47.00	2.00	5.00	8.00	2.70	100.00	0.00	4.80	(M)	(M)
Bagel, Cinnamon Raisin, Slice, Thaw & Serve, Sara - SR102669 (1 bagel)Contains Wheat, Soy.	330.00	1.00	0.00	0.00	0.00	450.00	68.00	3.00	14.00	11.00	4.50	150.00	0.00	0.00	(M)	(M)
Bagel, Egg Sliced Bulk, Bake Crafters, 954, Non-WG - SR103589 (1 bagel)Contains Egg, Wheat.	150.00	0.00	0.00	0.00	0.00	250.00	31.00	1.00	4.00	5.00	0.00	0.00	0.00	0.00	(M)	(M)
Bagel, Filled Bagel, Apple Cinnamon Cream Cheese, - SR100774 (1 Bar (2.5oz)) Contains Milk, Wheat.	190.00	3.00	1.50	0.00	5.00	190.00	34.00	2.00	7.00	6.00	1.80	100.00	0.00	0.00	(M)	(M)
Bagel, Filled Bagel, Cinnamon Cream Cheese, Bagel- - SR100772 (1 Bar (2.5oz)) Contains Milk, Wheat.	180.00	4.00	2.50	0.00	10.00	160.00	32.00	3.00	7.00	6.00	1.44	100.00	100.00	0.00	(M)	(M)
Bagel, Filled Bagel, Original Cream Cheese, Bagel- - SR100771 (1 Bar (2.5oz)) Contains Milk, Wheat.	180.00	5.00	3.00	0.00	15.00	180.00	28.00	3.00	4.00	7.00	1.44	100.00	200.00	0.00	(M)	(M)
Bagel, Filled Bagel, Strawberry Cream Cheeese, Bag - SR100773 (1 Bar (2.5oz))Contains Milk, Wheat.	170.00	2.50	1.00	0.00	5.00	150.00	33.00	4.00	9.00	6.00	1.08	100.00	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)
Bagel, Individually Wrapped Plain Bagels, 2 oz, Lender's Bagels, Pinnacle Food Service, 00072, Non-WG - SR103000 (1 bagel)	140.74	1.00	0.00	0.00	0.00	251.32	28.15	1.00	2.01	5.03	0.00	0.00	0.00	0.00	(M)	(M)
Bagel, New York Mini Multigrain Bagel, New York Bagel, Morabito, 2 Non-WG - SR105314 (1 bagel) Contains Wheat, Gluten.	100.00	0.00	0.00	0.00	0.00	260.00	20.00	1.00	2.00	4.00	1.08	20.00	0.00	0.00	(M)	(M)
Bagel, Plain Bagel 2.3 oz, Non-WG - SR101618 (1 bagel) Contains Wheat, Soy.	190.00	0.50	0.00	0.00	0.00	380.00	38.00	1.00	4.00	7.00	1.80	60.00	0.00	0.00	(M)	(M)
Bagel, Plain Bagel 3 oz Sliced, Frozen, Sara Lee, - SR101619 (1 bagel)Contains Wheat, Soy.	240.00	1.00	0.00	0.00	0.00	480.00	46.00	1.00	5.00	8.00	2.70	100.00	0.00	0.00	(M)	(M)
Bagel, Plain WG, 3 oz., Original Bagel, 54108, WG - SR105862 (1 bagel)Contains Wheat.	210.00	1.00	0.00	0.00	0.00	210.00	45.00	4.00	1.00	9.00	2.70	80.00	0.00	6.00	(M)	(M)
Bagel, Plain, 2 oz., Original Bagel, 27901, Non-WG - SR105856 (1 bagel)Contains Wheat.	130.00	0.50	0.00	0.00	0.00	130.00	27.00	1.00	1.00	5.00	1.80	60.00	0.00	3.60	(M)	(M)
Bagel, Plain, 3 oz., Original Bagel, 28901, Non-WG - SR105857 (1 bagel)	230.00	1.00	0.00	0.00	0.00	500.00	47.00	2.00	2.00	9.00	2.70	100.00	0.00	6.00	(M)	(M)
Bagel, Plain, Cream Cheese, Bar, 2.5 oz, Frozen, B - SR100433 (1 ea.)	190.00	6.00	3.00	0.00	15.00	230.00	31.00	3.00	5.00	6.00	1.44	20.00	100.00	0.00	(M)	(M)
Bagel, Plain, Original, Frozen, Cooked, Lender's, - SR102765 (1 bagel)	140.00	0.50	0.00	0.00	0.00	300.00	29.00	1.00	2.00	5.00	1.08	0.00	0.00	0.00	(M)	(M)
Bagel, Plain, Sli, 2.3oz, Hilltop Hearth, 847066, - SR104070 (1 bagel)Contains Egg, Wheat, Gluten.	160.00	5.00	0.00	0.00	0.00	350.00	33.00	1.00	1.00	6.00	2.70	20.00	0.00	0.00	(M)	(M)
Bagel, Plain, Sliced, Frozen, Thaw N Serve, 2.3 oz, Burry Foodservice, 87616, Non-WG - SR105748 (1 bagel)Contains Wheat.	180.00	1.00	0.00	0.00	0.00	360.00	35.00	1.00	2.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
Bagel, Plain, Sliced, GFS, Non-WG - SR102332 (1 ea.)	210.00	2.00	0.00	(M)	1.00	416.00	42.00	2.00	4.00	7.00	2.70	50.00	0.00	0.00	(M)	(M)
Bagel, Plain, Sliced, Thaw & Serve, 4 oz, Sara Lee, 08029, Non-WG - SR102670 (1 bagel) Contains Wheat, Soy.	320.00	1.00	0.00	0.00	0.00	490.00	64.00	2.00	8.00	11.00	4.50	150.00	0.00	0.00	(M)	(M)
Bagel, Thaw N Serve 4 oz Whole Grain Wheat Sliced 51% WW, Burry Foods, 87039, WGR - SR106394 (1 bagel)Contains Wheat.	310.00	1.50	0.00	0.00	0.00	590.00	64.00	6.00	9.00	12.00	3.60	60.00	0.00	4.80	(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)
Bagel, Traditional Cinnamon Raisin, 3 oz Sliced, Lender's Bagels, Pinnacle Food Groups, 00323, Non-WG - SR102015 (1 ea.)	250.00	2.00	0.00	0.00	0.00	350.00	50.00	2.00	10.00	8.00	1.44	20.00	0.00	0.00	(M)	(M)
Bagel, Traditional Plain Bagels, Sliced, 2.3 oz, Frozen, Lender's Bagels, Pinnacle Food Service, 00027, Non-WG - SR101945 (1 ea.)Contains Wheat.	170.00	1.00	0.00	0.00	0.00	290.00	33.00	1.00	3.00	6.00	1.80	0.00	0.00	0.00	(M)	(M)
Bagel, White Whole Grain Bagel, Lender's Bagels, Pinnacle Foods Group, 00074, 000075 WG - SR100536 (1 bagel)Contains Wheat.	140.00	1.00	0.00	0.00	0.00	180.00	29.00	4.00	5.00	6.00	1.80	40.00	0.00	0.00	(M)	(M)
Bagel, White Whole Grain Cinnamon Raisin Bagel, Lender's Bagels, Pinnacle Food Service, 00078, 00079, WG - SR103506 (1 bagel)Contains Wheat.	170.00	1.50	0.00	0.00	0.00	150.00	33.00	5.00	8.00	7.00	1.80	20.00	0.00	0.00	(M)	(M)
Bagel, Whole Wheat, 2 oz., Original Bagel, 51108, WG - SR105855 (1 bagel)	130.00	0.50	0.00	0.00	0.00	130.00	27.00	1.00	1.00	5.00	1.80	60.00	0.00	3.60	(M)	(M)
Bagel, Whole Wheat, 3 oz. Reduced Sodium, Original Bagel, WG - SR103206 (1 bagel)	200.00	1.00	0.00	0.00	0.00	190.00	41.00	2.00	1.00	8.00	2.70	80.00	0.00	4.80	(M)	(M)
Bagel, Whole Wheat, 4 oz., Original Bagel Company, WG - SR103249 (1 bagel)Contains Wheat, Soy. Processed in a facility that also processes Milk, Egg.	290.00	1.50	0.00	0.00	0.00	650.00	59.00	3.00	2.00	12.00	3.60	200.00	0.00	6.00	(M)	(M)
Bagel,Cinnamon Raisin Bagel 2.3 oz, Frozen, Sara L - SR104163 (1 bagel)Contains Wheat, Soy.	200.00	0.50	0.00	0.00	0.00	350.00	39.00	2.00	8.00	6.00	2.70	80.00	0.00	0.00	(M)	(M)
Bagels, Whole Wheat; WG - SR100141 (1 piece)	280.00	2.50	0.00	(M)	0.00	0.00	57.00	4.00	(M)	9.00	360.00	120.00	0.00	0.00	(M)	(M)
Baked Beans, with Pork, Veg-BP - SR103916 (1/2 c.)	137.76	1.50	0.50	0.00(M)	0.00	367.45	26.70	5.00	10.69	6.00	0.00(M)	0.46(M)	312.00 (M)	0.00(M)	0.01(M)	0.00(M)
Baked Chicken Drumstick, MMA - SR105118 (1 leg)	211.47	12.36	3.26	(M)	122.36	138.32	0.15	0.00	0.00	23.39	0.94	10.64	61.18	0.00	96.37	1.17
Baking Mix, Basic Muffin Mix, 5 lbs - SR102971 (1/2 c.)Contains Milk, Egg, Wheat, Soy.	160.00	4.00	1.50	0.00	5.00	180.00	28.00	0.00	14.00	2.00	0.72	20.00	0.00	0.00	(M)	(M)
Baking Mix, Bisquick, Original all-purpose - SR102936 (1/3 c.)	160.00	5.00	1.50	(M)	0.00	490.00	25.00	1.00	(M)	3.00	1.44	60.00	0.00	0.00	(M)	(M)
Bananas, raw - SR105089 (1 medium (7" to 7-7/8" long))	105.02	0.39	0.13	(M)	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	88.39	0.97

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)
Bar, 51% Whole Wheat Breakfast Bar 2.8oz, Sky Blue Foods, HWB5172, WG - SR106408 (1 ea.)Contains Milk, Egg, Wheat, Soy.	230.00	7.00	2.00	0.00	15.00	220.00	39.00	2.00	15.00	4.00	1.44	100.00	0.00	0.00	(M)	(M)
Bar, Apple-Blueberry Chip BeneFIT Bar, 2.5oz, J&J Snack Foods, 40405, WGR - SR106894 (1 Bar)Contains Milk, Egg, Wheat, Soy.	289.49	8.98	3.00	0.00	19.96	199.65	47.91	3.00	22.96	4.99	1.44	19.96	0.00	0.00	(M)	(M)
Bar, Appleways Apple Oatmeal, 2.4 oz, Darlington, 75100, WG - SR106028 (1 Bar)Contains Milk, Egg, Wheat, Soy.	270.00	7.00	2.50	0.00	5.00	170.00	49.00	3.00	19.00	3.00	1.44	20.00	0.00	0.00	(M)	(M)
Bar, Appleways Oatmeal Apple, Darlington, 67582570 - SR101583 (1 Bar)Contains Milk, Egg, Wheat, Soy.	140.08	4.00	1.50	0.00	0.00	85.05	24.01	1.00	9.01	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Bar, Appleways Oatmeal Chocolate Chip, 1.2 oz, Dar - SR101591 (1 Bar)Contains Milk, Egg, Wheat, Soy.	130.08	3.50	1.00	0.00	0.00	75.04	25.02	1.00	10.01	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Bar, Appleways Oatmeal Chocolate Chip, 2.4 oz, Darlington, 75300, WG - SR106026 (1 Bar)Contains Milk, Egg, Wheat, Soy.	270.00	9.00	2.50	0.00	0.00	150.00	48.00	3.00	20.00	3.00	1.80	20.00	0.00	0.00	(M)	(M)
Bar, Appleways Strawberry Oatmeal 1.2oz, Darlington, 70400, WG - SR105854 (1 Bar) Contains Milk, Egg, Wheat, Soy.	140.08	4.00	1.50	0.00	5.00	85.05	24.01	1.00	9.01	2.00	0.72	20.01	0.00	0.00	(M)	(M)
Bar, Appleways Strawberry Oatmeal, 2.4 oz, Darlington, 75400, WG - SR106027 (1 Bar) Contains Milk, Egg, Wheat, Soy.	270.00	9.00	2.50	0.00	0.00	160.00	47.00	3.00	18.00	3.00	1.44	20.00	0.00	0.00	(M)	(M)
Bar, Berry Krispies Chewy Cereal Bar, 96/1.27 oz, Kellogg's, 54937, WG - SR106336 (1 Bar) Contains Milk, Soy.	137.52	2.92	0.72	0.04	0.00	105.48	26.50	2.56	(M)	2.09	0.72	100.01	500.04	0.00	(M)	(M)
Bar, Butterscotch Oatmeal, 1.24 oz, Betty Crocker. General Mills, 16000-45976, WG - SR106342 (1 Bar)Contains Milk, Egg, Wheat, Soy.	150.00	5.00	1.50	0.00	20.00	120.00	23.00	2.00	8.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Bar, Chewy Granola Bar Maple Brown Sugar, 1.26oz, Pepsico, 31441, WG - SR106340 (1 Bar) Contains Milk, Wheat, Soy. May contain Tree nuts.	140.00	2.50	1.00	0.00	0.00	120.00	28.00	1.00	9.00	2.00	0.72	100.00	(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)
Bar, Chocolate Chip Oatmeal, 1.24 oz, Betty Crocker, General Mills, 16000-45977, WG - SR106343 (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)
Bar, Cocoa Krispies Chewy Granola Bar Chocolate, 1.34 oz./ 4/24 ct, Kellogg's, 91612, WG - SR106107 (1 Bar)Contains Milk, Soy.	150.00	4.50	1.00	0.00	0.00	140.00	27.00	3.00	10.00	2.00	0.72	100.00	500.00	0.00	(M)	(M)
Bar, Double Chocolate Oatmeal, 1.24 oz, Betty Crocker, General Mills, 16000-45566, WG - SR106344 (1 Bar)Contains Milk, Egg, Wheat, Soy.	150.00	5.00	1.00	0.00	15.00	115.00	24.00	3.00	8.00	2.00	1.08	0.00	0.00	0.00	(M)	(M)
Bar, French Toast BeneFIT Bar, 2.5oz, J&J Snack Foods, 40404, 2.25 WG - SR106893 (1 Bar) Contains Milk, Egg, Wheat, Soy.	290.00	9.00	2.50	0.00	25.00	200.00	47.00	3.00	21.00	5.00	1.80	40.00	0.00	0.00	(M)	(M)
Bar, Maple Brown Sugar BeneFIT Bar 1.25 oz, J&J Snack Foods Corp, 40452, WG - SR106007 (1 bar (1.25 oz))Contains Milk, Egg, Wheat, Soy.	140.00	4.00	1.00	0.00	0.00	115.00	24.00	3.00	10.00	2.00	1.08	100.00	0.00	0.00	(M)	(M)
Bar, Mini Breakfast Bar, Whole Wheat, Sky Blue Foods, HWB12596 - SR105295 (1 Bar) Contains Milk, Egg, Wheat, Soy.	120.00	3.50	1.00	0.00	10.00	100.00	19.00	1.00	8.00	2.00	0.72	60.00	0.00	0.00	(M)	(M)
Bar, Nutri-Grain Cereal Bar Apple Cinnamon for Schools, 96/1.55oz, Kellogg's, WG - SR106330 (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)
Bar, Nutri-Grain Cereal Bar Blueberry for Schools, 1.5 oz./96 ct., Kellogg's, WG - SR106359 (1 Bar)Contains Milk, Wheat, Soy.	160.00	4.00	0.50	0.00	0.00	135.00	30.00	3.00	15.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Bar, Nutri-Grain Cereal Bar Strawberry for Schools, 96/1.55oz, Kellogg's, WG - SR106329 (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)
Bar, Oatmeal Chocolate Chip BeneFIT Bar, 2.5oz, J&J Snack Foods, 40401, 2 WGR - SR102962 (1 Bar (2.5oz)) 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	(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)
Bar, Rice Krispies Chewy Granola Bar Apple Cinnamon, 1.27 oz./4/24 ct., Kellogg's, WG - SR106346 (1 Bar)Contains Milk, Soy.	140.00	3.00	0.50	0.00	0.00	105.00	27.00	3.00	9.00	2.00	0.72	100.00	500.00	0.00	(M)	(M)
Bar, UBR, Ultimate Breakfast Round, Cinnamon Granola, Wrapped, Rich's, 08733, WG - SR100497 (1 UBR (2.5oz)) Contains Milk, Egg, Wheat, Soy.	268.40	7.95	2.98	0.00	4.97	208.75	42.74	5.96	17.89	4.97	1.90	32.31	14.41	0.01	(M)	(M)
Barley, pearled, cooked - SR105346 (1/2 c.)	96.56	0.35	0.07	(M)	0.00	2.36	22.15	2.98	(M)	1.77	1.04	8.63	5.50	0.00	54.01	0.21
Bars, Banana Chocolate Chunk BeneFIT Bar, J&J Snack Foods, 40402, WG - SR101961 (1 ea.) Contains Milk, Egg, Wheat, Soy.	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)
Base, Chicken Flavor Soup Base, Harvest Value, 301 - SR104225 (1 tsp.)	15.00	1.00	0.00	0.00	0.00	1010.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
BBQ sauce, Condiment - SR105407 (2 Tbsp.)	40.02	0.12	0.00	(M)	0.00	420.26	8.51	0.02	2.61(M)	0.14	0.28	8.03	267.64	3.23	15.71(M)	0.04(M)
Bean Burrito - SR100060 (1 burrito)Contains Wheat, Soy, Gluten.	332.86 (M)	9.95(M)	3.61(M)	0.00(M)	6.08(M)	616.58 (M)	49.59(M)	9.33(M)	3.15(M)	13.33(M)	2.80(M)	165.73 (M)	532.07 (M)	4.54(M)	7.49(M)	0.56(M)
Bean Salad, Canned; Salad, Three Bean, 6/#10 can; - SR102822 (1/2 c.)	90.00	1.00	0.00	(M)	0.00	250.00	16.99	1.99	(M)	1.99	0.34	49.00	199.99	1.00	(M)	(M)
Bean, Butter, in Sauce, Canned, Monarch-D, 170283, - SR102660 (1/2 cup (1/2 cup ladle))	110.00	0.50	0.00	0.00	0.00	400.00	10.00	3.00	1.00	6.00	1.08	40.00	0.00	0.00	(M)	(M)
Bean, Canned; Beans, refried, vegetarian, 6/112, Rosarita; as served - SR105451 (1/2 c.)	99.99	2.00	0.00	(M)	0.00	520.00	18.00	4.99	(M)	5.99	2.00	40.00	0.00	0.00	(M)	(M)
Bean, Chickpea, Hummus, Classic, Tribe, MMA, Veg-B - SR100245 (2 Tbsp.)	60.00	4.00	0.00	0.00	0.00	130.00	5.00	1.00	0.00	2.00	0.36	20.00	0.00	0.00	(M)	(M)
Bean, Four Bean Salad, Furmano's, Veg-O - SR104858 (1/2 c.)	110.00	0.00	0.00	0.00	0.00	250.00	23.00	4.00	14.00	2.00	0.72	80.00	400.00	1.20	(M)	(M)
Bean, Navy Dried Raw, Veg-BP - SR101930 (45 grams)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Bean, Vegetarian In Tomato Sauce, West Creek/Perfo - SR103089 (1/2 cup serving)	110.00	0.50	0.00	0.00	0.00	440.00	22.00	4.00	2.00	6.00	3.60	80.00	750.00	2.40	(M)	(M)
Beans, Atzec Beans, 1/2 cup Veg-BP - SR100143 (1/2 cup (1/2 cup scoop))	148.35	2.82	0.44	(M)	0.21(M)	110.49	23.48	7.81(M)	0.51(M)	8.04	1.83(M)	43.48(M)	11.78(M)	3.54(M)	78.81(M)	1.05(M)
Beans, Baked Beans (Canned), Veg-BP - SR103293 (1/2 c.)	143.42	0.51	0.00	0.00(M)	0.00	516.27	30.41	4.10	9.93	6.14	3.71	82.90	796.02	2.68	(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)
Beans, Baked Beans Vegetarian, Veg-BP - SR102482 (1/2 c.)	139.90	0.62	0.11	0.00(M)	0.00	177.90	31.63	5.78	2.33(M)	6.66	1.79	51.06	224.24	1.52	14.72(M)	0.27(M)
Beans, Baked Beans, Brown Sugar and Bacon, Canned - SR101147 (1/2 cup serving)	150.00	1.00	0.00	0.00	5.00	540.00	30.00	7.00	11.00	6.00	1.80	60.00	0.00	0.00	(M)	(M)
Beans, Baked Beans, MMA, Veg-BP - SR101477 (2/3 cup, chunks)	151.51	0.54	0.00	(M)	0.00	493.55	32.16	4.76	6.82(M)	6.90	4.31	96.94	792.32	3.12	10.56(M)	0.24(M)
Beans, Baked Beans, USDA Recipe I-06, MMA, Veg-BP - SR102313 (2/3 cup serving)	156.05	0.54	0.00	(M)	0.00	493.80	33.33	4.76	7.98(M)	6.90	4.30	97.22	792.32	3.12	10.47(M)	0.23(M)
Beans, Baked Beans, Veg-BP - SR100803 (1/2 cup serving)	190.00	0.70	0.12	0.00(M)	0.00	808.42	43.40	6.07	22.89	7.34	1.91	59.36	317.56	1.32	127.33	3.62
Beans, Baked Beans, WYO F-2 Veg-BP - SR103478 (2/3 c.)	170.18	0.54	0.10	0.00(M)	0.00	526.33	39.97	5.69	10.50(M)	6.60	1.68	49.03	177.95	0.56	0.55(M)	0.04(M)
Beans, Baked, Brown Sugar And Bacon Flavored, Campbells - SR105994 (1/2 c.)	159.90	2.50	0.50	(M)	5.20	470.60	30.00	8.06	(M)	5.00	1.44	40.30	0.00	0.00	90.22	2.27
Beans, baked, canned, plain or vegetarian - SR105090 (1 c.)	238.76	0.94	0.18	0.00	0.00	871.22	53.70	10.41	20.22	12.06	3.02	86.36	274.32	0.00	182.88	4.45
Beans, baked, canned, with pork and tomato sauce - SR105091 (1 c.)	231.24	2.29	0.72	(M)	17.22	1075.02	45.98	9.84	13.95	12.67	7.97	137.76	206.64	7.38	180.81	4.26
Beans, Baked, Veg-BP - SR106450 (1 #6 scoop)	204.96	0.68	0.13	0.00	0.00	254.45	46.97	7.50	8.08(M)	8.71	2.18	62.11	197.88	0.40	(M)	(M)
Beans, baked, vegetarian, canned dry beans, low sodium (pea [navy] or white; baked in a meatless, mildly seasoned tomato sauce) [100364, A091] - SR105095 (1/2 c.)	119.00	0.47	0.09	0.00	0.00	140.00	26.85	5.19	(M)	6.03	1.51	43.00	137.00	0.00	(M)	(M)
Beans, black (turtle), canned dry beans, low-sodium, solids and liquids [100359, A908] - SR105096 (1/2 c.)	109.00	0.35	0.10	0.00	0.00	140.00	19.87	8.30	(M)	7.24	2.28	42.00	5.00	3.20	(M)	(M)
Beans, Black Bean Burger, Frozen, American Bean Co., BBBREG001, MMA - SR106225 (1 patty)Contains Soy.	160.00	5.00	0.50	0.00	0.00	220.00	19.00	5.00	2.00	9.00	1.80	40.00	200.00	0.00	(M)	(M)
Beans, Black, Canned; black, fancy with brine, 6/#10 can; as served - SR105104 (1/2 c.)	110.00	0.50	0.00	(M)	0.00	560.00	21.24	5.99	(M)	5.99	7.64	80.70	0.00	0.00	(M)	(M)
Beans, Bonnie's Baked Beans, Veg-BP - SR103064 (1/2 c.)	525.07	20.30	6.59	0.00(M)	48.53	1145.43	60.35	6.82	29.94(M)	26.54	2.86	77.31	16.93	1.79	0.01(M)	0.00(M)
Beans, Burrito, Commodity Recipe, D-12a - SR100055 (1 burrito)	288.00	7.93	3.52	(M)	13.00	661.99	40.01	4.68	(M)	14.81	3.37	305.99	801.00	10.09	(M)	(M)
Beans, Calico TVASD, Veg-BP - SR104737 (1/2 c.)	171.48	0.67	0.13	0.00(M)	0.00(M)	344.61	37.29	6.94	8.70(M)	7.18	1.86(M)	49.53(M)	193.05 (M)	1.90(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)
Beans, Chickpea, Hummus, Roaster Red Pepper, Tribe - SR100246 (2 Tbsp.)	60.00	3.00	0.00	0.00	0.00	160.00	5.00	1.00	1.00	2.00	0.36	20.00	0.00	0.00	(M)	(M)
Beans, garbanzo (chickpeas), canned dry beans, low-sodium, mature seeds, solids and liquids, [100360, A089] - SR105098 (1/2 c.)	143.00	1.37	0.14	0.00	0.00	140.00	27.14	5.30	(M)	5.94	1.62	38.00	29.00	4.60	(M)	(M)
Beans, Garbanzo, Canned; Chick peas, extra fancy, 6/#10 can; as purchased - SR105105 (1/2 c.)	109.99	1.99	0.49	(M)	0.00	409.99	18.00	7.99	(M)	6.00	0.83	55.00	0.00	0.00	(M)	(M)
Beans, Garbonzo Beans, Chickpeas, Veg-BP - SR102603 (1/2 cup serving)	143.00	1.37	0.14	0.00	0.00	140.00	27.14	5.30	(M)	5.94	1.62	38.00	29.00	4.60	(M)	(M)
Beans, great northern, canned dry beans, low-sodium, mature seeds, solids and liquids [100373, A088] - SR105099 (1/2 c.)	149.00	0.51	0.16	0.00	0.00	140.00	27.54	6.41	(M)	9.65	2.06	69.00	0.00	1.70	(M)	(M)
Beans, great northern, mature seeds, canned - SR105106 (1 c.)	298.68	1.02	0.31	(M)	0.00	10.48	55.07	12.84	(M)	19.31	4.11	138.86	0.00	3.41	183.11	3.48
Beans, green, canned, low-sodium, drained solids, whole, cut or sliced lengthwise (french style) [100307, A061] - SR105100 (1/2 c.)	14.00	0.07	0.02	0.00	0.00	140.00	3.04	1.30	(M)	0.78	0.61	18.00	294.00	3.20	(M)	(M)
Beans, Green, Canned; fancy 3-4 sv cut, 6/#10 can; as served - SR105107 (1/2 c.)	19.99	0.00	0.00	(M)	0.00	439.99	4.00	1.99	(M)	1.00	0.94	43.99	250.00	1.00	(M)	(M)
Beans, green, cooked from frozen, whole or cut (french or sliced lengthwise), drained, without salt [100351, A070] - SR105101 (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, Green, Frozen; regular cut, IQF, 12/2 lb; a - SR100948 (2/3 c.)	25.00	0.00	0.00	(M)	0.00	9.99	3.99	1.99	(M)	1.00	0.32	26.39	146.83	1.29	(M)	(M)
Beans, kidney, all types, mature seeds, canned - SR105109 (1 c.)	209.92	1.54	0.18	(M)	0.00	757.76	37.12	13.57	(M)	13.36	3.00	87.04	0.00	3.07	199.78	4.20
Beans, kidney, red, canned dry beans, low-sodium, mature seeds, solids and liquids [100370, A086] - SR105103 (1/4 c.)	54.50	0.22	0.03	0.00	0.00	70.00	9.98	4.10	(M)	3.36	0.81	15.50	0.00	0.70	(M)	(M)
Beans, Lima Beans: Canned, Cooked, Veg-S - SR100857 (1/2 Cup (8 oz ladle))	125.64	3.16	1.34	0.00(M)	0.00	538.49	18.89	5.10	0.00(M)	5.77	2.28	39.79	337.63	10.35	115.06 (M)	2.02(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)
Beans, lima, baby, canned dry beans, low-sodium, solids and liquids [100371, A082], VEG-BP - SR105111 (1/2 c.)	88.00	0.36	0.07	0.00	0.00	140.00	16.53	4.50	(M)	5.05	2.00	35.01	186.00	9.10	(M)	(M)
Beans, navy or pea, mature seeds, cooked dry beans, whole, without salt [100377, A924] - SR105115 (1/2 c.)	127.00	0.56	0.09	0.00	0.00	0.00	23.71	9.60	(M)	7.49	2.15	63.00	0.00	0.90	(M)	(M)
Beans, navy, mature seeds, canned - SR105119 (1 c.)	296.06	1.13	0.29	(M)	0.00	1173.76	53.58	13.36	(M)	19.73	4.85	123.14	0.00	1.83	184.58	2.99
Beans, pinto, canned dry beans, low-sodium, mature seeds, whole, solids and liquids [100365, A079] - SR105121 (1/2 c.)	103.00	0.97	0.20	0.00	0.00	140.00	18.30	5.50	(M)	5.83	1.75	52.00	0.00	1.10	(M)	(M)
Beans, pinto, refried, canned dry beans, low-sodium, no added fat [100362, A085] - SR105125 (1/2 c.)	118.00	1.60	0.61	0.00	10.00	140.00	19.57	6.70	(M)	6.92	2.09	44.00	0.00	7.60	(M)	(M)
Beans, Pork And Beans, Fancy, Hanover, Veg-BP - SR104854 (1/2 c.)	130.00	1.00	0.00	(M)	(M)	390.00	21.00	(M)	(M)	10.00	1.80	60.00	100.00	(M)	(M)	(M)
Beans, Refried Beans Homemade - SR100062 (1/3 c.)	175.66	5.23	1.35	0.01(M)	3.42	258.77	23.79	7.07	0.09(M)	9.11	2.30	112.86	149.56	1.44	7.11(M)	0.32(M)
Beans, Refried Beans, Santiago 6/27.09, Basic American Foods, 82948 - SR100421 (1/2 c.)	140.20	1.40	0.50	0.00	0.00	505.20	23.80	8.20	0.40	8.20	1.98	50.00	0.00	2.40	(M)	(M)
Beans, Refried Beans, Veg-BP - SR100209 (1/2 c.)	118.44	1.61	0.61	0.00(M)	10.00	156.10	19.66	6.74	0.01(M)	6.93	2.11	44.43	33.98	7.62	0.01(M)	0.01(M)
Beans, Refried Beans, Veg-BP - SR100220 (1/2 c.)	122.72	1.66	0.63	0.00(M)	10.40(M)	157.60	20.47	6.97(M)	0.00(M)	7.19	2.31(M)	45.76(M)	12.00(M)	7.90(M)	(M)	(M)
Beans, snap, green, cooked, boiled, drained, without salt - SR105126 (1 c.)	43.75	0.35	0.08	(M)	0.00	1.25	9.85	4.00	(M)	2.36	0.81	55.00	875.00	12.13	111.53	0.91
Beans, snap, green, frozen, cooked, boiled, drained without salt - SR105128 (1 c.)	37.80	0.23	0.05	(M)	0.00	1.35	8.71	4.05	(M)	2.01	0.89	56.70	751.95	5.54	123.42	0.64
Beans, Specialty; Beans, vegetarian, fancy, 6/#10 can; as served - SR105130 (1/2 c.)	110.00	0.50	0.00	(M)	0.00	439.99	22.00	3.99	(M)	5.99	3.72	76.00	710.00	2.00	(M)	(M)
Beans, Three Bean Salad, Veg-BP - SR102698 (1/2 Cup (8 oz ladle))	82.75	1.84	0.08	0.00(M)	0.00	134.96	13.17	3.54	0.15(M)	3.70	0.90	19.40	27.50	5.26	6.64(M)	0.03(M)
Beans, Vegetarian Baked Beans, Redbank Valley SD, - SR104461 (1/2 c.)	200.73	0.55	0.11	0.00(M)	0.00(M)	358.04	47.25	5.90	16.19(M)	6.97	1.85(M)	62.25(M)	208.39 (M)	0.43(M)	7.41(M)	0.65(M)
Beans, Vegetarian Baked, VEG-BP - SR104475 (1/2 c.)	144.96	0.46	0.09	0.00(M)	0.00	279.83	33.47	5.13	6.28(M)	5.93	1.59	48.31	213.65	1.26	4.04(M)	0.09(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)
Beans, Vegetarian Beans, Dawn Glo Brand, Veg-BP - SR103448 (1/2 cup serving)	110.00	0.00	0.00	0.00	0.00	400.00	21.00	6.00	2.00	7.00	1.80	40.00	0.00	0.00	(M)	(M)
Beans, Wax, Canned; Beans, wax, fancy, 3-4 sv cut, 6/#10 can; as served - SR105134 (1/2 c.)	15.00	0.00	0.00	(M)	0.00	300.00	3.00	3.00	(M)	1.00	0.42	48.00	109.99	1.00	(M)	(M)
Beef Base, Master's touch, Custom Culinary, 0301 - SR105067 (3/4 tsp.)	10.00	0.00	0.00	0.00	0.00	870.00	1.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	(M)	(M)
Beef Base, Minor's Beef Base Low Sodium, Prepared, Nestle Professional - SR104944 (1 c.)	5.00	0.17	0.00	0.00(M)	0.00	52.11	0.33	0.00	0.00(M)	0.33	0.00	7.11	0.00	0.00	236.76 (M)	0.24(M)
Beef Flavored Broth, Blue Mountain Valley Farms - SR103701 (1 c.)Contains Wheat.	20.00	1.00	0.00	0.00	0.00	980.00	0.00	0.00	0.00	2.00	0.00	0.00	0.00	0.00	(M)	(M)
Beef Frank, Cooked, 5.25",Hatfield Quality Meats, 3328, MMA - SR105998 (1 ea.)	170.00	16.00	7.00	0.00	30.00	600.00	0.00	0.00	0.00	6.00	0.72	0.00	0.00	0.00	(M)	(M)
Beef Lombardi, MMA, WG, Veg-RO - SR104425 (1 1/4 c.) Contains Milk.	541.20	33.84	21.33	0.00(M)	116.68	734.99	25.56	2.98	6.31(M)	33.43	3.21	535.45	1553.56	20.57	0.00(M)	0.00(M)
Beef Pattie, Flamebroiled, Smart Picks, 2.4 oz, FC, AdvancePierre Foods, 80124, MMA - SR105972 (1 patty)Contains Soy.	150.00	11.00	4.50	0.00	30.00	240.00	1.00	1.00	0.00	12.00	1.80	20.00	100.00	0.00	(M)	(M)
Beef Patty, FC Reduced Sodium, 1.97oz, JTM, CP5602, MMA - SR106071 (1 ea.)	145.97	10.00	4.00	0.60	44.99	250.96	2.00	0.00	1.00	11.00	1.00	16.00	0.00	0.00	(M)	(M)
Beef Patty, Flamebroiled Beef Pattie with Onion, 2.2oz, Smart Picks, AdvancePierre Foods, 3775, MMA - SR106585 (1 patty)Contains Soy.	110.00	6.00	2.50	0.00	30.00	270.00	2.00	1.00	1.00	11.00	1.44	20.00	0.00	0.00	(M)	(M)
Beef Patty, Flamebroiled Beef Patty, 2.8oz, Fully Cooked, AdvancePierre Foods, 155-530-20, MMA - SR103487 (1 Patties) Contains Soy.	171.37	11.76	4.83	0.10	42.12	308.77	1.51	1.21	0.00	15.08	1.81	30.15	50.26	0.00	(M)	(M)
Beef Patty, Hamburger, Cherry Burger, JTM, CP 5660 - SR102276 (1 ea.)	203.00	15.00	5.70	0.00	59.00	298.00	3.00	0.00	(M)	15.00	2.00	22.00	27.00	0.00	(M)	(M)
Beef Sausage, Mini Single on a Whole Grain Biscuit, AdvancePierre Foods, 10577, MMA, WG - SR106528 (3 1/8 ounces)Contains Milk, Wheat.	220.00	9.00	4.00	0.00	25.00	530.00	26.00	2.00	3.00	9.00	1.44	100.00	0.00	4.20	(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)
Beef Sub, Patty, Vegan Meatless burger, Frozen, Kr - SR100494 (1 Patty (3.5oz))Contains Wheat, Soy, Gluten.	100.00	1.00	0.00	0.00	0.00	390.00	8.00	5.00	0.00	18.00	7.20	80.00	0.00	0.00	(M)	(M)
Beef, Applesauce Meatloaf, MMA, F - SR101835 (3 1/2 ounces)	302.90	18.61	7.88	0.00(M)	86.11	302.20	12.91	0.84(M)	3.67(M)	20.02	1.93(M)	22.18(M)	41.78(M)	0.30(M)	14.74(M)	0.77(M)
Beef, Assault on Sodium Ground Beef, Cooked, JTM F - SR101447 (1 2 oz Serving (Equals 2 oz MMA))	121.00	6.00	2.20	0.00	67.00	63.00	0.00	0.00	0.00	16.00	2.00	17.00	0.00	0.00	(M)	(M)
Beef, Barbecue Beef, MMA, Veg-RO, Non-WG - SR104534 (1 serv.)Contains Wheat, Soy.	373.75	15.50	5.31	0.97(M)	81.65	537.68	28.05	2.77	7.68(M)	29.85	4.56	137.07	420.32	7.92	165.94 (M)	2.20(M)
Beef, BBQ Rib Patty w/Sauce, Cooked, Frozen, J.T.M. Food Group, CP5691, MMA - SR106716 (1 ribs)Contains Soy.	170.00	10.00	4.00	(M)	40.00	420.00	6.00	1.00	5.00	14.00	2.00	50.00	100.00	0.00	(M)	(M)
Beef, Beef Crumbles, Cooked, JTM, CP 5872, MMA - SR104888 (1 serving (2 ounce))	121.00	6.00	2.20	0.00	67.00	63.00	0.00	0.00	(M)	16.00	2.00	17.00	0.00	0.00	(M)	(M)
Beef, Beef Patty, Siver Springs Farm, 20040, MMA - SR105052 (1 patty (4 oz, raw) (yield after cooking))	308.00	25.20	8.07	(M)	72.00	90.00	1.80	0.20	0.60	18.44	10.40	1.10	1.00	2.00	(M)	(M)
Beef, Beef Sandwich Slices, Fully Cooked, Maid-Rite, 75156-96100, MMA - SR105328 (2 1/2 ounces, dry)Contains Soy.	110.00	7.00	3.00	0.00	30.00	160.00	1.00	1.00	0.00	12.00	1.44	20.00	0.00	0.00	(M)	(M)
Beef, Beef Taco Filling w/Soy, Cooked, Frozen, Tys - SR100402 (2 ounces)Contains Soy.	120.00	8.00	3.50	0.00	20.00	300.00	4.00	1.00	1.00	8.00	1.44	20.00	200.00	0.00	(M)	(M)
Beef, Beef Taco Mix, Fully Cooked, Bulk, Maid-Rite Steak Company, 75156-93200, MMA - SR101482 (2 3/8 oz.)Contains Soy.	109.38	5.97	2.49	0.00	29.83	248.59	3.98	0.99	0.99	11.93	1.43	39.77	298.31	0.00	(M)	(M)
Beef, Burger Flamebroiled Steak Burger, Smart Picks 1.6oz, AdvancePierre Foods, 68001, MMA - SR106199 (1 patty)	110.00	8.00	3.00	0.00	30.00	80.00	0.00	0.00	0.00	8.00	0.72	0.00	0.00	0.00	(M)	(M)
Beef, Burger, Patties, Charbroiled, Soy Added, Tyson, 9780, MMA - SR104856 (1 patty)Contains Soy.	120.00	8.00	3.50	0.00	40.00	120.00	1.00	1.00	0.00	13.00	1.80	20.00	0.00	0.00	(M)	(M)
Beef, Charbroiled Beef Patties, Fully Cooked, 2.5 oz., Maid-Rite, 75156-93425, MMA - SR105336 (1 patty)Contains Soy.	130.00	7.00	3.00	0.00	35.00	290.00	2.00	1.00	1.00	13.00	1.80	20.00	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)
Beef, Cheeseburger, Mini Twin, Whole Grain Bun, AdvancePierre Foods, 1177, MMA, WG - SR106857 (2 ea.)Contains Milk, Wheat, Soy.	330.00	13.00	6.00	0.50	40.00	590.00	35.00	4.00	7.00	17.00	2.70	150.00	300.00	108.00	(M)	(M)
Beef, Chef Italia Cooked Meatballs, Fully Cooked, Maid-Rite Steak Company, 75156-94110, MMA - SR101483 (3 ea.) Contains Milk, Wheat, Soy.	140.00	7.00	3.00	0.00	30.00	230.00	6.00	1.00	2.00	13.00	1.44	60.00	0.00	0.00	(M)	(M)
Beef, Chili w/ Beans & Beef, J.T.M, CP5348, MMA. Veg-RO - SR106061 (4 ounces)Contains Soy.	167.95	10.00	3.80	0.60	34.99	236.93	7.00	2.00	2.00	12.00	2.00	32.99	321.91	4.00	(M)	(M)
Beef, Chili with Beans, Reduced Fat, JTM Food Group, MMA, Veg-RO - SR100253 (5 7/8 ounces) Contains Soy.	152.02	5.00	1.70	0.00	31.00	230.03	15.00	4.00	5.00	13.00	3.00	51.01	1252.15	19.00	(M)	(M)
Beef, CN Mini Charbroiled Beef Burgers Fully Cooke - SR100397 (1 pattie)	190.00	12.00	8.00	0.00	70.00	200.00	0.00	0.00	0.00	22.00	1.80	0.00	0.00	0.00	(M)	(M)
Beef, Cooked Ground Beef, MMA - SR103270 (2 ounces)	175.40	12.38	4.95	0.00(M)	54.43	151.87	0.52	0.12	0.12	14.93	1.70	3.63	8.40	0.27	9.52(M)	0.28(M)
Beef, Crumbles with TVP, Fully Cooked, CN, Frozen, - SR100782 (2 1/4 ounces)Contains Soy.	110.00	6.00	2.50	0.00	30.00	130.00	2.00	1.00	0.00	11.00	1.44	20.00	0.00	0.00	(M)	(M)
Beef, Crumbles with VPP, Kettle Cooked, JTM Food G - SR100247 (1 Serving (2.44 oz = 2 oz MMA))Contains Soy.	160.00	12.00	4.50	0.70	42.00	174.00	1.00	1.00	0.00	13.00	2.00	24.00	0.00	0.00	(M)	(M)
Beef, Crumbles, AdvancePierre Foods, 9737, MMA - SR100136 (2 1/2 ounces)Contains Soy.	120.00	7.00	3.00	0.00	30.00	430.00	1.00	0.00	0.00	13.00	1.80	20.00	100.00	0.00	(M)	(M)
Beef, Crumbles, Fully Cooked, Bulk, CN, Maid-Rite Steak Company, 75156-93100, MMA - SR106683 (2 1/8 Ounce (CN 16))	110.00	8.00	3.50	0.00	40.00	260.00	0.00	0.00	0.00	11.00	1.08	0.00	0.00	0.00	(M)	(M)
Beef, Crumbles, Smart Picks 2.03 oz, FC, AdvancePierre Foods, 1-320400-20, MMA - SR105979 (1 serv.)	110.00	6.00	2.50	0.00	20.00	250.00	0.00	0.00	0.00	12.00	1.08	20.00	0.00	0.00	(M)	(M)
Beef, Crumbles, Smart Picks Reduced Sodium, AdvancePierre Foods, 1-320410-20, MMA - SR106601 (1 serv.)	100.00	7.00	3.00	0.00	25.00	115.00	0.00	0.00	0.00	9.00	1.08	0.00	0.00	0.00	(M)	(M)
Beef, Crumbles, Smart Picks w/ Soy, 2.19 oz, FC, AdvancePierre Foods, 1-320630-20, MMA - SR105980 (1 serv.)Contains Soy.	100.00	6.00	2.50	0.00	20.00	290.00	1.00	1.00	0.00	11.00	1.44	20.00	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)
Beef, Crumbles, Smart Picks, AdvancePierre Foods, 1-320610-20, MMA - SR106845 (1 serv.) Contains Soy.	100.00	6.00	2.50	0.00	20.00	85.00	1.00	1.00	0.00	10.00	1.44	20.00	0.00	0.00	(M)	(M)
Beef, Crumbles, Taco Filling, Smart Picks Reduced Sodium, AdvancePierre Foods, 32432-328, MMA - SR106602 (1 serv.) Contains Wheat, Soy.	150.00	9.00	3.00	0.50	25.00	290.00	4.00	1.00	1.00	12.00	1.80	20.00	400.00	0.00	(M)	(M)
Beef, Deluxe Beef Meatballs, Smart Picks, Frozen, AdvancePierre Foods, 1-17-305-0, MMA - SR104255 (2 1/2 ounces)Contains Milk, Wheat.	180.00	12.00	5.00	0.00	45.00	270.00	3.00	0.00	1.00	13.00	1.08	20.00	0.00	1.20	(M)	(M)
Beef, Dinner Loaf, Fully Cooked, AdvancePierre Foods, Inc., 2138121, MMA - SR104870 (3 1/4 ounces)Contains Milk, Egg, Wheat, Soy.	170.00	10.00	4.00	0.00	50.00	450.00	6.00	1.00	2.00	17.00	0.18	20.00	200.00	2.40	(M)	(M)
Beef, Dipper with Teriyaki, WonderBites, AdvancePierre Foods, 3740, MMA - SR106595 (4 pieces)Contains Wheat, Soy.	160.00	8.00	3.50	0.50	40.00	440.00	6.00	1.00	4.00	14.00	1.44	20.00	0.00	0.00	(M)	(M)
Beef, fine ground, crumbles, pan-browned, 18% fat [100158, A608] - SR105136 (1 oz.)	76.00	4.73	1.79	0.33	25.00	25.00	0.00	0.00	(M)	7.73	0.80	7.00	0.00	0.00	(M)	(M)
Beef, fine ground, crumbles, pan-browned,15% fat [100158, A608], MMA - SR105137 (1 oz.)	72.90	4.34	1.65	0.00	25.31	25.31	0.00	0.00	(M)	7.86	0.83	6.08	0.00	0.00	(M)	(M)
Beef, Fine Ground, Raw, Frozen, 10LB, USDA, 100158 - SR100595 (1 ounce (cooked))	70.00	5.00	2.00	0.00	22.00	23.00	0.00	0.00	0.00	6.00	0.66	0.00	0.00	0.00	(M)	(M)
Beef, Flambroiled Chopped Beef Steak, Smart Picks, 2.3 oz, AdvancePierre Foods, 3760, MMA - SR105973 (1 ea.)	150.00	11.00	4.50	0.50	45.00	260.00	0.00	0.00	0.00	12.00	1.08	0.00	0.00	0.00	(M)	(M)
Beef, Flambroiled Salisbury Steak, DeLite Bites, AdvancePierre Foods, 3721, MMA - SR106604 (1 ea.)Contains Egg, Soy.	140.00	9.00	3.50	0.50	35.00	510.00	2.00	1.00	1.00	12.00	1.44	20.00	100.00	1.20	(M)	(M)
Beef, Flamebroiled Beef Burger, American Foods Gro - SR102735 (1 HAMBURGER)	140.00	8.99	3.50	0.00	40.00	270.36	0.07	0.00	0.01	12.00	1.40	11.30	0.00	0.00	(M)	(M)
Beef, Flamebroiled Beef Pattie, 2.5 oz, AdvancePierre Foods, 105-625, MMA - SR106345 (1 patty) Contains Soy.	150.00	10.00	4.00	0.00	30.00	460.00	2.00	1.00	0.00	12.00	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)
Beef, Flamebroiled Beef Pattie, Smart Picks, Frozen, AdvancePierre Foods, 1-155-525-20, MMA - SR101164 (1 Patty (2.5 oz))Contains Soy.	110.00	5.00	2.00	0.00	35.00	270.00	1.00	1.00	0.00	14.00	1.80	20.00	100.00	0.00	(M)	(M)
Beef, Flamebroiled Beef Patty, Reduced Sodium, 1.5 - SR101316 (1 ea.)Contains Soy.	84.84	5.78	2.21	0.00	20.37	202.32	0.76	0.00	0.04	7.08	0.96	18.82	0.00	0.00	(M)	(M)
Beef, Flamebroiled Beef Patty, Reduced Sodium, 1.5 oz, American Foods Group, 290817, MMA - SR104906 (1 ea.) Contains Soy.	92.90	5.92	2.31	0.00	33.51	227.07	0.07	0.00	0.01	9.16	1.03	8.80	0.00	0.00	(M)	(M)
Beef, Flamebroiled Beef Salisbury Steak, Frozen, A - SR104563 (3 ounces)Contains Milk, Wheat, Soy.	200.00	14.00	6.00	0.00	45.00	350.00	4.00	1.00	1.00	14.00	1.80	40.00	100.00	0.00	(M)	(M)
Beef, Flamebroiled Beef Steak Burger, Smart Picks, 2.4oz, AdvancePierre Foods, 1-15-924-20, MMA - SR106586 (1 patty)	160.00	11.00	4.50	0.00	50.00	100.00	0.00	0.00	0.00	14.00	1.44	0.00	0.00	0.00	(M)	(M)
Beef, Flamebroiled Chopped Steak, Smart Picks, AdvancePierre Foods, 80024ADFL, MMA - SR106633 (1 ea.)	150.00	10.00	4.00	0.50	55.00	190.00	0.00	0.00	0.00	14.00	1.44	0.00	0.00	0.00	(M)	(M)
Beef, Flamebroiled pattie, Smart Picks, Made with Applesauce, AdvancePierre Foods, 1-155-425-20, MMA - SR106600 (1 ea.) Contains Soy.	110.00	6.00	2.50	0.00	35.00	270.00	2.00	1.00	0.00	14.00	1.80	20.00	100.00	1.20	(M)	(M)
Beef, Flamebroiled Patties, Fully Cooked, 2.1 oz, CN, AdvancePierre Foods, 68097, MMA - SR106859 (1 ea.) Contains Soy.	100.00	5.00	2.00	0.00	25.00	45.00	2.00	0.00	0.00	11.00	1.44	20.00	0.00	0.00	(M)	(M)
Beef, Flamebroiled Steak Burger, AdvancePierre Foods, 1-15-930-20, MMA - SR106626 (1 ea.)	200.00	14.00	6.00	0.00	60.00	130.00	0.00	0.00	0.00	18.00	1.80	0.00	0.00	0.00	(M)	(M)
Beef, Flamebroiled Steak Burger, Smart Picks, AdvancePierre Foods, 69050, MMA - SR106844 (1 ea.)	120.00	8.00	3.50	0.50	40.00	100.00	0.00	0.00	0.00	10.00	1.08	0.00	0.00	0.00	(M)	(M)
Beef, Flamebroiled Steak Burger, with Foil Bag, AdvancePierre Foods, 1-15-230-2, MMA - SR106613 (1 patty)	190.00	13.00	5.00	0.00	60.00	260.00	0.00	0.00	0.00	17.00	1.44	0.00	0.00	0.00	(M)	(M)
Beef, Flamebroiled Steak Burget, Pub-Style, AdvancePierre Foods, 1-15-230, MMA - SR106617 (1 ea.)	190.00	13.00	5.00	0.00	60.00	260.00	0.00	0.00	0.00	17.00	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)
Beef, Fully Cooked and Charbroiled Beef Patties - SR102632 (1 Patty (2.25 oz = 2 oz MMA))Contains Soy.	120.00	7.00	3.50	0.00	35.00	116.00	1.00	0.00	0.00	12.00	1.44	20.00	0.00	0.00	(M)	(M)
Beef, Fully Cooked and Charbroiled Beef Patties, 1.75 oz, Maid-Rite Steak Company, 75156 -93426, MMA - SR106582 (1 Patty (2.25 oz = 2 oz MMA)) Contains Soy.	90.00	6.00	2.50	0.00	30.00	90.00	1.00	0.00	0.00	9.00	1.08	0.00	0.00	0.00	(M)	(M)
Beef, Fully Cooked Beef Grillin' Ribs, Frozen, J.T.M. Food Group, CP5624, MMA - SR104769 (2 1/2 ounces)Contains Wheat, Soy.	145.00	8.00	3.20	0.00	43.00	395.00	4.00	1.00	1.00	14.00	2.00	33.00	72.00	1.00	(M)	(M)
Beef, Fully Cooked Charbroiled Beef Patties, Tyson - SR100651 (1 patty)	130.00	8.00	3.00	0.00	45.00	135.00	0.00	0.00	0.00	15.00	1.44	0.00	0.00	0.00	(M)	(M)
Beef, Fully Cooked Reduced Sodium Seasoned Beef Philly Steak, JTM Food Group, CP5813, MMA - SR103941 (3 oz.)Contains Soy.	152.97	9.00	2.60	0.00	42.99	450.90	3.00	0.00	(M)	14.00	10.00	25.99	0.00	0.00	(M)	(M)
Beef, Ground 100% Pure 80/20 Medium Raw Frozen Bul - SR103115 (4 ounces)	260.00	20.00	8.00	1.50	70.00	55.00	0.00	0.00	0.00	18.00	1.80	20.00	0.00	0.00	(M)	(M)
Beef, Ground 80% Lean w/ TVP Coarse Raw Frozen Bul - SR103221 (4 ounces)Contains Soy.	200.00	13.00	5.00	1.00	45.00	40.00	3.00	1.00	1.00	17.00	2.70	40.00	100.00	0.00	(M)	(M)
Beef, Ground Beef Patties, Devault Foods, 2146, MM - SR101067 (3 1/4 ounces)	230.00	18.00	7.00	1.00	65.00	65.00	0.00	0.00	0.00	16.00	1.80	20.00	0.00	0.00	(M)	(M)
Beef, Ground Beef Sloppy Joe Filling, Boil-in-bag, - SR103497 (2 Ounce serving)	108.64	6.91	2.96	0.00	29.63	177.78	3.95	0.00	1.98	8.89	1.07	0.00	0.00	0.00	(M)	(M)
Beef, Ground Beef Sloppy Joe Filling, Cooked, Froz - SR100403 (2 ounces)	91.13	4.56	2.02	0.00	20.25	293.63	6.08	0.00	4.05	6.08	0.73	0.00	0.00	0.00	(M)	(M)
Beef, Ground Beef Taco Meat, Fully Cooked, Frozen, - SR100394 (2 ounces)	140.00	11.00	4.50	0.50	35.00	420.00	1.00	0.00	1.00	10.00	1.44	0.00	100.00	0.00	(M)	(M)
Beef, Ground Patty Shape Chuck 3 oz Charbroiled, C - SR104598 (3 ounces)	220.00	17.00	7.00	0.00	65.00	220.00	0.00	0.00	0.00	15.00	1.44	5.00	0.00	0.00	(M)	(M)
Beef, Ground Taco Meat Seasoned, Boil-In-Bag, Frozen, Cooked, Tyson Foods Inc., 7359-328, MMA - SR104767 (2 3/4 ounces)	150.36	9.57	3.42	0.00	47.84	246.04	4.10	0.00	1.37	15.04	1.48	0.00	410.06	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)
Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned - SR105138 (1 oz.)	77.11	4.92	1.87	0.34	25.23	25.80	0.00	0.00	(M)	7.66	0.79	7.94	0.00	0.00	15.46	0.33
Beef, Ground, Burger, 2.8 oz CN, Maid-Rite Steak Company, 75156-91128, MMA - SR106682 (1 ea.)	150.00	10.00	4.50	0.00	50.00	45.00	0.00	0.00	0.00	15.00	1.44	0.00	0.00	0.00	(M)	(M)
Beef, Ground, Burger, 3.2 oz CN, Maid-Rite Steak Company, 75156-91132, MMA - SR106681 (1 ea.)	180.00	12.00	5.00	0.00	60.00	55.00	0.00	0.00	0.00	17.00	1.80	0.00	0.00	0.00	(M)	(M)
Beef, Ground, Crumbles, Taco Filling, AdvancePierre Foods, 9738, MMA - SR106594 (1 serv.) Contains Soy.	120.00	6.00	2.50	0.00	25.00	510.00	5.00	1.00	1.00	12.00	2.70	40.00	400.00	2.40	(M)	(M)
Beef, Ground, Sandwich Steaks, 2.5 oz CN, Maid-Rite Steak Company, 75156-92125, MMA - SR101481 (1 ea.)	140.00	9.00	4.00	0.00	45.00	40.00	0.00	0.00	0.00	14.00	1.44	0.00	0.00	0.00	(M)	(M)
Beef, Ground, Sandwich Steaks, 2.75 oz CN, Maid-Rite Steak Company, 75156-92127, MMA - SR106680 (1 steak)	150.00	10.00	4.50	0.00	50.00	45.00	0.00	0.00	0.00	15.00	1.44	0.00	0.00	0.00	(M)	(M)
Beef, Gyro Slices, Fully Cooked, Grecian Delight, - SR103212 (4 slices)Contains Egg, Wheat, Soy.	200.00	15.00	6.00	0.00	110.00	360.00	3.00	1.00	0.00	15.00	1.80	40.00	0.00	0.00	(M)	(M)
Beef, Meatball, 2-Diamond cooked Old World, Cattle - SR101367 (6 ea.)Contains Wheat, Soy, Gluten.	200.00	15.00	6.00	0.00	45.00	420.00	5.00	1.00	0.00	12.00	1.44	20.00	200.00	2.40	(M)	(M)
Beef, Meatball, 3-Diamond Cooked Old World, Cattle - SR101323 (6 ea.)Contains Wheat, Soy, Gluten.	210.00	16.00	7.00	1.00	45.00	630.00	4.00	1.00	0.00	12.00	1.44	20.00	100.00	0.00	(M)	(M)
Beef, Meatball, 57 oz., Jtm, 5020CE, MMA - SR100827 (5 MEATBALL)Contains Milk, Wheat, Soy, Gluten.	285.96	17.54	6.67	1.05	61.40	982.43	8.77	1.75	1.75	22.81	3.51	70.17	7.02	1.75	(M)	(M)
Beef, Meatball, All Beef, 0.5 oz, Tyson Foodservice, 7360-328, MMA - SR105869 (6 piece) Contains Milk, Wheat.	170.00	9.00	3.00	0.00	35.00	450.00	4.00	0.00	0.00	16.00	2.70	60.00	0.00	0.00	(M)	(M)
Beef, Meatball, All Beef, 1 oz, Tyson Foods, Inc., 7362-328, MMA - SR106581 (3 piece) Contains Milk, Wheat.	170.00	9.00	3.00	0.00	35.00	450.00	4.00	0.00	0.00	16.00	2.70	60.00	0.00	0.00	(M)	(M)

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Beef, Meatball, Charbroiled Frozen, Smart Picks, AdvancePierre Foods, 1-17-505-0, MMA - SR100925 (5 ea.) Contains Milk, Wheat, Soy.	151.88	9.11	3.54	0.00	35.44	253.13	4.05	1.01	1.01	14.18	1.82	40.50	101.25	1.22	(M)	(M)
Beef, Meatball, Chef Italia, Fully Cooked, CN, Fro - SR100783 (5 ea.)Contains Milk, Wheat, Soy.	140.00	7.00	3.00	0.00	30.00	230.00	6.00	1.00	2.00	13.00	1.44	60.00	0.00	0.00	(M)	(M)
Beef, Meatball, Reduced Sodium, 1 oz., JTM, CP5038, MMA - SR105472 (3 ea.)Contains Milk, Wheat, Soy, Gluten.	172.00	11.00	4.10	0.70	41.00	251.00	6.00	1.00	1.00	13.00	2.00	37.00	7.00	1.00	(M)	(M)
Beef, Meatballs (2/20# bags), Hot Off The Grill, N22050B / C22050B, 2 MMA - SR106583 (2 1/2 Ounce serving)Contains Milk, Wheat, Soy, Gluten.	126.07	6.42	2.48	0.00	35.24	191.73	4.59	1.00	0.49	11.79	1.29	16.00	0.00	0.00	(M)	(M)
Beef, Meatballs, FC, JTM, CP5046, MMA - SR106062 (4 Meatballs)Contains Soy.	143.00	10.00	3.90	0.60	39.00	305.00	1.00	1.00	0.00	12.00	1.00	28.00	1.00	0.00	(M)	(M)
Beef, Meatballs, Fully Cooked, Silver Springs Farm Inc., CM92305, MMA - SR106481 (5 Meatballs)Contains Milk, Egg, Wheat, Soy.	146.00	9.14	3.40	(M)	31.20	225.00	4.90	0.00	0.00	11.06	1.50	23.00	28.00	0.70	(M)	(M)
Beef, Meatballs, Smart Picks, AdvancePierre Foods, 1-17-405-20, MMA - SR106598 (5 ea.) Contains Milk, Wheat, Soy.	160.00	10.00	4.00	0.00	35.00	290.00	5.00	1.00	2.00	14.00	1.80	40.00	100.00	15.00	(M)	(M)
Beef, Meatloaf Slice, Made with Applesauce, Smart Picks, AdvancePierre Foods, 1-56232-0, MMA - SR106632 (1 ea.) Contains Milk, Wheat, Soy.	170.00	10.00	4.00	0.00	40.00	160.00	4.00	1.00	2.00	15.00	1.80	20.00	100.00	4.80	(M)	(M)
Beef, Meatloaf Sliced, with Ketchup Glaze, AdvancePierre Foods, 9300, MMA - SR100146 (1 slice cooked)Contains Wheat, Soy.	190.00	11.00	4.50	0.50	35.00	610.00	9.00	1.00	4.00	12.00	1.80	20.00	400.00	3.60	(M)	(M)
Beef, Meatloaf, Sliced with Ketchup Glaze, AdvancePierre Foods, 9302, MMA - SR102535 (3 ounces)Contains Wheat, Soy.	150.00	7.00	3.00	0.00	35.00	550.00	8.00	1.00	3.00	13.00	1.80	40.00	300.00	2.40	(M)	(M)
Beef, Pattie, Flambroiled Burger, Smart Picks 1.8oz, AdvancePierre Foods, 3715-150, MMA - SR105982 (1 patty)Contains Soy.	90.00	6.00	2.50	0.00	25.00	135.00	1.00	0.00	0.00	9.00	1.08	20.00	0.00	0.00	(M)	(M)

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Beef, Pattie, Flambroiled Steak Burger, AdvancePierre Foods, 15-230-2, MMA - SR104441 (1 patty)	220.00	17.00	7.00	0.00	65.00	290.00	0.00	0.00	0.00	19.00	1.44	0.00	0.00	0.00	(M)	(M)
Beef, Pattie, Flambroiled Steak Burger, Smart Picks 1.6oz, AdvancePierre Foods, 69001, MMA - SR105981 (1 patty)	100.00	7.00	2.50	0.00	30.00	80.00	0.00	0.00	0.00	8.00	0.72	0.00	0.00	0.00	(M)	(M)
Beef, Pattie, Flambroiled, Smart Picks, CN, 2.5 oz, AdvancePierre Foods, 155-825-0, MMA - SR101286 (1 ea.)Contains Soy.	172.13	13.16	5.06	1.01	35.44	222.75	2.02	1.01	0.00	12.15	1.82	40.50	101.25	0.00	(M)	(M)
Beef, Pattie, Flamebroiled All Beef Burgers, 2 oz., Tyson Foods, Inc., 9779-328, MMA - SR100535 (1 patty)	130.00	8.00	3.00	0.00	45.00	135.00	0.00	0.00	0.00	15.00	1.44	0.00	0.00	0.00	(M)	(M)
Beef, Pattie, Flamebroiled Mini Rib with Honey BBQ Sauce, AdvancePierre Foods, 3707, MMA - SR106592 (1 patty)Contains Milk, Wheat, Soy.	70.00	3.50	1.50	0.00	15.00	160.00	4.00	0.00	2.00	6.00	0.72	20.00	100.00	0.00	(M)	(M)
Beef, Pattie, Flamebroiled, 2.5 oz, Smart Picks, AdvancePierre Foods, 3772, MMA - SR106630 (1 ea.)Contains Soy.	140.00	8.00	3.50	0.50	35.00	290.00	2.00	1.00	0.00	13.00	1.80	40.00	100.00	0.00	(M)	(M)
Beef, Pattie, Flamebroiled, AdvancePierre Foods, 80130ADFL, MMA - SR106629 (1 ea.)Contains Soy.	160.00	10.00	4.00	0.50	40.00	310.00	1.00	1.00	0.00	15.00	1.80	20.00	100.00	0.00	(M)	(M)
Beef, Pattie, Flamebroiled, Smart Picks, AdvancePierre Foods, 1-155-825-20, MMA - SR106599 (1 patty)Contains Soy.	110.00	5.00	2.00	0.00	35.00	270.00	1.00	1.00	0.00	14.00	1.80	20.00	100.00	0.00	(M)	(M)
Beef, Pattie, Fully Cooked BBQ, Charbroiled, with BBQ Sauce, Maid-Rite Steak Company, 75156-95125, MMA - SR106684 (1 ea.)Contains Soy.	160.00	7.00	3.00	0.00	30.00	500.00	12.00	1.00	9.00	12.00	1.44	20.00	100.00	1.20	(M)	(M)
Beef, Pattie, Pierre Charbroil Deluxe, AdvancePierre Foods, 9150, MMA - SR105502 (1 patty)Contains Soy.	212.00	15.90	6.60	0.60	49.20	367.60	2.20	0.00	0.60	14.00	2.10	34.60	68.90	0.20	(M)	(M)
Beef, Pattie, Smart Picks Flamebroiled Pattie with Low Sodium, AdvancePierre Foods, 3742, MMA - SR106591 (1 patty)Contains Soy.	130.00	8.00	3.50	0.00	40.00	85.00	1.00	0.00	0.00	12.00	1.44	20.00	0.00	0.00	(M)	(M)

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Beef, Pattie, Smart Picks Flamebroiled, 2.45 oz, AdvancePierre Foods, 3771, MMA - SR100823 (1 Patty (2.5 oz)) Contains Soy.	140.00	10.00	4.00	0.50	40.00	290.00	2.00	1.00	0.00	12.00	1.44	20.00	0.00	0.00	(M)	(M)
Beef, Patties, Flamebroiled, Made w/ Applesauce, C - SR103181 (2 1/2 oz.)	80.19	3.99	1.60	0.00	13.77	268.35	1.35	0.89	(M)	10.02	1.13	15.54	40.78	0.13	32.87	1.31
Beef, Patties, Fully Cooked with Mushrooms, 1.8 oz, CN, AdvancePierre Foods, 68076, MMA - SR106851 (1 ea.) Contains Soy.	100.00	5.00	2.00	0.00	20.00	135.00	2.00	0.00	0.00	9.00	1.08	20.00	0.00	0.00	(M)	(M)
Beef, Patties, Fully Cooked with Mushrooms, 2.4 oz, CN, AdvancePierre Foods, 68075, MMA - SR106856 (1 ea.) Contains Soy.	140.00	7.00	3.00	0.00	25.00	180.00	3.00	0.00	0.00	12.00	1.44	20.00	0.00	0.00	(M)	(M)
Beef, Patty Ground 80/20 3:1 Homestyle Raw Ref - SR101925 (150 grams)	381.00	30.00	11.50	1.81	106.00	100.00	0.00	0.00	0.00	25.80	3.06	30.00	0.00	0.00	(M)	(M)
Beef, Patty, 1.25 oz, Fully Cooked, CB, CN, Frozen - SR100785 (1 patty)Contains Soy.	60.75	3.54	1.52	0.00	15.19	141.75	1.01	0.00	0.00	6.08	0.73	0.00	0.00	0.00	(M)	(M)
Beef, Patty, 2.5 oz, Flamebroiled Cooked Fzn, Soy Added, AdvancePierre Foods, 155-525-0, MMA - SR102604 (1 Patty (2.5 oz))Contains Soy.	170.00	13.00	5.00	1.00	35.00	220.00	2.00	1.00	0.00	12.00	1.80	40.00	100.00	0.00	(M)	(M)
Beef, Patty, 2.5 oz. Fully Cooked, J.T.M., CP5659, - SR101118 (1 Patty (2.5 oz))Contains Soy.	148.00	10.00	3.60	0.60	39.00	242.00	2.00	1.00	0.00	14.00	2.00	38.00	0.00	0.00	(M)	(M)
Beef, Patty, 2.5 oz., JTM, CP5659, MMA - SR102784 (2 1/2 oz.)Contains Soy.	104.22	7.09	2.55	0.43	27.65	294.24	1.42	0.71	(M)	9.93	1.42	25.52	0.00	0.00	(M)	(M)
Beef, Patty, 3oz, Charbroiled, Fully Cooked, Froze - SR100781 (1 patty)	220.13	15.01	6.00	(M)	80.05	230.13	0.00	0.00	0.00	21.01	2.70	0.00	0.00	0.00	(M)	(M)
Beef, Patty, 3oz, Fully Cooked, and Charbroiled CN - SR100780 (1 patty)Contains Soy.	150.09	8.01	3.50	0.00	40.02	290.17	3.00	1.00	1.00	15.01	1.80	20.01	0.00	0.00	(M)	(M)
Beef, Patty, Char-broiled, 2.1 oz, AdvancePierre, - SR102152 (1 patty)	119.07	10.91	4.96	0.00	29.77	337.37	1.99	0.00	0.99	9.92	1.43	39.69	0.00	0.00	(M)	(M)
Beef, Patty, Flambroiled Steak Burger, 3 oz, AdvancePierre Foods, 15-330-09, MMA - SR105970 (1 patty)	250.00	20.00	8.00	0.00	60.00	125.00	0.00	0.00	0.00	15.00	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)
Beef, Patty, Flambroiled Steak Burger, 4 oz, AdvancePierre Foods, 15-240, MMA - SR105971 (1 patty)	300.00	23.00	9.00	0.00	90.00	380.00	0.00	0.00	0.00	25.00	1.80	0.00	0.00	0.00	(M)	(M)
Beef, Patty, Raw, 3 oz, Silver Springs Farm, 98330, MMA - SR106066 (1 patty)	231.00	18.90	6.06	0.00	54.00	67.00	1.40	0.20	0.40	13.83	7.80	0.90	1.00	1.50	(M)	(M)
Beef, Philly Flat Steak, Frozen, w/Soy Protein, Sl - SR102745 (1 2 ounce serving)	125.84	8.90	3.16	0.00	29.52	77.60	0.00	0.00	0.00	10.54	1.44	0.00	0.00	0.00	(M)	(M)
Beef, Premium Flamebroiled Beef Burgers, 3 oz., Tyson Foods, Inc., 6285-328, MMA - SR100487 (1 burger)	190.00	12.00	5.00	0.00	70.00	200.00	0.00	0.00	0.00	22.00	1.80	0.00	0.00	0.00	(M)	(M)
Beef, Raw Ground Beef Burger, MMA - SR103859 (1 ea.)	180.00	12.00	5.00	0.00	60.00	55.00	0.00	0.00	0.00	17.00	1.80	0.00	0.00	0.00	(M)	(M)
Beef, Redi-Steak, Beef Philly Slices, AdvancePierre Foods, 20310, MMA - SR106532 (3 ounces)Contains Soy.	110.00	3.50	1.50	0.00	40.00	330.00	1.00	0.00	1.00	19.00	1.80	20.00	0.00	0.00	(M)	(M)
Beef, Reduced Fat Reduced Sodium Beef Taco Filling, JTM Provisions Company, CP5250, 66577, MMA - SR101466 (3 1/4 oz.)Contains Soy.	99.75	4.49	1.62	0.00	31.45	262.42	4.49	1.80	1.80	11.68	1.80	36.85	579.66	4.49	(M)	(M)
Beef, Reduced Sodium Beef Taco Filling, JTM , CP5249, MMA - SR106060 (2 3/4 oz.)Contains Soy.	125.00	7.00	2.70	0.00	49.00	286.00	2.00	0.00	0.00	14.00	2.00	12.00	413.00	1.00	(M)	(M)
Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted, MMA - SR105285 (1 oz 1 serving)	81.20	6.12	2.68	0.41	22.12	17.92	0.00	0.00	(M)	6.54	0.60	3.92	7.56	0.00	15.30	0.28
Beef, Rib Pattie, with BBQ Sauce, AdvancePierre Foods, 3753, MMA - SR106615 (1 ea.)Contains Milk, Wheat, Soy.	170.00	9.00	3.50	0.50	30.00	310.00	9.00	1.00	7.00	12.00	1.80	40.00	300.00	3.60	(M)	(M)
Beef, Rib Pattie, with Honey BBQ Sauce, Smokie Grill, AdvancePierre Foods, 3716, MMA - SR106618 (1 ea.)Contains Milk, Wheat, Soy.	200.00	10.00	4.00	0.00	40.00	670.00	13.00	2.00	10.00	14.00	1.80	40.00	400.00	1.20	(M)	(M)
Beef, Roast Beef, Entree #15, MMA - SR105515 (2 oz.)	102.03	5.34	1.96	(M)	40.00	149.93	0.08	0.00	0.04(M)	12.55	0.82	9.79	0.34	0.06	36.44(M)	0.52(M)
Beef, Salisbury Steak, Entree #16, MMA, WG - SR104545 (3 1/2 oz.)	201.24	7.32	2.72	0.24(M)	97.98	1296.10	6.85	0.53	0.94(M)	26.79	2.85	20.20	48.46	0.30	128.36 (M)	3.36(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)
Beef, Sandwich Steak 100%, Chopped, Silver Springs - SR101676 (3 ounces)	268.06	23.71	7.59	(M)	55.53	71.04	0.10	0.00	0.00	13.66	7.91	1.50	0.00	0.10	(M)	(M)
Beef, Sandwich Steak Slices, Cooked, Maid Rite Ste - SR104232 (2 1/2 oz.)Contains Soy.	110.00	7.00	3.00	0.00	30.00	170.00	1.00	1.00	0.00	12.00	1.44	20.00	0.00	0.00	(M)	(M)
Beef, Sandwich Steak, Frozen, Raw, 2.1oz, Silver Springs Farm, 99300, MMA - SR106065 (1 2 ounce serving)	154.00	12.60	4.04	0.00	36.01	44.79	0.91	0.12	0.30	9.22	5.20	0.57	0.57	1.00	(M)	(M)
Beef, Sandwich Steaks, Pure Beef, Quaker Maid, MMA - SR103515 (1 ea.)	100.00	9.00	3.50	0.00	25.00	20.00	0.00	0.00	0.00	5.00	0.72	0.00	0.00	0.00	(M)	(M)
Beef, Seasoned, Cooked, Diced, Culinary Standards, - SR100377 (3 3/8 ounces)Contains Wheat, Soy, Gluten.	270.00	13.00	6.00	0.00	75.00	240.00	1.00	0.00	0.00	30.00	2.70	20.00	0.00	0.00	(M)	(M)
Beef, Shaved Steak, Beef Sandwich Slices-2.5 oz, Silver Springs, 99330, MMA - SR106063 (1 piece)	200.00	16.67	5.67	(M)	44.99	55.99	1.13	0.15	(M)	11.52	1.47	0.21	1.30	0.00	(M)	(M)
Beef, Shaved Steak, Frozen; slices, Commodity, 3 oz, Silver Springs, 97330, MMA - SR106064 (1 piece)	239.99	20.00	6.80	(M)	54.00	67.20	1.35	0.18	(M)	13.83	1.78	0.25	1.56	0.00	(M)	(M)
Beef, Shaved Steak, Prtn, Frozen; 100% beef sandwich slices-2.5 oz, 2/10# box; as purchased, CM99325 - SR104809 (1 piece)	200.00	16.67	5.67	(M)	44.99	55.99	1.13	0.15	(M)	11.52	1.47	0.21	1.30	0.00	(M)	(M)
Beef, Shredded, Fully Cooked, Seasoned, Quantum Foods, 26002, MMA - SR104895 (1 portion)	150.00	5.00	2.00	0.00	65.00	260.00	1.00	0.00	0.00	24.00	1.80	0.00	0.00	0.00	(M)	(M)
Beef, Slaisbury Steak, Down Home, Smart Picks, 1-16-521-0, MMA - SR106614 (1 ea.) Contains Milk, Wheat, Soy.	100.00	5.00	2.00	0.00	30.00	300.00	3.00	1.00	1.00	11.00	1.44	20.00	100.00	0.00	(M)	(M)
Beef, Slice, Meatloaf, AdvancePierre Foods, 3724, MMA - SR106605 (1 ea.)Contains Egg, Wheat, Soy.	150.00	8.00	3.00	0.00	65.00	450.00	4.00	1.00	2.00	14.00	1.80	20.00	200.00	2.40	(M)	(M)
Beef, Sliced beef steak seasoned, FC, 2.83 oz, Silver Springs Farm, 95300, MMA - SR106067 (2 7/8 ounces)Contains Soy.	158.03	10.62	4.79	0.00	47.33	279.97	2.33	0.00	0.00	13.25	1.36	6.26	0.00	0.00	(M)	(M)
Beef, Sloppy Joe Reduced Sodium, JTM, CP545, MMA - SR106070 (3 5/8 oz.)	147.15	6.17	2.26	0.00	45.28	677.08	9.26	1.03	(M)	13.38	2.06	33.96	450.70	8.23	(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)
Beef, Sloppy Joe, Cooked, GFS, 776564, MMA - SR102349 (1/2 cup serving)	190.00	11.00	5.00	0.00	35.00	550.00	11.00	1.00	3.00	13.00	2.70	20.00	750.00	12.00	(M)	(M)
Beef, Sloppy Joe, Sandwich #20, MMA - SR105518 (1/4 c.)	205.15	10.48	3.97	0.00(M)	60.75	364.87	7.92	0.10	6.99(M)	19.08	2.12	21.85	62.74	0.67	12.21(M)	1.25(M)
Beef, Smart Picks Flamebroiled Beef Pattie 1.95 oz - SR101289 (2 ounces)Contains Soy.	90.00	4.50	1.50	0.00	25.00	210.00	1.00	1.00	0.00	11.00	1.44	20.00	0.00	0.00	(M)	(M)
Beef, Smart Picks, Flamebroiled, Pattie, AdvancePierre Foods, 3-155-525-20, MMA - SR100325 (1 patty)Contains Soy.	150.00	10.00	4.50	0.00	36.00	270.00	1.00	1.00	0.00	13.00	1.80	20.00	100.00	0.00	(M)	(M)
Beef, Smoke House Burger, MMA, WG - SR102682 (1 burger) Contains Wheat, Gluten.	303.11	15.45	5.30	0.00(M)	29.77	901.19	35.54	3.67	7.30(M)	14.94	2.68	87.45	47.25	0.34	15.52(M)	0.51(M)
Beef, Smokie Grill Beef Rib Pattie with Honey BBQ Sauce 3.25 oz, AdvancePierre Foods, 3816, MMA - SR100784 (3 1/4 ounces) Contains Milk, Wheat, Soy.	200.00	11.00	4.50	0.50	35.00	620.00	12.00	1.00	9.00	13.00	1.80	40.00	300.00	1.20	(M)	(M)
Beef, Smokie Grill Flamebroiled Chopped Beef Steak, 3oz, AdvancePierre Foods, 9617, MMA - SR106587 (1 ea.)	230.00	17.00	7.00	1.00	70.00	370.00	0.00	0.00	0.00	16.00	1.44	20.00	0.00	0.00	(M)	(M)
Beef, Steak Chopped & Formed, w/ Soy, 2.5oz, Silver Springs Farm, 97325, MMA - SR106069 (2 1/2 ounces)Contains Soy.	157.29	11.13	3.95	0.00	36.90	96.99	1.00	0.00	0.00	13.18	1.80	8.90	47.00	0.30	(M)	(M)
Beef, Steak Chopped & Formed, w/ Soy, Super Sub Sandwich Slices, Silver Springs Farm, 97300, MMA - SR106068 (3 ounces)Contains Soy.	188.70	13.35	4.74	0.00	44.20	116.45	1.25	0.00	0.00	15.81	2.12	10.71	56.10	0.34	(M)	(M)
Beef, Steak Salad with Multigrain Dinner Ro - SR103678 (1 salad) Contains Milk, Wheat, Gluten.	522.54	36.58	15.67	0.00	83.53	502.08	26.49	3.37	1.87(M)	20.41	3.62	120.93	5008.92	17.40	(M)	(M)
Beef, Steak, Smart Picks Flamebroiled, Chopped, AdvancePierre Foods, 80030ADFL, MMA - SR106593 (1 ea.)	190.00	12.00	5.00	1.00	70.00	240.00	0.00	0.00	0.00	18.00	1.80	0.00	0.00	0.00	(M)	(M)
Beef, Steak, Whole Grain Country Fried Breaded, AdvancePierre Foods, 69035, MMA, WG - SR106862 (1 ea.)Contains Milk, Wheat.	300.00	20.00	6.00	1.00	50.00	450.00	16.00	2.00	0.00	15.00	1.80	20.00	0.00	0.00	(M)	(M)
Beef, Taco Filling w/ Soy, Frozen, AdvancePierre Foods, 32412-328, MMA - SR106589 (2 1/2 ounces) Contains Wheat, Soy.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(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)
Beef, Taco Stick, Cooked, Hot Off the Grill, Integrated Foodservice, C45019/270019, Non-WG, MMA - SR100468 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	386.12	13.74	6.48	0.00	54.10	886.55	36.10	1.75	0.99	25.78	3.75	261.70	202.49	2.20	(M)	(M)
Beef, Taco, Soft Beef & Cheese, HS, MMA, Veg RO, Non-WG - SR101251 (1 piece (10")) Contains Wheat.	396.24	16.82	8.63	0.00(M)	55.49	1179.09	39.50	4.92	5.49(M)	21.85	3.03	154.12	812.26	5.87	99.33(M)	3.31(M)
Beef, Thick N Tasty Beef Patty, Frozen, 4 oz Patty - SR101694 (1 patty)	310.00	26.00	10.00	1.50	80.00	400.00	1.00	0.00	0.00	16.00	1.80	20.00	0.00	0.00	(M)	(M)
Beef, Tip Round, Trimmed to 1/8" Fat, All Grades, - SR102251 (2 oz.)	124.10	6.43	2.40	(M)	46.47	35.70	0.00	0.00	(M)	15.55	1.59	3.40	0.00	0.00	34.88	0.64
Beef, Traditional Flat Beef Slices, Steak-EZE, Frozen, AdvancePierre Foods, 480300, MMA - SR104073 (1 slice)	263.25	22.27	9.11	0.00	65.81	55.69	0.00	0.00	0.00	14.18	1.46	0.00	0.00	0.00	(M)	(M)
Beef, Traditional Flat Beef Slices, Steak-EZE, Frz 2oz Sliced, AdvancePierre Foods, 480200, MMA - SR101049 (4 ounces)	340.00	29.00	12.00	0.00	90.00	75.00	0.00	0.00	0.00	19.00	1.80	0.00	0.00	0.00	(M)	(M)
Beef, Triple B Burger, Hot Off The Grill, N32165B - SR102249 (1 ea.)	107.77	6.33	2.50	0.00	28.53	268.12	0.06	0.03	0.00	11.76	1.35	10.00	0.00	0.02	(M)	(M)
Beets, canned, drained solids - SR105142 (1 cup slices)	52.70	0.24	0.04	(M)	0.00	329.80	12.26	3.06	(M)	1.55	3.09	25.50	40.80	6.97	154.63	1.33
Berries, Berry Blend, Whole Strawberry, Blueberry, - SR102803 (1 c.)	70.00	0.00	0.00	0.00	0.00	5.00	20.00	4.00	11.00	0.00	0.36	0.00	0.00	18.00	(M)	(M)
Biscuit Dough, Whole Grain, 2.1 oz, Pillsbury, 312 - SR100486 (1 Biscuit (dough))Contains Milk, Wheat.	170.00	8.00	4.00	0.00	0.00	400.00	22.00	2.00	2.00	4.00	0.72	80.00	0.00	0.00	(M)	(M)
Biscuit, 2 oz Round Buttermilk 3", Awrey's Bakery, 1020, Non-WG - SR100446 (1 ea.)Contains Milk, Egg, Wheat, Soy.	180.00	7.00	2.00	1.00	0.00	620.00	29.00	0.99	0.99	3.00	0.72	40.00	0.00	0.00	(M)	(M)
Biscuit, Buttermilk, Baked 2.25 oz, Bridgford Foods Corp., 6185, Non-WG - SR106717 (1 biscuit) Contains Milk, Wheat, Gluten.	190.00	7.00	3.00	0.00	0.00	450.00	28.00	1.00	4.00	4.00	1.80	200.00	0.00	0.00	(M)	(M)
Biscuit, Mix Biscuit Buttermilk Complete And Water - SR101806 (44 grams)Contains Milk, Wheat.	180.00	6.00	1.50	0.00	5.00	550.00	28.00	1.00	3.00	4.00	1.44	20.00	0.00	0.00	(M)	(M)
Biscuit, Old South Buttermilk 3", Bridgford, 6171, Non-WG - SR106406 (1 biscuit)Contains Milk, Wheat, Gluten.	170.00	6.00	3.00	0.00	0.00	400.00	25.00	1.00	3.00	4.00	1.80	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)
Biscuit, Whole Grain Sliced Smart Picks, Advance Pierre, 232924, WG - SR106204 (2 oz.)Contains Milk, Wheat, Soy, Gluten.	147.59	4.92	2.46	0.00	0.00	285.34	24.60	1.97	1.97	2.95	1.08	83.93	3.23	41.14	(M)	(M)
Biscuits, Buttermilk, Bake Crafters, 785, Non-WG - SR101766 (1 ea.)	130.00	6.00	1.00	(M)	0.00	420.00	17.00	0.00	0.00	2.00	1.08	40.00	(M)	(M)	(M)	(M)
Biscuits, Buttermilk, Fun Buns, Bake Crafters, 419 - SR101765 (1 ea.)	110.00	1.50	0.00	0.00	0.00	220.00	20.00	0.00	3.00	3.00	1.08	80.00	(M)	(M)	(M)	(M)
Blue Berry PI Juice Pac, 100% Juice Blend, Schneid - SR101169 (4 fl. oz.)	60.00	0.00	0.00	0.00	(M)	10.00	15.00	(M)	14.00	0.00	(M)	200.00	1250.00	60.00	(M)	(M)
Blueberries, frozen, unsweetened - SR105144 (1 cup, unthawed)	79.05	0.99	0.08	(M)	0.00	1.55	18.86	4.18	13.10	0.65	0.28	12.40	71.30	3.88	134.22	0.28
Blueberries, raw - SR105145 (1 c.)	84.36	0.49	0.04	(M)	0.00	1.48	21.45	3.55	(M)	1.09	0.41	8.88	79.92	14.36	124.63	0.36
Bologna, Bologna made with: Turkey, Pork and Beef, - SR101087 (2 ounces)	140.00	12.00	4.00	0.00	45.00	530.00	1.00	(M)	1.00	7.00	0.72	60.00	(M)	(M)	(M)	(M)
Bologna, Deli Sliced, Berks, 3319, MMA - SR106553 (2 ounces)Contains Soy.	160.00	14.00	3.50	0.00	25.00	630.00	4.00	0.00	3.00	6.00	0.36	0.00	500.00	0.00	(M)	(M)
Bologna, Minced, Sysco, MMA - SR103412 (2 ounces)	180.00	16.00	6.00	0.00	35.00	520.00	3.00	0.00	2.00	6.00	0.36	20.00	0.00	24.00	(M)	(M)
Bologna, Sliced Sweet Bologna, Kunzler, 1976, MMA - SR102900 (4 slices)	110.00	5.00	1.50	0.00	30.00	690.00	8.00	0.00	8.00	9.00	1.08	0.00	0.00	21.00	(M)	(M)
Bologna, Sliced Turkey Bologna, Frozen, Jennie-O Foodservice, 2095, MMA - SR104406 (4 slice)	120.00	10.00	3.00	0.00	50.00	630.00	1.00	0.00	(M)	7.00	1.08	60.00	100.00	1.20	(M)	(M)
Bologna, Sliced, Cooked, Hatfield Quality Meats, 3226, MMA - SR105997 (2 ounces)	158.03	13.83	4.94	0.00	29.63	543.21	1.98	0.00	0.99	6.91	0.71	0.00	0.00	0.00	(M)	(M)
Bologna, Sweet Lebanon Bologna Lean Beef, Cooked, - SR101294 (2 slices)	110.00	5.00	2.00	0.00	30.00	710.00	7.00	(M)	7.00	10.00	1.08	(M)	(M)	(M)	(M)	(M)
Breaad,French Baguette Mini Unsliced Parbaked Froz - SR103032 (1/2 ea.)Contains Wheat, Soy, Gluten.	180.00	1.00	0.00	0.00	0.00	360.00	37.00	1.00	1.00	7.00	2.70	0.00	0.00	0.00	(M)	(M)
Bread Bowl, Ultra Whole Grain Eat-A-Bowl (57g), Super Bakery, 8676, WG - SR105239 (1 Bread Bowl)Contains Milk, Egg, Wheat, Soy.	160.00	4.00	0.50	0.00	15.00	125.00	28.00	3.00	5.00	5.00	2.70	40.00	0.00	2.40	(M)	(M)
Bread Stick, Garlic, With Marinara Sauce, WG, 1/4 - SR101127 (1 ea.)Contains Milk, Wheat, Soy.	202.28	7.50	0.90	0.00(M)	0.00(M)	755.00	31.50	3.50(M)	3.00(M)	6.50	7.56(M)	80.00(M)	250.00 (M)	7.50(M)	0.00(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)
Bread stuffing, bread, dry mix, prepared - SR105326 (1/2 c.)	177.00	8.60	1.73	(M)	0.00	479.00	21.70	2.90	2.11	3.20	1.09	32.00	313.00	0.00	64.80	1.70
Bread, Multi-Grain, Kosher, National Bakery, Non- - SR103824 (1 slice)Contains Wheat, Gluten.	80.00	1.00	0.00	0.00	0.00	160.00	16.00	1.00	1.00	2.00	1.08	0.00	0.00	0.00	(M)	(M)
Bread, Whole Wheat, Kosher, National Bakery, WG - SR103823 (1 slice)Contains Wheat, Gluten.	70.00	1.00	0.00	0.00	0.00	120.00	12.00	1.00	1.00	3.00	0.36	0.00	0.00	0.00	(M)	(M)
Bread, 100% Whole Wheat 28 oz, Baker's Touch, Bimbo Bakeries USA, 71673-02061/5192, WG - SR101177 (1 slice (1 oz))Contains Wheat, Soy.	70.00	1.00	0.00	0.00	0.00	135.00	11.00	2.00	1.00	3.00	0.72	40.00	0.00	0.00	(M)	(M)
Bread, 100% Whole Wheat Bread, Morabito, 21, WG - SR100186 (1 ea.)Contains Milk, Wheat, Soy.	90.00	1.00	0.00	0.00	0.00	220.00	17.00	3.00	2.00	3.00	0.72	40.00	0.00	0.00	(M)	(M)
Bread, 100% Whole Wheat Bread, Morabito, 506, WG - SR101615 (1 ea.)Contains Milk, Wheat, Soy.	90.00	1.00	0.00	0.00	0.00	220.00	17.00	3.00	2.00	3.00	0.72	40.00	0.00	0.00	(M)	(M)
Bread, 100% Whole Wheat English Muffins 6CT 13 OZ, Baker's Touch, 7259, WG - SR101066 (1 muffin)Contains Wheat, Soy.	130.00	1.00	0.00	0.00	0.00	200.00	24.00	4.00	1.00	7.00	1.80	150.00	0.00	0.00	(M)	(M)
Bread, 100% Whole Wheat Sandwich, 23 oz, WG - SR102439 (2 slices)Contains Wheat, Soy.	120.00	1.50	0.00	0.00	0.00	280.00	22.00	3.00	3.00	6.00	1.08	40.00	0.00	0.00	(M)	(M)
Bread, 100% Whole Wheat Thin Sliced Sandwich Round - SR103952 (1 bun)Contains Wheat, Gluten.	100.00	1.50	0.00	0.00	0.00	200.00	20.00	5.00	3.00	5.00	0.72	80.00	0.00	0.00	(M)	(M)
Bread, 4" Club Roll, 55% Whole Wheat, Morabito, 591, WG - SR100420 (1 roll.)	170.00	1.50	0.00	0.00	0.00	360.00	32.00	3.00	1.00	6.00	1.80	60.00	0.00	0.00	(M)	(M)
Bread, 4" Round Whole Grain Rich Flatbread, Frozen - SR100450 (1 flatbread)Contains Wheat, Soy.	120.00	1.50	0.00	0.00	0.00	135.00	22.00	2.00	1.00	4.00	1.44	40.00	0.00	0.00	(M)	(M)
Bread, 5" Whole Wheat Italian Steak Roll, Morabito, 89, WGR - SR100697 (1 roll.)Contains Milk, Wheat, Soy.	180.00	2.00	0.00	0.00	0.00	420.00	36.00	4.00	1.00	7.00	1.80	60.00	0.00	0.00	(M)	(M)
Bread, 6" Enriched 12 Hot Dog Buns, Nickles, 1509, - SR103049 (1 ea.)Contains Wheat, Gluten.	110.00	1.50	0.00	0.00	0.00	180.00	19.00	1.00	3.00	4.00	1.08	20.00	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)
Bread, 6" Folded One Bun, Whole Wheat, Whole Grain - SR100891 (1 ea.)Contains Wheat, Gluten.	130.00	1.00	0.00	0.00	0.00	230.00	25.00	2.00	3.00	5.00	1.08	100.00	0.00	0.00	(M)	(M)
Bread, 6" Steak/Sub Bun, Whole Grain, Nickles, 198 - SR102278 (1 ea.)Contains Wheat, Gluten.	170.00	1.50	0.00	0.00	0.00	330.00	32.00	4.00	5.00	8.00	1.80	100.00	0.00	0.00	(M)	(M)
Bread, 6x5" Ultra Loco Bread Squared, Frozen, The - SR101072 (1 7/8 ounces) Contains Wheat, Soy.	119.93	1.50	0.00	0.00	0.00	134.92	21.99	2.00	1.00	4.00	1.44	39.98	0.00	0.00	(M)	(M)
Bread, 8" Wheat Sub Roll, Sliced, Costanzo's Baker - SR104247 (1/2 roll.)Contains Milk, Egg, Wheat, Soy.	122.28	1.02	0.00	0.00	0.00	234.37	23.44	1.02	2.04	4.08	1.47	40.76	0.00	0.00	(M)	(M)
Bread, 8" White Sub, Sliced, Costanzo's Bakery, In - SR104248 (1/2 roll.)Contains Milk, Wheat. Processed in a facility that also processes Egg, Soy.	120.00	1.00	0.00	0.00	0.00	230.00	23.00	1.00	2.00	4.00	1.44	20.00	0.00	0.00	(M)	(M)
Bread, Apple Bosco Stick, 7" Whole Grain, Bosco's Pizza Co., 2172, WG - SR100185 (1 stick.) Contains Wheat.	170.00	1.50	0.00	0.00	0.00	150.00	36.00	3.00	8.00	5.00	1.44	20.00	0.00	0.00	(M)	(M)
Bread, Baking Powder Biscuits, Non-WG - SR104451 (1 biscuit)	154.13	7.51	1.44	0.00(M)	0.29	541.86	17.86	0.61	0.83(M)	2.86	1.04	23.54	0.24	0.09	17.82(M)	0.50(M)
Bread, Biscuits, TVASD, non-WG - SR104952 (1 biscuit)Contains Milk.	123.83	5.63	1.54	0.00(M)	0.72	320.75	14.79	0.36	1.91(M)	2.97	0.03(M)	0.85(M)	0.00(M)	0.00(M)	26.52(M)	0.24(M)
Bread, Biscuits, TVASD, WG - SR104997 (1 biscuit)Contains Milk.	123.38	5.71	1.48	0.00(M)	0.72	320.84	14.84	1.30	1.82(M)	3.31	0.38(M)	4.01(M)	0.85(M)	0.00(M)	26.52(M)	0.24(M)
Bread, Br. Wh. Wheat Holsum, WG - SR102380 (2 slices) Contains Wheat, Soy, Gluten.	210.00	12.50	5.00	0.00	0.00	345.00	20.00	2.00	2.00	5.00	1.08	60.00	500.00	0.00	(M)	(M)
Bread, Bread Filling, Non-WG - SR103799 (1/2 c.)	352.28	7.53	1.79	0.16(M)	1.52	1185.20	60.73	3.04	7.52	9.52	3.21	95.46	602.66	2.86	46.30	4.54
Bread, Breadstick Bowl with String Cheese and Yogu - SR100024 (1 serv.)Contains Milk.	303.85	9.08	4.80	0.00	25.27	807.80	42.08	1.00	16.05	13.60	6.30	343.10	954.27	20.86	(M)	(M)
Bread, Breakaway Wheat Dinner Roll, 12 ct 14 oz, Baker's Touch, Bimbo Bakeries USA, 71673-02118/7258, WG - SR100268 (1 roll.)Contains Wheat, Soy, Gluten.	90.00	1.00	0.00	0.00	0.00	210.00	16.00	1.00	2.00	3.00	0.72	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)
Bread, Breakfast Bun, 51% Whole Wheat, Reduced Fat - SR100241 (1 ea.)Contains Wheat, Gluten.	249.00	5.74	1.80	0.00	9.40	273.00	39.00	3.00	7.50	5.60	1.98	150.00	0.00	0.00	(M)	(M)
Bread, Breakfast Bun, Whole Wheat, Sky Blue Bakery, WWB5160, WG - SR105294 (1 bun)Contains Milk, Egg, Wheat, Soy.	230.00	7.00	2.00	0.00	0.00	340.00	39.00	3.00	10.00	6.00	2.70	80.00	200.00	0.00	(M)	(M)
Bread, Breakfast Buns, Whole Grain, RF, IW, 3 oz, Bake Crafters, 2003, WGR - SR105293 (1 bun)Contains Milk, Egg, Wheat, Soy. Processed in a facility that also processes Tree nuts.	300.00	10.00	4.50	0.00	0.00	280.00	48.00	3.00	21.00	6.00	1.80	100.00	100.00	36.00	(M)	(M)
Bread, Bun, Hamburger, Whole Grain White, 4", Hilltop Hearth, 296966, WG - SR106792 (1 ea.)	120.00	1.50	0.50	0.00	0.00	350.00	23.00	3.00	4.00	6.00	2.70	60.00	0.00	0.00	(M)	(M)
Bread, Bun, White Whole Grain Cluster Barbs, Nickl - SR104381 (1 ea.)Contains Wheat, Gluten.	100.00	1.50	0.00	0.00	0.00	200.00	21.00	3.00	3.00	4.00	1.08	40.00	0.00	0.00	(M)	(M)
Bread, Bun, Whole Grain Hamburg Roll, Bun, Butter Krust, 3583, WG - SR104886 (1 roll.) Contains Wheat, Soy.	130.00	1.50	0.00	0.00	0.00	280.00	24.00	2.00	3.00	5.00	1.08	60.00	0.00	0.00	(M)	(M)
Bread, Bun, Whole Grain, WG - SR104918 (1 bun)	130.00	1.00	0.00	0.00	0.00	270.00	25.00	1.00	1.00	5.00	1.44	100.00	0.00	0.00	(M)	(M)
Bread, Buttered Bread TVASD, WG - SR104748 (1 slice) Contains Wheat, Soy, Gluten.	78.14	3.30	1.16	0.00	0.00	144.30	10.00	1.00	1.00	2.50	0.54	30.00	115.71	0.00	(M)	(M)
Bread, Cheese Bosco Stick, 6" Whole Grain Reduced Fat, Bosco's Pizza Co, 2011A, MMA, WGR - SR100619 (1 breadstick) Contains Milk, Wheat.	150.00	5.00	2.50	0.00	15.00	220.00	17.00	2.00	1.00	10.00	1.08	200.00	200.00	0.00	(M)	(M)
Bread, Cheese Bosco Stick, 7" Whole Grain Reduced Fat, Bosco's Pizza Co, 2015A, MMA, WGR - SR100617 (1 breadstick) Contains Milk, Wheat.	217.53	7.91	3.96	0.00	19.77	326.29	22.74	1.98	1.98	13.84	1.42	296.63	296.63	0.00	(M)	(M)
Bread, Cheese Bosco Stick, 7" Whole Grain Reduced Fat, Bosco's Pizza Co, 2110, MMA, WG - SR100297 (1 ea.)Contains Milk, Wheat.	220.00	7.00	3.00	0.00	15.00	290.00	28.00	3.00	2.00	12.00	1.80	200.00	200.00	0.00	(M)	(M)
Bread, Cheese Bosco Stick, Original 7", Bosco's Pizza Co, 2108, MMA, Non-WG - SR100646 (1 stick.)Contains Milk, Wheat.	230.00	7.00	3.50	0.00	15.00	310.00	28.00	2.00	1.00	12.00	1.80	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)
Bread, Cheesy Pretzel Bun, HS-IU, MMA, WG - SR106040 (1 ea.)Contains Milk, Wheat, Soy.	438.44	25.28	13.66	0.00	63.28	607.50	31.53	3.00	4.53	20.19	1.80	399.69	759.38	0.00	(M)	(M)
Bread, Cheesy Pretzel Bun, K-8, MMA, WG - SR106038 (1 ea.) Contains Milk, Wheat, Soy.	382.75	20.73	11.13	0.00	50.63	486.00	31.02	3.00	4.03	17.15	1.80	323.75	607.50	0.00	(M)	(M)
Bread, Ciabatta Roll, 2x2 Whole Wheat, Morabito, 1 - SR100189 (1 roll.)Contains Wheat, Soy, Gluten.	120.00	0.00	0.00	0.00	0.00	330.00	25.00	1.00	0.00	4.00	1.80	0.00	0.00	0.00	(M)	(M)
Bread, Ciabatta Roll, 3x3 Whole Wheat, Morabito, 1 - SR100188 (1 roll.)Contains Wheat, Soy.	130.00	0.00	0.00	0.00	0.00	330.00	27.00	1.00	0.00	4.00	1.80	0.00	0.00	0.00	(M)	(M)
Bread, Cini Mini w/Glaze, Non-WG - SR105427 (1 serv.) Contains Egg, Wheat.	317.42	5.25	1.50	0.00(M)	7.50	300.24	60.81	1.50	12.00(M)	7.50	0.01(M)	0.16(M)	0.00(M)	0.00(M)	2.48(M)	0.00(M)
Bread, Cinnamon Rolls, Supreme, Non-WG - SR100159 (1 roll.)	260.00	11.00	3.50	2.00	20.00	560.00	36.00	1.00	10.00	6.00	10.00	2.00	4.00	0.00	(M)	(M)
Bread, Combo Rye Bread, Morabito, 336, Non-WG - SR104908 (1 slice)Contains Wheat, Soy.	150.00	1.00	0.00	0.00	0.00	360.00	24.00	2.00	1.00	5.00	1.08	40.00	0.00	0.00	(M)	(M)
Bread, Corn Bread Mix, Non-WG - SR106441 (1 muffin)Contains Wheat.	194.79	4.14	1.38	0.00(M)	7.75	410.74	36.22	9.19	11.27	2.89	0.98	54.58	11.25	0.00	31.18(M)	0.05(M)
Bread, Corn, Penguin Natural Foods Inc, Non-WG - SR104566 (1 prepared serving)Contains Wheat. Processed in a facility that also processes Milk, Egg, Fish, Tree nuts, Peanuts, Soy.	220.00	10.00	0.00	0.00	0.00	240.00	29.00	1.00	11.00	2.00	0.72	20.00	100.00	0.00	(M)	(M)
Bread, Cornbread Toastums, Frozen, Non-WG - SR102780 (43 g.)Contains Milk, Egg, Wheat, Soy.	180.00	9.00	1.50	(M)	30.00	150.00	22.00	0.00	11.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Bread, Cornbread, Bread #6, WG - SR105497 (1 piece)	206.16	6.13	1.39	0.70(M)	66.22	401.01	33.60	1.96	13.34(M)	5.09	1.34	32.94	303.61	0.01	15.67(M)	0.71(M)
Bread, Country Style 100% Whole Wheat Bread, Nickl - SR104382 (1 ea.)Contains Wheat, Soy, Gluten.	88.37	0.88	0.00	0.00	0.00	150.23	16.79	2.65	2.65	4.42	0.95	53.02	0.00	0.00	(M)	(M)
Bread, Croissant, Curved Marg Bkd., 2.2 oz Sl, Ts, - SR101693 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	220.00	9.00	2.00	3.00	5.00	310.00	29.00	1.00	3.00	5.00	1.80	60.00	0.00	0.00	(M)	(M)
Bread, Croissants, Baked Shortening, Sliced, Close - SR104411 (1 croissant, medium)	180.00	9.00	5.00	0.00	0.00	170.00	23.00	0.99	2.00	4.00	1.08	20.00	100.00	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)
Bread, Deli Style 4" Wheat Bun Mde with Whole Gra - SR103104 (1 ea.)Contains Wheat, Soy.	130.00	2.00	0.00	0.00	0.00	240.00	24.00	3.00	4.00	5.00	1.08	60.00	0.00	0.00	(M)	(M)
Bread, Dinner Roll, Hearth Baked, Baker Crafters, - SR100152 (1 Dinner Roll) Contains Wheat, Gluten.	60.00	0.00	0.00	0.00	0.00	95.00	13.00	1.00	1.00	2.00	0.00	20.00	0.00	2.40	(M)	(M)
Bread, Dinner Roll, Non-WG - SR104179 (1 roll.)	90.00	1.00	0.00	0.00	0.00	210.00	16.00	1.00	2.00	3.00	0.72	40.00	0.00	0.00	(M)	(M)
Bread, Dinner Roll, Whole Wheat, 28g, ATV Bakery I - SR103512 (1 roll.)	88.00	0.60	0.20	0.05	0.00	170.00	19.00	1.85	1.70	4.75	1.35	17.00	30.00	(M)	(M)	(M)
Bread, Dinner Rolls, 1.3 oz, Non-WG - SR104095 (1 roll.)Contains Wheat, Gluten.	100.00	0.60	0.00	(M)	0.00	113.00	18.50	(M)	(M)	3.00	(M)	(M)	(M)	(M)	(M)	(M)
Bread, Dinner Rolls, Wheat, Holsum, 778, WG - SR101309 (1 ea.)Contains Wheat, Soy.	100.00	1.00	0.00	0.00	0.00	210.00	19.00	2.00	2.00	4.00	1.08	40.00	0.00	0.00	(M)	(M)
Bread, Dinner Rolls, Whole Wheat, Snowflake, 20 pa - SR101555 (1 roll.)	70.00	1.00	0.00	0.00	0.00	130.00	18.00	2.00	2.00	3.00	(M)	(M)	(M)	(M)	(M)	(M)
Bread, Dutch Country 100% Whole Wheat, Stroehmann, - SR104586 (1 slice)	90.00	1.00	0.00	0.00	0.00	200.00	18.00	2.00	3.00	4.00	0.72	80.00	500.00	0.00	(M)	(M)
Bread, Edibowls, Whole Grain, Baked, 6.25", True Natural Foods Company, 0520-8, WG - SR106823 (1 ea.)Contains Wheat, Soy.	165.00	5.00	1.00	0.00	0.00	230.00	27.00	3.00	1.00	3.00	5.40	150.00	300.00	0.00	(M)	(M)
Bread, English Muffin Plain, Frozen 72/2 oz., Sarl - SR103258 (1 muffin)Contains Wheat, Soy, Gluten.	130.00	0.50	0.00	0.00	0.00	290.00	26.00	1.00	2.00	4.00	1.44	150.00	0.00	0.00	(M)	(M)
Bread, English Muffin, 3.5" Sliced, Bake Crafters,786, Non-WG - SR105924 (2 ounces) Contains Wheat, Soy. Processed in a facility that also processes Tree nuts.	130.00	1.00	0.00	0.00	0.00	270.00	26.00	1.00	1.00	5.00	1.44	80.00	0.00	0.00	(M)	(M)
Bread, English Muffin, TVASD, Non-WG - SR104951 (1/2 muffin)Contains Milk, Soy. May contain Wheat.	76.89	2.36	0.84	0.00	0.00	117.73	12.50	0.50	0.50	2.00	0.72	40.00	84.45	0.00	(M)	(M)
Bread, Europeasant Flat Bread, Morabito, Non-WG - SR102577 (1 1 Slice)Contains Milk, Wheat.	160.00	0.00	0.00	0.00	0.00	340.00	32.00	3.00	1.00	6.00	1.80	80.00	0.00	0.00	(M)	(M)
Bread, Flat Whole Wheat, 1.8oz Square, TFF Baked F - SR101038 (1 ea.)	120.00	1.50	0.00	0.00	0.00	135.00	22.00	2.00	1.00	4.00	1.44	40.00	(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)
Bread, Flat, 14 x 14, Rich's, 02946, Non-WG - SR103906 (1 ea.)	150.00	3.50	0.50	0.00	0.00	300.00	26.00	1.00	2.00	4.00	1.80	40.00	0.00	0.00	(M)	(M)
Bread, Flat, Arnold Sandwich Thins, Whole Grain White, Burry Foods, 11623, WG - SR100615 (1 sandwich thin)Contains Wheat, Soy.	100.00	1.00	0.00	0.00	0.00	170.00	23.00	5.00	2.00	4.00	1.08	40.00	0.00	0.00	(M)	(M)
Bread, Flatbread 12", Thin Oven Fired, Parbaked, F - SR102824 (50 grams)	150.00	5.00	1.00	0.00	0.00	270.00	23.00	1.00	2.00	4.00	1.44	0.00	0.00	0.00	(M)	(M)
Bread, Flatbread Buns, Multi Grain, Bulk, 1.2 oz, Bake Crafters, 1487, WGR - SR102851 (1 ea.)Contains Wheat, Soy.	80.00	1.00	0.00	0.00	0.00	280.00	16.00	4.00	3.00	3.00	1.44	60.00	0.00	2.40	(M)	(M)
Bread, Flatbread Buns, Whole Grain White, Bulk, 1.5 oz, Bake Crafters, 1486, WGR - SR101761 (1 ea.)Contains Wheat, Soy.	100.00	1.50	0.00	0.00	0.00	150.00	19.00	5.00	2.00	4.00	1.44	60.00	0.00	2.40	(M)	(M)
Bread, Foccocia, Shell, 18x24, Whole Wheat, Morabi - SR100208 (1 Slice (1/24th of Pizza Shell)) Contains Wheat, Soy, Gluten.	110.00	2.00	0.00	0.00	0.00	280.00	24.00	3.00	1.00	5.00	2.70	40.00	0.00	0.00	(M)	(M)
Bread, French Bread, Multi Grain, Morabito, 171, Non-WG - SR105313 (1 ea.)Contains Wheat, Gluten.	180.00	3.00	1.00	0.00	0.00	580.00	35.00	2.00	1.00	6.00	1.80	80.00	0.00	0.00	(M)	(M)
Bread, French Breadstick, Rich's, 87783, Non-WG - SR101696 (1 ea.)	130.00	0.50	0.00	0.00	0.00	250.00	9.00	1.00	0.00	4.00	0.00	0.00	0.00	0.00	(M)	(M)
Bread, French Breadsticks, Par-baked, 7", Rich's F - SR104130 (1 breadstick)Contains Wheat.	160.00	1.50	0.50	0.00	0.00	540.00	54.00	2.00	4.00	9.00	(M)	(M)	(M)	(M)	(M)	(M)
Bread, French Stick Bread, Amoroso's, Non-WG - SR101358 (1 slice (1 oz))Contains Wheat, Soy.	70.00	1.00	0.00	0.00	0.00	135.00	14.00	1.00	1.00	3.00	0.72	0.00	0.00	0.00	(M)	(M)
Bread, French Toast Stick Whole Grain Maple, Frozen, Michael Foods Inc, 46025-85880-00, WG - SR102301 (3 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	249.99	11.00	2.50	0.00	144.99	339.98	32.00	3.00	14.00	9.00	1.80	40.00	199.99	0.00	(M)	(M)
Bread, French Toast Stick, Frozen, Farm Rich, 2420 - SR101572 (1 portion)Contains Milk, Wheat, Soy.	310.00	13.00	2.00	0.00	30.00	310.00	45.00	1.00	13.00	5.00	3.60	100.00	750.00	1.20	(M)	(M)
Bread, French Toast Stick, Frozen, Farm Rich, Non- - SR103077 (5 ea.)Contains Milk, Egg, Wheat, Soy.	300.00	12.00	2.00	0.00	0.00	490.00	43.00	1.00	8.00	6.00	3.60	80.00	400.00	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)
Bread, French Toast Sticks and Syrup, WG - SR103805 (3 sticks)Contains Milk, Egg, Wheat, Soy.	108.78	0.00	0.00	0.00	0.00	9.89	26.70	0.00	17.80	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Bread, French Toast Sticks-Whole Grain, Frozen, Su - SR100838 (3 ounces)Contains Egg, Wheat.	190.00	4.00	1.00	0.00	130.00	330.00	28.00	3.00	5.00	10.00	1.80	100.00	200.00	0.00	(M)	(M)
Bread, French Toast WG Cinn. Glaze, 3.25oz, Michael Foods, 46025-85818, MMA,WG - SR105875 (1 ea.)	230.34	8.29	1.38	0.00	96.74	350.12	31.33	2.76	10.13	9.21	1.66	18.34	178.29	0.00	(M)	(M)
Bread, French Toast WG Cinnamon Glazed, IW, Michael Foods, 46025-85817, MMA,WG - SR105873 (1 ea.)	230.34	8.29	1.38	0.00	96.74	350.12	31.33	2.76	10.13	9.21	1.66	18.34	178.29	0.00	(M)	(M)
Bread, French Toast, Orignal Stick Heat & Serve TF - SR102017 (4 piece)Contains Wheat, Soy, Gluten.	270.00	11.00	1.50	0.00	0.00	410.00	39.00	1.00	10.00	5.00	1.44	60.00	0.00	0.00	(M)	(M)
Bread, French Toast, Sticks, Whole Grain, Rich's Foodservice, 37717, WG - SR106579 (2 stick.)Contains Milk, Wheat, Soy.	200.00	8.00	1.00	0.00	0.00	240.00	29.00	2.00	6.00	5.00	1.95	112.00	212.00	3.88	(M)	(M)
Bread, French Toast, Whole Grain Stick Cooked Froz - SR103120 (2 5/8 ounces)	210.00	5.00	1.50	0.00	150.00	380.00	23.00	3.00	11.00	10.00	1.80	40.00	200.00	0.00	(M)	(M)
Bread, FrenchParisian, Signature Breads, 22204, Non-WG - SR104914 (1 slice)Contains Wheat, Soy, Gluten.	130.00	0.50	0.00	0.00	0.00	250.00	26.00	1.00	1.00	5.00	1.44	0.00	0.00	0.00	(M)	(M)
Bread, Fun Buns/Slider, Whole Grain, 2.5" Sliced, Bake Crafters, 519, WGR - SR101184 (1 roll (hamburger, frankfurter roll)) Contains Wheat, Soy.	100.00	1.00	0.00	0.00	0.00	180.00	19.00	2.00	4.00	4.00	1.08	60.00	0.00	0.00	(M)	(M)
Bread, Garlic Cheese Toast, WG - SR103643 (2 slices,each) Contains Milk, Wheat.	173.06	5.81	0.30	0.00(M)	0.17	232.37	24.10	4.06	4.00(M)	6.08	1.50(M)	42.40(M)	2.55(M)	0.00(M)	0.02(M)	0.01(M)
Bread, Goldfish Bread Whole Wheat, Pepperidge Farm, 19934, WGR - SR101059 (1 1/2 ounces) Contains Wheat.	100.00	1.50	0.50	0.00	0.00	160.00	21.00	4.00	4.00	4.00	1.44	80.00	0.00	0.00	(M)	(M)
Bread, Hamburger Bun, Sliced, Enriched, L'Oven Fre - SR102277 (1 roll (hamburger, frankfurter, onion roll, bun, large roll))	110.00	2.00	0.00	(M)	0.00	210.00	20.00	1.00	2.00	3.00	1.08	20.00	0.00	0.00	(M)	(M)
Bread, Hamburger Bun, Whole Grain, 3" Sliced, Bake Crafters, 3474, WGR - SR103252 (1 bun) Contains Wheat, Soy.	81.00	1.00	0.00	0.00	0.00	160.00	15.00	1.00	2.00	4.00	0.36	10.00	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)
Bread, Hamburger Bun, Whole Grain, 3.75" Sliced, Bake Crafters, 472, WGR - SR101196 (1 ea.)Contains Wheat, Soy.	120.00	1.50	0.00	0.00	0.00	230.00	25.00	3.00	2.00	4.00	1.44	40.00	0.00	1.20	(M)	(M)
Bread, Hamburger Buns, Whole Grain White, 8 ct 15 oz, Bimbo Bakeries USA, 71673-01882/9427, WG - SR106890 (1 ea.)Contains Wheat.	130.00	1.50	0.00	0.00	0.00	300.00	25.00	2.00	1.00	5.00	1.44	20.00	0.00	0.00	(M)	(M)
Bread, Hamburger/Sandwich Roll, Whole Wheat, Morab - SR100187 (1 roll (1 oz)) Contains Wheat, Soy.	140.00	2.00	0.00	0.00	0.00	220.00	26.00	3.00	2.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
Bread, Hoagie Rolls, Hearth Baked, Split Top, Hinge Sliced, 5", Bake Crafters, 1401, WGR - SR101192 (1 bun)Contains Wheat, Soy.	160.00	0.00	0.00	0.00	0.00	280.00	35.00	1.00	1.00	6.00	1.80	20.00	0.00	0.00	(M)	(M)
Bread, Hoagie, 6", Schallers Bakery, 18000, Non-WG - SR103407 (1 ea.)	152.38	1.91	0.00	0.00	0.00	314.29	29.52	0.95	3.81	3.81	(M)	(M)	(M)	(M)	(M)	(M)
Bread, Hoagie, White Whole Wheat Hoagie Roll, Beaver Valley Baking, 72863, 2 WG - SR104585 (1 roll.)Contains Wheat, Soy.	140.00	2.00	1.00	0.00	0.00	270.00	28.00	4.00	2.00	4.00	1.80	40.00	0.00	0.00	(M)	(M)
Bread, Hoagie, Whole Wheat, 6", Schallers Bakery, - SR102285 (1 ea.)	150.00	2.00	0.00	0.00	0.00	260.00	36.00	4.00	4.00	6.00	(M)	(M)	(M)	(M)	(M)	(M)
Bread, Homemade Rolls, 1 oz, WG - SR103431 (1 oz.)	90.21	2.39	0.59	0.00(M)	0.00	300.85	15.35	1.59	1.35(M)	2.42	0.81	33.33	0.94	0.00	10.80(M)	0.91(M)
Bread, Homemade Rolls, 1.75 oz, WG - SR103574 (1 3/4 oz.)	157.94	4.18	1.03	0.00(M)	0.00	526.71	26.87	2.78	2.36(M)	4.23	1.42	58.35	1.64	0.00	18.91(M)	1.60(M)
Bread, Homemade Rolls, 2 oz, WG - SR103435 (2 oz.)	180.42	4.77	1.18	0.00(M)	0.00	601.69	30.70	3.17	2.69(M)	4.84	1.63	66.65	1.88	0.00	21.61(M)	1.83(M)
Bread, Honey Wheat Bread, Schwebel Baking Co, Non-WG - SR104916 (1 slice)	80.00	1.00	0.00	0.00	0.00	130.00	17.00	1.00	2.00	3.00	1.08	(M)	0.00	0.00	(M)	(M)
Bread, Honey, Pepperidge Farm, 19933, WG - SR101374 (2 slices (1 serving))	98.89	1.48	0.49	0.00	0.00	168.12	19.78	3.96	2.97	3.96	1.78	59.34	0.00	0.00	(M)	(M)
Bread, Hot Dog Bun, Sliced, Enriched, L'Oven Fresh - SR100966 (1 roll (hamburger, frankfurter, onion roll, bun, large roll))	110.00	2.00	0.00	(M)	0.00	210.00	20.00	1.00	2.00	3.00	1.08	20.00	0.00	0.00	(M)	(M)
Bread, Hot Dog Bun, Whole Grain White, 6", Bake Crafters, 425, WGR - SR101083 (1 ea.) Contains Wheat, Gluten.	120.00	1.50	0.00	0.00	0.00	210.00	22.00	2.00	3.00	5.00	1.08	20.00	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)
Bread, Hot Dog Buns, Whole Grain White, 16 ct 28 oz, Bimbo Bakeries USA, 71673-01881/9426, WG - SR106889 (1 ea.)Contains Wheat.	120.00	1.50	0.00	0.00	0.00	280.00	23.00	2.00	1.00	5.00	1.44	20.00	0.00	0.00	(M)	(M)
Bread, Hot Dog Roll, Whole Wheat. Morabito, 590, WGR - SR100193 (1 roll.)Contains Wheat, Soy.	130.00	2.00	0.00	0.00	0.00	210.00	22.00	3.00	2.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
Bread, Hot Dog Rolls, Dutch Country Wheat, Stroehm - SR103545 (1 bun)Contains Wheat, Soy, Gluten.	130.00	2.00	0.00	0.00	0.00	280.00	25.00	2.00	3.00	6.00	1.44	40.00	0.00	0.00	(M)	(M)
Bread, Italian Bread, Whole Wheat, WG - SR101825 (1 ea.)	76.08	0.35	0.06	0.00(M)	0.00	147.88	15.96	1.80	0.00(M)	2.80	0.91	5.99	1.04	0.00	12.11(M)	0.42(M)
Bread, Italian Loaf, 2 oz, Non-WG - SR104096 (1 loaf.)Contains Wheat, Gluten.	160.00	2.50	0.00	(M)	0.00	170.00	25.10	(M)	(M)	8.92	(M)	(M)	(M)	(M)	(M)	(M)
Bread, Italian Style Bread Crumbs, Progresso, 1004 - SR104345 (1/4 c.)	110.00	1.50	0.50	0.00	0.00	470.00	20.00	1.00	2.00	4.00	1.44	40.00	0.00	0.00	(M)	(M)
Bread, Kaiser Roll (61g), 4" Whole Wheat, Morabito - SR100191 (1 roll.)Contains Milk, Wheat, Soy.	190.00	2.00	0.00	0.00	0.00	420.00	36.00	4.00	1.00	7.00	1.80	60.00	0.00	0.00	(M)	(M)
Bread, Mini Loaf, Blueberry, Whole Grain, RF, IW, Bake Crafters, 411, WGR - SR100168 (1 serv.)Contains Milk, Egg, Wheat, Soy. Processed in a facility that also processes Tree nuts.	150.00	4.50	1.00	0.00	35.00	180.00	25.00	2.00	13.00	3.00	3.60	200.00	1000.00	1.20	(M)	(M)
bread, mini loaf, ultra whole wheat, apple cinnamo - SR102288 (1 loaf.)Contains Milk, Egg, Wheat, Soy, Gluten.	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)
Bread, Muffin Mix, With Fruit, Non-WG - SR103018 (1 2 oz (wet mix) muffin)Contains Milk, Egg, Wheat, Soy.	163.11	4.03	1.50	0.00(M)	4.97	179.72	28.80	0.21	14.58(M)	2.02	0.73	21.11	3.56	0.19	26.44(M)	0.03(M)
Bread, Multi Grain, Morabito, 221, Non-WG - SR100190 (2 ea.)Contains Wheat, Soy, Gluten.	180.00	3.00	1.00	0.00	0.00	580.00	35.00	2.00	1.00	6.00	1.80	80.00	0.00	0.00	(M)	(M)
Bread, NB/PL Wheat Bread SW 24 oz. 680g / 26 SL, S - SR102067 (1 ea.)Contains Wheat, Soy.	70.00	0.50	0.00	0.00	0.00	140.00	13.00	1.00	1.00	2.00	0.72	40.00	0.00	0.00	(M)	(M)
Bread, Pancake, Whole Grain, WG - SR103219 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	172.37	3.17	1.36	0.00(M)	4.54	509.98	30.84	2.72	5.44(M)	4.54	0.98	38.24	0.00	0.00	65.11(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)
Bread, Pancakes and Syrup, Non-WG - SR104440 (2 pancakes) Contains Wheat, Soy.	258.58	3.33	0.00	0.00	6.67	380.44	56.47	0.67	30.82	3.33	1.80	26.67	66.67	0.00	(M)	(M)
Bread, PB Club Rolls, 100% Whole Wheat, Bimbo Bakeries USA, 71673-03760/3218, WG - SR100999 (1 roll.)Contains Wheat, Soy.	130.00	1.00	0.00	0.00	0.00	220.00	25.00	4.00	4.00	7.00	2.70	80.00	0.00	0.00	(M)	(M)
Bread, Pita Folds, White 7", Frozen, Grecian Delig - SR104446 (1 ea.)	190.00	4.50	0.50	0.00	0.00	400.00	32.00	1.00	2.00	5.00	1.80	60.00	0.00	0.00	(M)	(M)
Bread, Pita Pocket, White 6", Fz, Grecian Delight, - SR101695 (1/2 pita, large (6-1/2" dia))Contains Wheat, Gluten.	90.00	0.50	0.00	0.00	0.00	190.00	17.00	0.00	1.00	3.00	1.08	40.00	0.00	0.00	(M)	(M)
Bread, Pita White Pocket 6" TFF Unsliced Frozen, 1 - SR103240 (1 ea.)Contains Wheat.	160.00	5.00	0.00	0.00	0.00	300.00	33.00	1.00	1.00	5.00	2.70	40.00	0.00	0.00	(M)	(M)
Bread, Pizza Dough, Enriched White Bread Dough, JO - SR100864 (1 serving (1 slice))	130.00	1.50	0.00	0.00	0.00	240.00	24.00	0.99	2.00	3.00	1.44	20.00	0.00	0.00	(M)	(M)
Bread, Plain Oven-Fired Flats, Baked Flatbread, 6. - SR103966 (1/2 flatbread)Contains Milk, Wheat. May contain Soy.	130.00	2.50	0.00	0.00	0.00	260.00	22.00	1.00	1.00	4.00	(M)	(M)	(M)	(M)	(M)	(M)
Bread, Potato Premium Bread, Non-WG - SR102578 (1 1 Slice) Contains Wheat, Gluten.	90.00	1.00	0.00	0.00	0.00	160.00	18.00	0.99	3.00	3.00	1.08	80.00	500.00	0.00	33.55	3.76
Bread, Quick Blueberry Bubble Bread, WG, F - SR103584 (1 portion)Contains Milk, Wheat, Soy.	226.47	10.35	3.89	1.01(M)	0.00	330.23	31.87	2.29	15.27(M)	3.29	0.70	65.48	217.42	2.62	22.77(M)	0.10(M)
Bread, Raisin , Morabito, Non-WG - SR104714 (1 piece)Contains Milk, Wheat, Soy.	100.00	2.00	0.00	0.00	0.00	105.00	17.00	1.00	8.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Bread, Roll Dinner WW, WG - SR102367 (1 serv.)Contains Wheat, Soy.	200.00	12.00	5.00	0.00	0.00	315.00	19.00	2.00	2.00	4.00	1.08	40.00	500.00	0.00	(M)	(M)
Bread, Roll, Club/Hoagie, 2 oz, Stroehmann, Unspec - SR101423 (1 roll.)Contains Wheat, Soy.	130.00	1.00	0.00	0.00	0.00	220.00	25.00	4.00	4.00	7.00	2.70	80.00	0.00	0.00	(M)	(M)
Bread, Roll, Dutch Country Wheat, Stroehmann, WG - SR103546 (1 Dinner Roll) Contains Wheat, Soy, Gluten.	140.00	2.00	0.50	0.00	0.00	290.00	27.00	2.00	5.00	6.00	1.44	60.00	0.00	0.00	(M)	(M)
Bread, Roll,Whole Wheat Dinner, Unsliced, WG - SR100501 (1 roll.)	80.00	1.50	0.00	0.00	0.00	140.00	14.00	2.00	1.00	4.00	0.72	20.00	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)
Bread, Rolls, Cambria County, Non-WG - SR104929 (1 roll.)	221.28	3.23	0.77	0.00(M)	0.00	191.03	41.17	1.49	3.55(M)	6.20	2.58	11.15	0.00	0.00	25.31(M)	0.57(M)
Bread, Rolls, Homemade, WG - SR106367 (1 roll.)	173.89	4.44	0.69	0.00(M)	0.33	291.85	29.31	2.99	4.21(M)	5.36	1.44	32.18	1.82	0.11	19.11(M)	0.99(M)
Bread, Rolls, Whole Grain 4" Kaiser Rolls, 12ct 24oz, Bimbo Bakeries USA, 71673-03773/3242, WG - SR101476 (1 roll.)Contains Wheat, Soy.	150.00	1.50	0.00	0.00	0.00	290.00	29.00	3.00	4.00	6.00	1.44	100.00	0.00	0.00	(M)	(M)
Bread, Rye, 24 oz, Baker's Touch, 2094, Non-WG - SR104359 (1 slice)	70.00	0.50	0.00	0.00	0.00	150.00	13.00	0.99	0.99	2.00	0.72	20.00	0.00	0.00	(M)	(M)
Bread, Sandwich, Holsum, 322, WG - SR101585 (2 ea.)Contains Wheat, Soy.	120.00	1.50	0.00	0.00	0.00	280.00	22.00	3.00	3.00	6.00	1.08	40.00	0.00	0.00	(M)	(M)
Bread, Sausage Roll, PB Made with Whole Grain, Bimbo Bakeries USA, 71673-03871/6375, WG - SR106888 (1 ea.)Contains Wheat, Soy.	150.00	1.50	0.00	0.00	0.00	290.00	29.00	3.00	4.00	6.00	1.44	100.00	0.00	0.00	(M)	(M)
Bread, School Wheat 24 OZ, Butter Krust, 106, Non-WG - SR102337 (2 slices)	122.73	1.53	0.00	0.00	0.00	245.46	22.50	1.02	3.07	3.07	1.10	40.91	0.00	0.00	(M)	(M)
Bread, Small Soft Wheat Hoagie Roll, 2 oz, ATV Bak - SR101855 (2 ounces)	176.00	1.20	0.40	0.09	0.00	340.00	38.00	2.80	2.80	9.51	3.10	33.60	60.00	0.00	(M)	(M)
Bread, Sourdough, 1.5 oz. Morabito, WG - SR104698 (1 piece)Contains Wheat.	135.00	0.00	0.00	0.00	0.00	225.00	28.00	1.00	0.90	6.00	1.98	0.00	0.00	0.00	(M)	(M)
Bread, Split Top Wheat Dinner Roll, Whole Grain, N - SR102419 (1 ea.)Contains Wheat.	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Bread, Stick, French, 1.5 oz., Frozen, Signature, - SR104210 (1 ea.)	120.00	5.00	0.00	0.00	0.00	220.00	23.00	1.00	1.00	5.00	1.44	0.00	0.00	0.00	(M)	(M)
Bread, Stroehmann Family, Whole Grain White, 20 oz., Bimbo Bakeries, 71673-02800, WG - SR104701 (2 pieces) Contains Wheat, Soy.	130.00	1.50	0.00	0.00	0.00	250.00	26.00	2.00	4.00	5.00	1.44	100.00	500.00	0.00	(M)	(M)
Bread, Thomas' English Muffin, Plain 2 oz, Burry Foods, 94015, Non-WG - SR100515 (1 muffin) Contains Milk, Soy. May contain Wheat.	120.00	1.00	0.00	0.00	0.00	200.00	25.00	1.00	1.00	4.00	1.44	80.00	0.00	0.00	(M)	(M)
Bread, Toast Mini Garlic Wheat, New York, 10554, Marzetti, WG - SR106416 (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)

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)
Bread, Toast, Margarine, Elem, WG - SR101918 (1 1 Slice) Contains Wheat, Soy, Gluten.	80.92	3.60	1.30	0.00	0.00	147.22	10.00	1.00	1.00	2.50	0.54	30.00	129.60	0.00	(M)	(M)
Bread, Toast, Margarine, Jellies, HS, WG - SR101915 (1 2 slices) Contains Wheat, Soy, Gluten.	179.40	6.29	2.16	0.00(M)	0.04	297.88	26.26	2.22	2.00(M)	5.11	1.37	69.44	217.39	0.18	18.43(M)	0.11(M)
Bread, Tomato Pie, Whole Wheat, Morabito, 1092, WG - SR100210 (1 Slice (1/12th of Pizza Pie)) Contains Milk, Wheat, Soy, Gluten.	230.00	4.00	1.50	0.00	0.00	510.00	50.00	3.00	4.00	9.00	3.60	100.00	1250.00	0.00	(M)	(M)
Bread, Tortilla, Soft, Whole Wheat, Soft Taco Size - SR100980 (1 tortilla)	120.00	3.50	1.00	0.00	0.00	230.00	19.00	2.00	1.00	3.00	1.80	60.00	0.00	0.00	(M)	(M)
Bread, Ultra Whole Grain Dinner Roll (28g), Super Bakery, 8670, WG - SR105607 (1 piece)	70.00	1.00	0.00	0.00	0.00	150.00	14.00	1.00	2.00	2.00	0.72	40.00	0.00	0.00	(M)	(M)
Bread, Ultra Whole Grain Hamburger Bun (51g), Super Bakery, 8671, WG - SR105609 (1 piece)	130.00	1.50	0.00	0.00	0.00	260.00	24.00	2.00	3.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
Bread, Ultra Whole Grain Hot Dog Bun (43g), Super Bakery, 8672, WG - SR105610 (1 piece)	110.00	1.50	0.00	0.00	0.00	220.00	21.00	2.00	2.00	5.00	1.08	40.00	0.00	0.00	(M)	(M)
Bread, Ultra Whole Grain Slice Burger Bun (28g), Super Bakery, 8673, WG - SR105611 (1 piece)	70.00	1.00	0.00	0.00	0.00	150.00	14.00	1.00	2.00	2.00	0.72	40.00	0.00	0.00	(M)	(M)
Bread, Ultra Whole Grain Slider Roll (28g), Super Bakery, 8669, WG - SR105605 (1 piece)	70.00	1.00	0.00	0.00	0.00	150.00	14.00	1.00	2.00	2.00	0.72	40.00	0.00	0.00	(M)	(M)
Bread, Ultra Whole Grain Sub Roll (57g), Super Bakery, 8674, WG - SR105612 (1 piece)Contains Wheat, Soy.	130.00	1.50	0.00	0.00	0.00	270.00	24.00	2.00	1.00	5.00	1.44	80.00	0.00	0.00	(M)	(M)
Bread, Weiner Buns, Whole Wheat Cluster, 42001, WG - SR101553 (1 ea.)	150.00	1.00	0.00	0.00	0.00	280.00	28.00	4.00	4.00	6.00	(M)	(M)	(M)	(M)	(M)	(M)
Bread, Weiner, Cluster 10 pack, 42000, Non-WG - SR102283 (1 ea.)	150.00	2.00	0.00	0.00	0.00	330.00	31.00	1.00	4.00	4.00	(M)	(M)	(M)	(M)	(M)	(M)
Bread, Wheat 6" Steak Roll, 55% Whole Wheat, Morabito, 555, WG - SR104642 (1 roll.)	190.00	2.00	0.00	0.00	0.00	420.00	37.00	4.00	1.00	7.00	2.70	80.00	0.00	0.00	(M)	(M)
Bread, Wheat Bread, Cambria County, Non-WG - SR104942 (1 slice)	92.20	1.35	0.32	0.00(M)	0.00	79.60	17.15	0.62	1.48(M)	2.59	1.07	4.64	0.00	0.00	10.54(M)	0.24(M)
Bread, Wheat Bread, Orograin Bakeries, 71673-02044 - SR101803 (1 slice regular)	70.00	0.50	0.00	0.00	0.00	135.00	13.00	1.00	1.00	3.00	0.72	20.00	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)
Bread, Wheat Breadstick, 1.35 oz, AdvancePierre Foods, 133903, Non-WG - SR101126 (1 ea.)Contains Wheat, Gluten.	110.00	1.50	0.00	0.00	0.00	150.00	22.00	1.00	3.00	3.00	0.36	20.00	0.00	2.40	(M)	(M)
Bread, Wheat Club Rolls, Tuzzi Berwick, 109048, No - SR101383 (1 ea.)Contains Wheat.	159.00	1.89	0.43	0.31	0.00	317.72	30.36	2.33	1.59	5.50	1.90	33.61	0.00	0.00	(M)	(M)
Bread, Wheat Cluster Dinner Roll, 1.38oz, Morabito - SR101068 (1 ea.)Contains Wheat, Soy.	70.00	1.50	0.00	0.00	0.00	220.00	11.00	2.00	1.00	4.00	1.44	40.00	0.00	0.00	(M)	(M)
Bread, Wheat Counrty Round Top Bread, 32 oz. Otte - SR103292 (1 1 Slice)Contains Wheat.	100.00	2.00	0.00	0.00	0.00	220.00	18.00	1.00	2.00	3.00	1.08	40.00	0.00	0.00	(M)	(M)
Bread, Wheat Hamburg Roll, Holsum, 639, Non-WG - SR101484 (1 ea.)Contains Wheat, Soy, Gluten.	120.00	1.00	0.00	0.00	0.00	260.00	22.00	2.00	3.00	5.00	1.08	60.00	0.00	0.00	(M)	(M)
Bread, Wheat Hamburger Bun, 16 ct 30 oz, Baker's Touch, Bimbo Bakeries USA, 71673-03796/5193, WG - SR100269 (1 bun)Contains Wheat, Soy.	130.00	1.00	0.00	0.00	0.00	300.00	24.00	2.00	3.00	6.00	1.44	60.00	0.00	0.00	(M)	(M)
Bread, Wheat Hamburger Bun, Sara Lee, 7294561130, - SR104612 (1 bun)Contains Wheat, Soy.	110.00	1.50	0.00	0.00	0.00	180.00	21.00	2.00	3.00	4.00	1.44	100.00	0.00	0.00	(M)	(M)
Bread, Wheat Hot Dog Bun, Nickles, WG - SR101229 (1 ea.) Contains Wheat, Gluten.	130.00	2.00	0.00	0.00	0.00	240.00	24.00	3.00	4.00	5.00	1.08	60.00	0.00	0.00	(M)	(M)
Bread, Wheat Hot Dog Roll, Morabito, WG - SR101070 (1 ea.)Contains Wheat, Soy.	90.00	2.00	0.00	0.00	0.00	220.00	14.00	3.00	2.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
Bread, Wheat Hot Dog Rolls,16 ct 28 oz, Baker's Touch, Bimbo Bakeries USA, 71673-03797/5194, WG - SR101171 (1 roll.)Contains Wheat, Soy.	120.00	1.00	0.00	0.00	0.00	280.00	22.00	2.00	3.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
Bread, Wheat Kaiser Roll, Morabito, WG - SR101064 (1 ea.)Contains Milk, Wheat, Soy.	190.00	2.00	0.00	0.00	0.00	420.00	36.00	4.00	1.00	7.00	1.80	60.00	0.00	0.00	(M)	(M)
Bread, Wheat King, 24 oz., Butter Krust, 3564 / 31 - SR101392 (2 slices)Contains Wheat, Soy, Gluten.	110.00	1.50	0.00	0.00	0.00	240.00	20.00	2.00	2.00	5.00	1.08	60.00	0.00	0.00	(M)	(M)
Bread, Wheat Pullman Sandwich Bread, Nickles, 1012 - SR104276 (1 ea.)Contains Wheat, Soy, Gluten.	55.00	0.50	0.00	0.00	0.00	115.00	10.50	0.50	1.50	1.50	0.36	20.00	0.00	0.00	(M)	(M)
Bread, Wheat Roll, 2 oz., WG - SR101852 (1 ea.)	81.41	1.32	0.65	(M)	2.62	135.29	15.19	1.27	2.22	2.70	0.73	15.97	47.84	0.00	11.72	0.61

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)
Bread, Wheat Whole Grain Bread - SR100285 (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)
Bread, Wheat, Orograin Bakeries, 71673-01213, Non- - SR104201 (1 piece)	130.00	1.00	0.00	0.00	0.00	230.00	25.00	1.00	2.00	4.00	1.44	40.00	0.00	0.00	(M)	(M)
Bread, White Bread, Schwebel Baking Co, Non-WG - SR104041 (2 slice)Contains Wheat, Soy, Gluten.	110.00	1.00	0.00	0.00	0.00	200.00	28.00	1.00	3.00	4.00	1.44	60.00	0.00	0.00	(M)	(M)
Bread, White Rolls, Kosher, National Bakery, Non-WG - SR105356 (1 roll.)Contains Wheat, Gluten.	180.00	1.50	0.00	0.00	0.00	440.00	35.00	1.00	1.00	7.00	0.36	20.00	0.00	0.00	(M)	(M)
Bread, White Sliced, Kosher, National Bakery, Non-WG - SR105355 (1 slice)Contains Wheat, Gluten.	80.00	1.00	0.00	0.00	0.00	150.00	15.00	1.00	1.00	3.00	0.00	0.00	0.00	0.00	(M)	(M)
Bread, White Vienna Bread, Unsliced, Kosher, National Bakery, Non-WG - SR105354 (1 slice)Contains Wheat, Gluten.	70.00	0.50	0.00	0.00	0.00	180.00	14.00	1.00	1.00	3.00	0.00	0.00	0.00	0.00	(M)	(M)
Bread, White WG Bread - SR100276 (1 slice, medium) Contains Wheat.	70.00	1.00	0.00	(M)	0.00	115.00	12.00	2.00	2.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
Bread, White Wheat Sandwich, 26g/sli, Amoroso's, Non-WG - SR101405 (2 slices)	130.00	1.50	0.00	0.00	0.00	240.00	26.00	2.00	4.00	5.00	1.44	100.00	500.00	0.00	(M)	(M)
Bread, White Wheat Sandwich, Amoroso, Unspec Manf - SR101402 (1 slices)Contains Wheat, Soy.	80.00	1.00	0.00	0.00	0.00	140.00	16.00	2.00	3.00	3.00	0.72	60.00	0.00	0.00	(M)	(M)
Bread, White Whole Grain Round Sandwich Bun - SR100309 (1 bun)Contains Wheat, Gluten.	100.00	1.50	0.00	0.00	0.00	200.00	20.00	3.00	3.00	4.00	1.80	150.00	0.00	0.00	(M)	(M)
Bread, White Whole Wheat Hoagie Roll 5.5", Beaver Valley Baking, 72864, WG - SR100582 (1 roll.)Contains Wheat, Soy.	129.00	1.00	0.00	0.00	0.00	198.00	26.00	3.00	3.00	4.00	0.72	40.00	0.00	3.60	(M)	(M)
Bread, White Whole Wheat Hoagie Roll, Beaver Valley Baking, 72865, WG - SR106519 (1 roll.)Contains Wheat, Soy.	145.00	1.00	0.00	(M)	0.00	220.00	29.00	3.00	4.00	5.00	0.72	40.00	0.00	3.60	(M)	(M)
Bread, White Whole Wheat Hoagie Rolls 6ct 18oz, Tu - SR104599 (1 roll.)Contains Soy.	210.00	2.00	0.00	0.00	0.00	500.00	40.00	3.00	3.00	6.00	1.80	60.00	0.00	0.00	(M)	(M)
Bread, White, 20 oz Loaf, Non-WG - SR102811 (2 slices)	120.00	1.00	0.00	0.00	0.00	220.00	24.00	1.00	2.00	4.00	1.44	60.00	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)
Bread, White, 26 slices, Baker's Touch, 1024, Non- - SR103856 (2 slices 1 serving)Contains Wheat, Soy.	130.00	1.50	0.00	0.00	0.00	230.00	25.00	1.00	2.00	4.00	1.44	60.00	0.00	0.00	(M)	(M)
Bread, Whole Grain English Muffins, Van's Natural Foods, WG - SR105288 (1 muffin)Contains Wheat.	130.00	2.00	0.00	0.00	0.00	170.00	23.00	3.00	1.00	5.00	0.72	20.00	0.00	0.00	(M)	(M)
Bread, Whole Grain Ultra Bread Slice Banana (96g), Super Bakery, 6071, WG - SR100528 (1 slices)Contains Egg, Wheat, Soy.	280.00	10.00	2.00	0.00	0.00	220.00	44.00	2.00	25.00	5.00	1.08	80.00	100.00	0.00	(M)	(M)
Bread, Whole Grain Ultra Bread Slice Banana (96g), Super Bakery, 7071, WG - SR105632 (1 piece)	280.00	10.00	2.00	0.00	0.00	220.00	44.00	2.00	25.00	5.00	1.08	80.00	100.00	0.00	(M)	(M)
Bread, Whole Grain Ultra Bread Slice Wild Forest Berry (96g), Super Bakery, 6073, WG - SR105631 (1 piece)	270.00	9.00	2.00	0.00	0.00	190.00	43.00	2.00	24.00	6.00	1.44	100.00	100.00	0.00	(M)	(M)
Bread, Whole Grain Ultra Bread Slice Zucchini (96g), Super Bakery, 6072, WGR - SR105630 (1 piece)	270.00	10.00	2.00	0.00	0.00	220.00	43.00	2.00	25.00	5.00	1.08	100.00	100.00	1.20	(M)	(M)
Bread, Whole Grain Ultra Bread Slice Zucchini (96g), Super Bakery, 7072, WG - SR105633 (1 piece)	270.00	5.00	2.00	0.00	0.00	190.00	43.00	2.00	25.00	5.00	1.08	100.00	100.00	1.20	(M)	(M)
Bread, Whole Grain Ultra Turkey Frank IW (113g), Super Bakery, 3395, WG - SR105625 (1 piece)	270.00	14.00	4.00	0.00	75.00	650.00	26.00	2.00	5.00	12.00	1.80	100.00	0.00	2.40	(M)	(M)
Bread, Whole Grain Wheat Steak Rolls, 6ct 16 oz, Bimbo Bakeries USA, 71673-03767/2649, WG - SR101471 (1 roll.)Contains Wheat, Soy.	210.00	2.00	0.50	0.00	0.00	390.00	39.00	3.00	6.00	8.00	1.80	100.00	0.00	0.00	(M)	(M)
Bread, Whole Grain White 24oz, Baker's Touch, Bimbo Bakeries USA, 71673-01212/3239, WG - SR101001 (1 slice (1 oz)) Contains Wheat, Soy.	70.00	0.50	0.00	0.00	0.00	120.00	14.00	1.00	2.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
Bread, Whole Grain White Cluster Sandwhich Buns, N - SR101969 (1 ea.)Contains Wheat.	100.00	1.50	0.00	0.00	0.00	200.00	21.00	3.00	3.00	4.00	1.08	40.00	0.00	0.00	(M)	(M)
Bread, Whole Grain White Hot Dog Bun, Nickles, 179 - SR101775 (1 ea.)Contains Wheat, Gluten.	100.00	1.50	0.00	0.00	0.00	200.00	21.00	3.00	3.00	4.00	1.08	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)
Bread, Whole Grain White Pullman Bread, Nickles Ba - SR102195 (1 slice rectangle) Contains Wheat, Soy.	70.00	0.50	0.00	0.00	0.00	150.00	13.00	1.00	2.00	3.00	0.72	40.00	0.00	0.00	(M)	(M)
Bread, Whole Grain White, Hamburger Bun, 3 1/2", 1 - SR100412 (1 bun)Contains Wheat, Gluten.	130.00	1.50	0.00	0.00	0.00	250.00	24.00	2.00	4.00	5.00	1.44	100.00	0.00	0.00	(M)	(M)
Bread, Whole Grain, Easy Split Biscuit, Pillsbury, - SR100984 (1 ea.)	190.00	9.00	8.00	0.00	0.00	410.00	24.00	2.00	2.00	4.00	0.72	150.00	0.00	0.00	(M)	(M)
Bread, Whole Wheat Barbeque Buns, Sliced, 45001, W - SR103417 (1 roll.)	160.00	1.50	0.00	0.00	0.00	310.00	31.00	4.00	4.00	5.00	(M)	(M)	(M)	(M)	(M)	(M)
Bread, Whole Wheat Breadstick, Smart Picks, 1.5 oz, AdvancePierre Foods, 133907, WG - SR106869 (1 ea.)	110.00	1.00	0.00	0.00	0.00	220.00	21.00	1.00	4.00	4.00	1.08	20.00	0.00	15.00	(M)	(M)
Bread, Whole Wheat Cluster Dinner Roll, Morabito, 60 / 116, WGR - SR100358 (1 ea.) Contains Wheat, Soy.	120.00	1.50	0.00	0.00	0.00	220.00	22.00	2.00	1.00	4.00	1.44	40.00	0.00	0.00	(M)	(M)
Bread, Whole Wheat Italian Bread, WG - SR104520 (1 slice)	133.17	1.58	0.46	0.00(M)	0.57	141.87	26.17	2.78	1.00(M)	4.39	1.44	9.33	2.42	0.00	23.73(M)	0.44(M)
Bread, Whole Wheat Pita, Kosher, Golden Flow, Non-WG - SR105357 (1 pita, large (6-1/2" dia))	170.00	1.66	0.26	(M)	0.00	340.48	35.20	4.74	0.53	6.27	1.98	10.00	0.00	0.00	(M)	(M)
Bread, Whole Wheat Pita, Morabito, 159, WG - SR100214 (1 ea.)	140.00	0.00	0.00	0.00	0.00	130.00	31.00	3.00	1.00	6.00	1.80	40.00	0.00	0.00	(M)	(M)
Bread, Whole Wheat Pizza Crust, Bread #4, WG - SR105494 (1 slice)	167.62	2.50	0.35	0.01(M)	0.00	75.43	32.02	3.49	0.71(M)	5.30	1.77	11.51	6.36	0.00	28.15(M)	0.26(M)
Bread, Whole Wheat, Dinner Roll, European Bakers, - SR103291 (1 Dinner Roll)Contains Milk, Wheat, Gluten.	80.00	1.00	0.00	0.00	0.00	140.00	14.00	8.00	1.00	4.00	0.72	20.00	0.00	0.00	(M)	(M)
Bread, Whole Wheat, Dinner Rolls, Snowflake, 12 Pa - SR101557 (1 roll.)	110.00	1.00	0.00	0.00	0.00	230.00	23.00	4.00	4.00	6.00	(M)	(M)	(M)	(M)	(M)	(M)
Bread, Whole Wheat, Dutch Country, 18 slices, Orog - SR102877 (1 slice)Contains Wheat, Soy.	90.00	1.00	0.00	0.00	0.00	170.00	18.00	2.00	3.00	4.00	0.72	80.00	500.00	0.00	(M)	(M)
Bread, Whole Wheat, Flatbread, Arnold, 7341013418, WG - SR106715 (1/2 flatbread) Contains Wheat, Soy.	100.00	1.50	0.00	0.00	0.00	190.00	20.00	5.00	2.00	5.00	0.72	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)
Bread, Whole Wheat, Hamburger Rolls, Stroehmann, W - SR104206 (1 roll.)Contains Wheat, Soy, Gluten.	140.00	2.00	0.50	0.00	0.00	290.00	27.00	2.00	5.00	6.00	1.44	60.00	0.00	0.00	(M)	(M)
Bread, Whole Wheat, Holsum, 319, WG - SR103745 (2 slices) Contains Wheat, Soy, Gluten.	110.00	1.50	0.00	0.00	0.00	240.00	20.00	2.00	2.00	5.00	1.08	60.00	0.00	0.00	(M)	(M)
Bread, Whole Wheat, School 55%, Morabito, 28, WG - SR100893 (1 ea.)Contains Milk, Wheat, Soy.	60.00	0.00	0.00	0.00	0.00	150.00	12.00	1.00	2.00	2.00	0.72	20.00	0.00	0.00	(M)	(M)
Bread, WW Pancakes, Bais Menachem, WG - SR105434 (4 pancakes)Contains Milk.	349.38	4.76	1.73	0.00(M)	98.00	606.92	64.73	7.30	7.69(M)	15.37	2.79	204.92	340.50	1.20	25.52(M)	0.36(M)
Bread, Ybm Challah Bread, WG - SR104106 (1 slice)	221.72	5.21	0.65	0.01(M)	33.51	365.25	37.48	4.36	3.62(M)	7.94	2.17	19.71	43.15	0.01	15.27(M)	1.05(M)
Bread, Ybm Pancakes, WG - SR103899 (2 oz.)Contains Milk.	108.63	2.99	0.47	0.01(M)	35.21	303.21	16.29	1.51	2.13(M)	3.95	1.16	30.57	85.00	0.16	15.49(M)	0.33(M)
Breadstick, 100% Mozzarella, MAX Maxstick, IW, ConAgra Foods Inc, 100787378126002, MMA, WG - SR105907 (2 piece) Contains Milk, Wheat, Soy, Gluten.	290.00	11.00	6.00	0.00	30.00	690.00	27.00	1.00	3.00	19.00	1.80	400.00	400.00	0.00	(M)	(M)
Breadstick, Breadsticks with Real Garlic, Frozen, New York Brand, Marzetti, Non-WG - SR106732 (1 breadstick)Contains Milk, Wheat.	160.00	6.00	2.00	0.00	0.00	290.00	23.00	1.00	2.00	4.00	(M)	(M)	(M)	(M)	(M)	(M)
Breadstick, Cheese Bosco Stick, 7" Whole Grain Reduced Fat, Bosco's Pizza Co,, 2110, MMA, WG - SR104879 (1 stick.) Contains Milk, Wheat.	220.00	7.00	3.00	0.00	15.00	290.00	28.00	3.00	2.00	12.00	1.80	200.00	200.00	0.00	(M)	(M)
Breadstick, Cheese Filled, 1.93 oz, The Max, 7738712439, MMA, Non-WGR - SR104389 (1 ea.) Contains Milk, Wheat, Soy.	149.96	6.00	2.00	0.00	5.00	369.89	17.00	2.00	3.00	7.00	1.08	149.96	99.97	0.00	(M)	(M)
Breadstick, Cheese Filled, IW, The Max, CN labeled, 50/50, 2 per package, Con Agra, 77387-12592 - SR106106 (2 piece)	678.28	30.63	9.85	(M)	32.82	1641.00	63.45	2.19	(M)	35.01	4.62	656.40	444.16	0.00	(M)	(M)
Breadstick, MaxStix Reduced Fat Mozzarella, Frozen - SR100826 (2 ea.)Contains Milk, Wheat, Soy.	258.67	7.96	1.99	0.00	9.95	596.94	29.85	1.99	3.98	15.92	3.58	895.41	795.92	0.00	(M)	(M)
Breadstick, Mini, New York 6", Frozen, Marzetti Foodservice, 15025, Non-WG - SR103945 (2 breadstick)Contains Milk.	180.00	2.00	0.00	0.00	0.00	340.00	33.00	1.00	2.00	6.00	1.08	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)
Breadstick, Mozzarella, MAX Twisted Stix, Con Agra, 20077387-126948, MMA, Non-WG - SR106120 (1 piece) Contains Milk, Wheat, Soy, Gluten.	230.00	6.00	3.00	0.00	15.00	480.00	33.00	2.00	3.00	11.00	2.70	250.00	100.00	0.00	(M)	(M)
Breadstick, New York 6" Garlic, Marzetti, 10081, Non-WG - SR100540 (2 breadstick) Contains Milk, Wheat.	220.00	7.00	1.50	0.00	0.00	320.00	32.00	1.00	1.00	6.00	0.72	0.00	0.00	2.40	(M)	(M)
Breadstick, New York 8" Garlic, Marzetti, 15026, non-WG - SR102287 (1 breadstick) Contains Milk, Wheat.	140.00	4.50	1.00	0.00	0.00	260.00	21.00	1.00	1.00	4.00	0.72	0.00	0.00	1.20	(M)	(M)
Breadstick, New York Garlic Wheat made with Whole Grain, Marzetti, 15021, WGR - SR106415 (1 breadstick) Contains Milk, Wheat.	110.00	4.00	1.00	0.00	0.00	240.00	17.00	2.00	2.00	3.00	1.08	0.00	0.00	1.20	(M)	(M)
Breadstick, New York Wheat, Made with Whole Grain, Frozen, 15023, Marzetti, 31 g, WGR - SR106338 (1 breadstick) Contains Milk, Wheat.	80.00	1.00	0.00	0.00	0.00	190.00	16.00	2.00	2.00	3.00	0.36	0.00	0.00	0.00	(M)	(M)
Breadstick, Pizza Cheese Filled, Mozzarella, Froze - SR100294 (1 breadstick)Contains Milk, Wheat, Soy.	150.00	7.00	2.50	0.00	5.00	390.00	16.00	2.00	1.00	7.00	0.72	150.00	0.00	0.00	(M)	(M)
Breadstick, Smart Picks Whole Wheat, AdvancePierre Foods, 133918, WG - SR106525 (1 1/4 ounces)Contains Wheat.	80.00	1.00	0.00	0.00	0.00	170.00	17.00	1.00	3.00	3.00	0.72	20.00	0.00	12.00	(M)	(M)
Breadstick, White Whole Wheat Cheesy Garlic, Bridgford, 6786, WG - SR104909 (1 breadstick) Contains Milk, Egg, Wheat, Soy, Gluten.	90.00	3.00	0.50	0.00	0.00	140.00	13.00	1.00	2.00	3.00	1.44	10.00	0.00	0.00	(M)	(M)
Breadstick, White Whole Wheat, Smart Picks, 1.5 oz, AdvancePierre Foods, 133908, WG - SR102148 (1 ea.)Contains Wheat.	111.38	1.01	0.00	0.00	0.00	212.63	21.26	3.04	4.05	4.05	1.09	20.25	0.00	15.19	(M)	(M)
Breadsticks, Cheese Filled, Marinara, MMA, WG, Veg - SR100026 (1 serv.)Contains Milk, Wheat, Soy.	365.00	17.00	5.50	0.00	10.00	1530.00	41.00	5.00	6.00	15.00	12.96	340.00	500.00	15.00	(M)	(M)
Breadsticks, Whole Wheat Breadsticks, Morabito, 79 - SR100423 (1 ea.)Contains Milk, Wheat, Soy.	130.00	1.50	0.00	0.00	0.00	380.00	27.00	3.00	1.00	6.00	1.80	60.00	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)
Breakfast Bars, Apple Cinnamon, Readi-Bake BeneFIT - SR101960 (1 ea.)Contains Milk, Egg, Wheat, Soy.	289.35	8.78	2.42	0.19	17.67	251.56	48.13	3.31	22.59	4.75	1.66	25.50	38.00	0.35	(M)	(M)
Breakfast Bars, Oatmeal Chocolate Chip, Readi-Bake - SR101964 (1 ea.)Contains Milk, Egg, Wheat, Soy.	286.42	8.94	2.84	0.12	19.00	240.56	47.44	3.45	21.80	5.29	2.00	27.90	39.00	0.05	(M)	(M)
Breakfast Bars, Oatmeal Raisin, Readi-Bake BeneFIT, 40400, WG - SR106042 (1 ea.)Contains Milk, Egg, Wheat, Soy.	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Breakfast Casserole, Ham, Egg & Cheese MMA, - SR102942 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	201.68	11.84	7.08	0.00(M)	282.48	406.05	6.89	0.29	2.62(M)	15.45	1.34	202.78	521.22	0.32	0.01(M)	0.00(M)
Breakfast Casserole, Sausage, MMA, WG - SR102933 (1 ea.) Contains Milk, Egg, Wheat, Soy, Gluten.	220.93	12.77	5.88	0.00(M)	129.11	390.62	13.36	1.03	3.38(M)	13.34	1.34	220.13	427.99	0.33	0.02(M)	0.01(M)
Breakfast Pizza, 51% WG Turkey Sausage Cheese Sub, Tony's, Schwan's Food Service, 63912, MMA, WGR - SR107034 (3 1/3 ounces)Contains Milk, Wheat, Soy.	210.00	7.00	2.00	0.00	15.00	480.00	26.00	2.00	9.00	9.00	1.80	100.00	200.00	0.00	(M)	(M)
Breakfast Round, UBR, Ultimate Breakfast Round, Ci - SR102040 (1 ea.)Processed in a facility that also processes Tree nuts, Peanuts.	270.00	8.00	3.00	0.00	0.00	230.00	44.00	6.00	18.00	5.00	0.71	32.69	8.65	0.00	(M)	(M)
Breakfast Sandwich, Egg and Cheese on Bagel, WG, M - SR103007 (1 ea.)Contains Milk, Egg, Wheat, Soy.	306.38	13.11	6.06	0.00	140.31	825.00	33.02	4.00	6.01	16.06	1.80	171.88	503.75	0.00	(M)	(M)
Breakfast Sandwich, Sausage, Egg & Cheese on a WG Kaiser Roll, MMA, WG - SR106455 (1 ea.)Contains Milk, Egg, Wheat, Soy.	327.40	11.74	3.25	0.00(M)	142.46	909.60	38.50	4.00	1.50(M)	18.99	2.83	233.48	320.00	0.00	(M)	(M)
Breakfast Stick, Pancake 'N Sausage, Whole Grain, - SR103296 (1 ea.)Contains Milk, Egg, Wheat, Soy.	220.00	13.00	3.50	0.00	25.00	460.00	22.00	2.00	9.00	6.00	1.08	20.00	0.00	0.00	(M)	(M)
Breakfast Stick, Whole Grain Original Breakfast Sticks, Sausage Wrapped Pancake, State Fair / Sara Lee, 70481, WG, MMA - SR105475 (1 piece) Contains Milk, Egg, Wheat, Soy.	220.00	11.00	3.00	0.00	25.00	450.00	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)
Breakfast, Pillsbury Cherry Frudel, WG - SR100162 (1 frudel)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)
Broccoli, Broccoli and Ranch, Veg-DG - SR103735 (1/2 cup, chopped)	155.47	13.17	2.02	0.00(M)	10.00	395.01	10.02	1.18	2.77	1.28	0.33	41.38	283.46	40.59	40.63(M)	0.40(M)
Broccoli, Broccoli Frozen Boiled, Veg-DG - SR102476 (1/2 cup serving)	68.37	3.40	0.63	0.60(M)	0.00	200.66	7.61	4.25	2.08(M)	4.40	0.87	46.99	1576.17	56.85	129.26 (M)	1.48(M)
Broccoli, cooked, boiled, drained, without salt - SR106362 (1/2 cup, chopped)	27.30	0.32	0.06	(M)	0.00	31.98	5.60	2.57	1.08	1.86	0.52	31.20	1207.44	50.62	69.61	0.60
Broccoli, Florets, Frozen, 30 lb, USDA - SR101278 (1/2 Cup (8 oz ladle))	26.60	0.00	0.00	0.00	0.00	20.00	4.00	2.00	2.00	1.30	0.00	20.00	65.00	31.80	(M)	(M)
Broccoli, Fresh, Boiled, Veg-DG - SR101974 (1/2 Cup (8 oz ladle))	32.90	0.36	0.04	(M)	0.00	31.93	6.42	2.52	1.65	2.73	0.71	45.48	602.85	86.32	86.41	0.84
Broccoli, frozen, chopped, cooked, boiled, drained, without salt - SR105146 (1 c.)	51.52	0.22	0.03	(M)	0.00	20.24	9.84	5.52	2.71	5.70	1.12	60.72	1860.24	73.78	166.93	1.31
Broccoli, raw - SR105147 (1 cup chopped)	30.94	0.34	0.04	(M)	0.00	30.03	6.04	2.37	1.55	2.57	0.66	42.77	566.93	81.17	81.26	0.79
Brussels sprouts, cooked, boiled, drained, without salt - SR105148 (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
Brussels Sprouts, Frozen, Cooked, Veg-O - SR100579 (1 c.)	65.10	0.61	0.13	(M)	0.00	23.25	12.90	6.36	(M)	5.64	0.74	40.30	1435.30	70.83	134.45	1.41
Bun, 4" Multigrain Kaiser, Nickles, 1854, Non-WG - SR100375 (1 bun)Contains Wheat, Soy, Gluten.	150.00	2.50	0.00	0.00	0.00	260.00	25.00	2.00	3.00	5.00	1.44	50.00	0.00	0.00	(M)	(M)
Bun, Hamburger, Multigrain, 4", Amoroso, Unspec Ma - SR101387 (1 bun)Contains Wheat, Soy.	160.00	1.50	0.00	0.00	0.00	300.00	30.00	3.00	4.00	6.00	1.44	100.00	0.00	0.00	(M)	(M)
Bun, Hot Dog Bun, Whole Wheat, Arnold, 7341013558, - SR104663 (1 bun)	140.00	2.00	0.50	0.00	0.00	270.00	25.00	2.00	5.00	5.00	1.44	60.00	0.00	0.00	(M)	(M)
Bun, MVP Breakfast Baked Bun PLUS, Super Bakery (79g), 6310, Non-WG - SR105557 (1 piece)	290.00	7.00	1.50	0.00	4.00	210.00	44.00	2.00	28.00	6.00	5.40	200.00	2250.00	2.40	(M)	(M)
Bun, Original Super Bun (70g), Super Bakery, 6000, Non-WG - SR102036 (1 ea.)Contains Milk, Egg, Wheat, Soy.	270.00	15.00	4.50	0.00	0.00	150.00	31.00	1.00	9.00	5.00	5.40	150.00	1250.00	18.00	(M)	(M)
Bun, Snack & Smile Honey Bun (78g), Super Bakery, 6012, Non-WG - SR104836 (1 bun)Contains Milk, Egg, Wheat, Soy.	310.00	15.00	5.00	0.00	0.00	190.00	39.00	1.00	14.00	4.00	1.80	100.00	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)
Bun, Super Bun Plus (78g), Super Bakery, 9010, Non-WG - SR105559 (1 piece)	310.00	17.00	5.00	0.00	0.00	170.00	34.00	1.00	10.00	5.00	6.30	150.00	1250.00	21.00	(M)	(M)
Bun, Sweet Harvest Wheat, Hot Dog Buns, 14 oz, W - SR102760 (1 bun)Contains Wheat, Soy.	120.00	2.00	0.00	0.00	0.00	230.00	22.00	2.00	3.00	5.00	1.44	60.00	0.00	0.00	(M)	(M)
Bun, White WG Hamburger Buns, Schwebels, 126, - SR100283 (1 bun)	140.00	2.00	0.00	0.00	0.00	240.00	26.00	3.00	4.00	6.00	1.44	40.00	0.00	0.00	(M)	(M)
Bun, White WG Hoagie - SR100282 (1 bun)Contains Wheat.	160.00	2.00	0.00	0.00	0.00	270.00	29.00	4.00	4.00	7.00	1.44	60.00	0.00	0.00	(M)	(M)
Bun, White WG SM Hamburger Bun, Schwebels, 120, 1. - SR100281 (1 bun)Contains Wheat.	110.00	1.50	0.00	0.00	0.00	180.00	19.00	3.00	3.00	5.00	1.08	40.00	0.00	0.00	(M)	(M)
Bun, White WG, Hot Dog Bun, Schwebels - SR100279 (1 bun) Contains Wheat.	140.00	2.00	0.00	0.00	0.00	240.00	26.00	3.00	4.00	6.00	1.44	40.00	0.00	0.00	(M)	(M)
Bun, Whole Grain GoodyBun (78g), Super Bakery, 6060, WG - SR105571 (1 piece)	240.00	10.00	3.50	0.00	0.00	250.00	34.00	3.00	9.00	5.00	1.80	40.00	0.00	0.00	(M)	(M)
Bun, Whole grain hamburger bun, Schwebels - SR100278 (1 bun)Contains Wheat.	110.00	1.50	0.00	0.00	0.00	210.00	22.00	3.00	4.00	5.00	1.08	40.00	0.00	0.00	(M)	(M)
Bun, Whole Grain Hot Dog Bun - SR100280 (1 bun)Contains Wheat.	110.00	1.50	0.00	0.00	0.00	210.00	22.00	3.00	4.00	5.00	1.08	40.00	0.00	0.00	(M)	(M)
Bun, Whole Wheat Hamburger, Amoroso, Unspec Manf # - SR101393 (1 bun)Contains Wheat, Soy.	130.00	2.50	0.50	0.00	0.00	280.00	23.00	3.00	3.00	6.00	1.44	60.00	0.00	0.00	(M)	(M)
Bun, Whole Wheat Hot Dog, Amoroso, Unspec Manf #, - SR101391 (1 bun)Contains Wheat, Soy.	110.00	2.00	0.50	0.00	0.00	230.00	20.00	3.00	3.00	5.00	1.08	60.00	0.00	0.00	(M)	(M)
Burger, Vegetarian Burger, Kosher, Dr. Praeger's, - SR104356 (1 patty)Contains Egg, Wheat, Soy. Processed in a facility that also processes Milk, Fish.	140.00	4.50	0.49	0.00	0.00	420.00	9.00	3.00	3.00	16.00	1.44	80.00	0.00	0.00	(M)	(M)
Burrito, Breakfast, El Extremeo, Egg Sausage and Cheese, Fernando's Food Service, 17699, MMA, WG - SR105476 (1 burrito)Contains Milk, Wheat, Soy, Gluten.	250.00	12.00	4.00	0.00	80.00	470.00	26.00	1.00	0.00	8.00	1.80	80.00	300.00	6.00	(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)
Burrito, Egg & Cheese Burrito, WG, MMA - SR101595 (1 ea.) Contains Wheat, Gluten.	407.00	18.66	7.75	0.00(M)	384.80	816.80	35.18	4.00	0.37(M)	24.73	3.58	441.60	683.20	0.00	76.15(M)	1.06(M)
Burrito, Egg and Cheese, Non-WG, MMA - SR102701 (1 burrito)Contains Egg, Wheat, Soy, Gluten.	261.25	14.10	6.56	0.00	200.31	760.88	20.01	1.00	0.00(M)	12.06	1.68	622.41	1344.82	0.00	(M)	(M)
Butter Sauce, Mix, 4oz Packs, Butter Buds, 49835 - SR106690 (1 tsp.)Contains Milk.	10.00	0.00	0.00	0.00	0.00	75.00	2.00	(M)	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Butter, 90 Count, Salted, SS Cup, 720/.18 oz., Gl - SR103190 (1 ea.)	100.00	11.00	7.00	0.00	30.00	90.00	0.00	0.00	0.00	0.00	0.00	0.00	400.00	0.00	(M)	(M)
Butter, Block, Unsalted, Glenview Farms, 100285 - SR104892 (1 Tbsp.)	0.04	11.00	8.00	(M)	30.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	399.98	0.00	(M)	(M)
Butter, Butter and Canola Oil Blend, Smart Balance - SR104198 (1 Tbsp.)	100.00	11.00	3.50	0.00	0.00	90.00	0.00	0.00	0.00	0.00	0.00	0.00	500.00	0.00	(M)	(M)
Butter, salted - SR105150 (1 Tbsp.)	101.81	11.52	7.29	(M)	30.53	91.31	0.01	0.00	0.01	0.12	0.00	3.41	354.86	0.00	2.25	0.30
Butter, Spray Buttery Delite Aerosol, 6/14 oz, Rei - SR102794 (1/3 grams)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Butter, Whipped, Salted, Ss Cup Ref, Glenview Farm - SR100794 (1 cup packed)	100.00	11.00	7.00	(M)	30.00	90.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Butter, Whipped, With Salt - SR101602 (1 Tbsp.)	67.40	7.62	4.75	(M)	20.59	61.95	0.01	0.00	0.01	0.08	0.02	2.26	234.91	0.00	1.49	0.20
Butter, without salt - SR105151 (1 Tbsp.)	101.81	11.52	7.29	(M)	30.53	1.56	0.01	0.00	0.01	0.12	0.00	3.41	354.86	0.00	2.55	0.01
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt - SR105152 (1 cup, shredded)	20.40	0.27	0.04	(M)	0.00	57.80	3.03	1.70	(M)	2.65	1.77	158.10	7223.30	44.20	162.44	1.62
Cabbage, chinese (pak-choi), raw - SR105153 (1 cup, shredded)	9.10	0.14	0.02	(M)	0.00	45.50	1.53	0.70	(M)	1.05	0.56	73.50	3127.60	31.50	66.72	0.56
Cabbage, cooked, boiled, drained, without salt - SR105154 (1/2 cup, shredded)	17.25	0.05	0.00	(M)	0.00	6.00	4.13	1.43	(M)	0.95	0.13	36.00	60.00	28.13	69.43	0.44
Cabbage, raw - SR105155 (1 cup, chopped)	22.25	0.09	0.03	(M)	0.00	16.02	5.16	2.23	(M)	1.14	0.42	35.60	87.22	32.57	82.04	0.57
Cabbage, red, cooked, boiled, drained, without salt - SR105156 (1/2 cup, shredded)	21.75	0.07	0.01	(M)	0.00	21.00	5.21	1.95	(M)	1.13	0.50	31.50	24.75	25.80	68.13	0.47
Cabbage, red, raw - SR105157 (1 cup, chopped)	27.59	0.14	0.02	(M)	0.00	24.03	6.56	1.87	(M)	1.27	0.71	40.05	993.24	50.73	80.45	0.57

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)
Calzone, Turkey Pepperoni w/ Wheat Crust, Today's Choice Giorgio Foods Inc 9073, MMA, WGR, Veg-RO - SR107023 (3 pieces)Contains Milk, Wheat, Soy.	340.00	13.00	6.00	0.00	35.00	470.00	34.00	5.00	6.00	24.00	2.70	350.00	400.00	9.00	(M)	(M)
Calzone, Turkey Pepperoni Wheat, Today's Choice Giorgio Foods Inc 9072, MMA, WGR, Veg-RO - SR107022 (1 piece) Contains Milk, Wheat, Soy.	340.00	12.00	6.00	0.00	35.00	470.00	34.00	5.00	6.00	24.00	2.70	350.00	400.00	9.00	(M)	(M)
Calzone, Wheat Cheese, Frozen, Giorgio, 8512, MMA, WG, Veg-O - SR106557 (1 ea.)Contains Milk, Wheat, Soy.	340.00	13.00	7.00	0.00	30.00	390.00	34.00	5.00	6.00	24.00	2.70	350.00	400.00	9.00	(M)	(M)
Calzonette, Cheese w/Wheat Crust, Today's Choice, Giorgio, 9074, MMA, WGR, Veg-RO - SR106901 (3 piece)Contains Milk, Wheat, Soy.	350.00	13.00	7.00	0.00	30.00	390.00	34.00	5.00	6.00	24.00	1.80	350.00	400.00	9.00	(M)	(M)
Canadian Bacon, Sliced, Turkey Ham, Jennie-O Foodservice, 2031, MMA - SR104379 (1 slice)	70.00	3.50	1.00	0.00	30.00	260.00	0.00	0.00	(M)	8.00	0.36	0.00	0.00	1.20	(M)	(M)
Caramel Dip, Naturally Fresh, 278 - SR104049 (2 tsp.) Contains Milk.	100.00	4.00	2.00	0.00	5.00	130.00	15.00	0.00	13.00	0.00	0.00	20.00	0.00	0.00	(M)	(M)
Carrot and Celery Sticks, Veg-RO, Veg-O - SR105387 (2 oz.)	22.54	0.16	0.03	0.00(M)	0.00	57.20	4.99	1.72	2.60	0.63	0.20	27.99	7025.74	3.53	70.67	0.67
Carrot, Matchstick Shredded, 1/8" Fresh, Cross Val - SR100491 (1 c.)	34.89	0.00	0.00	0.00	0.00	69.78	8.14	2.33	5.82	1.16	0.42	23.26	6396.81	6.98	(M)	(M)
Carrots and Celery Sticks (2 sticks) with Ranch Dip, Veg-RO, Veg-O - SR105432 (1 portion) Contains Milk, Egg.	146.10	15.04	2.51	0.00(M)	10.00	245.08	2.36	0.46	0.70	0.17	0.05	7.37	1947.07	0.95	18.67(M)	0.18(M)
Carrots and Celery Sticks (4 sticks) with Ranch Dip, Veg-RO, Veg-O - SR105388 (1 portion) Contains Milk, Egg.	151.59	15.08	2.52	0.00(M)	10.00	259.44	3.56	0.89	1.34	0.32	0.10	14.41	3610.74	1.82	36.38(M)	0.34(M)
Carrots, Baby w/ Dip PPI, Veg-RO - SR106451 (2 oz.)	68.35	0.14	0.02	0.00	0.00	456.55	16.80	4.22	2.84(M)	0.71	1.02	54.91	15636.00	3.00	(M)	(M)
Carrots, Baby w/Dip Bulk, Veg-RO - SR106424 (3 oz.)	31.86	0.11	0.02	0.00	0.00	81.86	7.40	2.56	0.11(M)	0.55	0.79	28.42	12027.49	2.31	(M)	(M)
Carrots, baby-cut, fresh, peeled [100982, A094] - SR105158 (2 oz.)	20.00	0.07	0.01	0.00	0.00	44.00	4.62	1.64	(M)	0.36	0.51	18.00	7818.00	1.50	(M)	(M)
Carrots, Buttered TVASD, Veg-RO - SR104744 (1/2 c.)Contains Soy.	55.16	2.99	1.19	0.00(M)	0.00	215.64	7.01	2.98	0.00(M)	0.53	0.48	32.40	15190.88	2.11	0.00(M)	0.36(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)
Carrots, canned, sliced or crinkle-cut (less than 1 1/2 inches in diameter), drained, no added salt [100309, A100] - SR105159 (1/2 c.)	18.00	0.14	0.03	0.00	0.00	31.00	4.04	1.10	(M)	0.47	0.47	18.00	8154.00	2.00	(M)	(M)
Carrots, Cooked or Roasted, Veg-RO - SR106442 (1/2 c.)	35.70	0.64	0.11	0.00	0.00	55.10	7.45	3.08	0.00(M)	0.54	0.50	33.32	15554.22	2.18	0.00(M)	0.00(M)
Carrots, cooked, boiled, drained, without salt - SR106357 (1 c.)	54.60	0.28	0.05	(M)	0.00	90.48	12.82	4.68	(M)	1.19	0.53	46.80	26571.48	5.62	140.66	1.04
Carrots, frozen, cooked, boiled, drained, without salt - SR106422 (1 cup, sliced)	54.02	0.99	0.18	(M)	0.00	86.14	11.29	4.82	5.96	0.85	0.77	51.10	24714.88	3.36	131.87	1.01
Carrots, Frozen, Steamed, Veg-RO - SR100812 (1/2 cup serving)	77.45	3.71	1.42	0.00(M)	0.00	264.92	10.96	4.68	5.78(M)	0.82	0.75	49.71	24120.44	3.26	128.03 (M)	1.38(M)
Carrots, Maple Carrot Coins, Veg-RO - SR100419 (1/2 cup (1/2 cup ladle))	67.48	0.20	0.04	0.00(M)	0.00	50.67	16.82	1.44	(M)	0.61	0.62	24.38	10666.45	2.62	4.99(M)	0.03(M)
Carrots, raw - SR105160 (1 cup chopped)	52.48	0.31	0.05	0.00	0.00	88.32	12.26	3.58	6.07	1.19	0.38	42.24	21518.08	7.55	113.01	1.24
Carrots, sliced or crinkle-cut, cooked from frozen, without salt [100352, A099] - SR105161 (1/2 c.)	27.00	0.50	0.09	0.00	0.00	43.00	5.64	2.40	(M)	0.42	0.39	26.00	12137.00	1.70	(M)	(M)
Carrots, Sunshine, Raw, Grande Classics, Veg-RO - SR100232 (2/3 Cup (8 oz ladle))	35.00	0.00	0.00	0.00	0.00	60.00	7.00	3.00	4.00	1.00	0.72	20.00	1750.00	2.40	(M)	(M)
Casserole, California Casserole, Veg-S, Veg-O - SR101274 (3/4 Cup (8 oz ladle))Contains Milk.	79.64(M)	3.38(M)	0.83(M)	0.00(M)	0.27(M)	202.49 (M)	10.62(M)	1.82(M)	0.12(M)	1.40(M)	0.24(M)	9.70(M)	600.40 (M)	8.08(M)	0.00(M)	0.00(M)
Casserole, Turkey and Dressing Supreme, MMA, Non-W - SR103209 (1 ea.)Contains Wheat, Soy, Gluten.	189.33	13.22	7.08	0.00(M)	51.98	571.80	22.58	0.23	3.88(M)	12.53	1.90	83.56	297.99	0.59	92.29(M)	0.64(M)
Cauliflower, Frozen, Boiled, Veg-O - SR100813 (1/2 Cup (8 oz ladle))	51.93	3.06	1.30	0.00(M)	0.00	206.80	5.32	3.83	1.49(M)	2.28	0.58	24.19	139.18	44.37	133.25 (M)	1.00(M)
Cauliflower, frozen, cooked, boiled, drained, without salt - SR105164 (1 c.)	34.20	0.40	0.06	(M)	0.00	32.40	6.75	4.86	1.89	2.90	0.74	30.60	18.00	56.34	169.20	0.76
Cauliflower, Raw, Veg-O - SR102329 (1/2 c.)	13.91	0.00	0.00	(M)	0.00	16.05	3.21	1.07	1.07	2.05	0.19	10.70	0.00	25.04	(M)	(M)
Celery, raw - SR105165 (1 cup chopped)	16.16	0.17	0.04	(M)	0.00	80.80	3.00	1.62	1.85	0.70	0.20	40.40	453.49	3.13	96.38	0.76
Cereal Bar, Apple Cinnamon Breakfast Bar, Quaker Foods, WG - SR106039 (1 pkg.)Contains Egg, Wheat, Soy. May contain Tree nuts, Peanuts.	220.00	4.00	1.00	0.00	15.00	200.00	44.00	5.00	22.00	4.00	3.60	200.00	1000.00	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)
Cereal Bar, Apple Cinnamon Cheerios, 1.42oz, General Mills, 311911, WG - SR106024 (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, Breakfast Square, Oatmeal Raisin, Quak - SR102835 (1 pkg.)Contains Egg, Wheat, Soy. May contain Tree nuts, Peanuts.	150.00	2.50	0.50	0.00	10.00	150.00	29.00	3.00	14.00	3.00	3.60	200.00	1000.00	0.00	(M)	(M)
Cereal Bar, Brown Sugar, Quaker Foods, WG - SR106037 (1 pkg.) Contains Egg, Wheat, Soy. May contain Tree nuts, Peanuts.	220.00	4.00	1.00	0.00	15.00	230.00	43.00	5.00	19.00	4.00	3.60	200.00	1000.00	0.00	(M)	(M)
Cereal Bar, Cinnamon Toast Crunch, General Mills, 45576, WG - SR101396 (1 Bar)Contains Wheat.	150.00	3.00	0.50	0.00	0.00	115.00	30.00	3.00	8.00	3.00	1.80	200.00	0.00	0.00	(M)	(M)
Cereal Bar, Cocoa Puffs, General Mills, 45577, WG - SR104913 (1 Bar)Contains Wheat. May contain Soy.	150.00	3.00	0.50	0.00	0.00	110.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Cereal Bar, Fruity Cheerios, 1.42oz, General Mills, 319124, WG - SR106023 (1 Bar)Contains Wheat.	150.00	3.00	0.50	0.00	0.00	105.00	30.00	3.00	3.00	2.00	1.80	200.00	100.00	4.80	(M)	(M)
Cereal Bar, Golden Grahams, 1.42oz, General Mills, 319131, WG - SR106025 (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	200.00	100.00	0.00	(M)	(M)
Cereal Bar, Team Cheerio Strby Whlgrn, General Mil - SR101820 (1 ea.)Contains Wheat.	150.00	3.00	0.50	0.00	0.00	90.00	30.00	3.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Cereal Bar, Trix, General Mills, 31915, WG - SR101821 (1 ea.) Contains Wheat, Soy.	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	1.20	(M)	(M)
Cereal, 25% Less Sugar Cinnamon Toast Crunch Crispy Whole Wheat and Rice Cereal, General Mills, 16000-29444, WG - SR102305 (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, All-Bran Complete Wheat Flakes, Bowl Pack, 0.88 oz./96 ct., Kellogg's, 38000-00696, WG - SR106214 (1 bowl)Contains Wheat.	77.42	0.43	0.00	0.00	0.00	182.38	20.65	4.30	4.30	2.58	0.00	0.00	645.21	51.62	(M)	(M)
Cereal, Apple & Cinnamon Cheerios, Self-Serve Bowl, General Mills, 16000-31879, WG - SR101243 (1 bowl)	110.00	1.50	0.00	0.00	0.00	110.00	23.00	2.00	10.00	2.00	3.60	100.00	500.00	6.00	(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, Apple Jacks Reduced Sugar, Bowl Pack, 1.0 oz./96 ct., Kellogg's, 38000-78787, WG - SR106215 (1 bowl)Contains Wheat. May contain Soy.	110.00	1.00	0.00	0.00	0.00	160.00	24.00	3.00	8.00	2.00	4.00	0.00	400.00	12.00	(M)	(M)
Cereal, Apple Jacks Reduced Sugar, Cereal-In-A-Cup, 1.5 oz./ 60 ct., Kellogg's, 38000-55081, WG - SR100868 (1 Container) Contains Wheat, Soy.	150.00	1.50	1.00	0.00	0.00	240.00	34.00	4.00	11.00	3.00	5.40	0.00	500.00	18.00	(M)	(M)
Cereal, Apple Jacks, Bowl Pack, 0.63 oz./96 ct., Kellogg's, 38000-02996, Non-WG - SR106270 (1 bowl)Contains Wheat, Soy.	70.00	0.50	0.00	0.00	0.00	85.00	16.00	2.00	8.00	0.99	0.54	0.00	15000.00	5.40	(M)	(M)
Cereal, Apple Jacks, Cereal-In-A-Cup, 1.5 oz./ 60 ct., Kellogg's, 38000-08635, Non-WG - SR100929 (1 Container)Contains Wheat, Soy.	160.00	1.50	1.00	0.00	0.00	200.00	37.00	4.00	18.00	2.00	6.30	0.00	750.00	21.00	(M)	(M)
Cereal, Apple Whirls, Dutch Valley/Hospitality, No - SR103218 (1 cup serving) Contains Wheat, Soy, Gluten.	120.00	0.00	0.00	0.00	0.00	150.00	29.00	0.99	16.00	2.00	4.50	100.00	750.00	15.00	(M)	(M)
Cereal, Bowl Pack Variety, WG - SR106421 (1 bowl)Contains Wheat. May contain Tree nuts.	86.92	0.89	0.00	0.00	0.00	122.78	19.45	2.31	5.61	1.79	6.45	214.89	330.06	2.43	(M)	(M)
Cereal, Breakfast For Lunch, MMA, WG, F - SR101244 (1 ea.) Contains Milk. May contain Wheat, Gluten.	343.25	11.46	6.48	0.28	34.77	411.38	48.11	3.40	24.50(M)	13.73	4.32	457.40	815.07	8.60	10.49(M)	1.13(M)
Cereal, Bunch O' Cinnamon Squares, Hospitality, WG - SR103225 (3/4 cup serving) Contains Wheat, Soy, Gluten.	130.00	3.50	0.00	0.00	0.00	210.00	24.00	1.00	10.00	1.00	4.50	100.00	1250.00	6.00	(M)	(M)
Cereal, Cheerios Multigrain Self-Serve Bowl, General Mills, 32263, WG - SR106280 (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, Cheerios Toasted Self-Serve Bowl, WG - SR102291 (1 bowl)	70.00	1.00	0.00	0.00	0.00	110.00	14.00	2.00	1.00	2.00	5.40	60.00	500.00	3.60	(M)	(M)
Cereal, Cheerios Toasted, Self-Serve Bowl, General Mills, 16000 -32262, WG - SR106239 (1 bowl)	100.00	2.00	0.00	0.00	0.00	140.00	20.00	3.00	1.00	3.00	8.10	100.00	500.00	6.00	(M)	(M)
Cereal, Cheerios, Bowlpak Cereal, Ready-To-Eat, Ge - SR100658 (1 pkg.)	103.16	1.47	0.00	0.00	0.00	162.10	20.63	2.95	1.47	2.95	7.96	88.42	736.84	5.30	(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, Frosted, SS Bowl, General Mills - SR101237 (1 bowl)May contain Wheat, Gluten.	100.00	1.00	0.00	0.00	0.00	170.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Cereal, Cheerios, Hospitality, Non-WG - SR104544 (1 c.)	110.00	2.00	0.00	0.00	0.00	280.00	23.00	3.00	1.00	3.00	8.10	100.00	500.00	15.00	(M)	(M)
Cereal, Chex Honey Nut Whole Grain Gluten Free, Self-Serve Bowl, General Mills, 16000-11866, WG - SR102317 (1 Package/Box/Case/Bag)Contains Tree nuts.	120.00	0.50	0.00	0.00	0.00	190.00	27.00	1.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Cereal, Cinnamon Flakes Multigrain Reduced Sugar, 96/1 oz bowlpack, Kellogg's, 38000-78786, WG - SR106271 (1 Container)Contains Wheat. May contain Soy.	100.00	0.00	0.00	0.00	0.00	160.00	24.00	2.00	7.00	2.00	1.44	0.00	37500.00	12.60	(M)	(M)
Cereal, Cinnamon Toast Crunch 25% Less Sugar, Self - SR102050 (1 package 1 package)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, Cinnamon Toast Crunch, WG, SS Bowl, Shelf - SR100884 (1 bowl)Contains Wheat, Soy.	110.00	3.00	0.50	0.00	0.00	160.00	22.00	2.00	8.00	1.00	3.60	80.00	400.00	4.80	(M)	(M)
Cereal, Cocoa Krispies, Bowl Pack, 1.12 oz/96 ct., Kellogg's, 38000-01196, Non-WG - SR106272 (1 Container)	120.00	1.00	0.50	0.00	0.00	135.00	28.00	0.99	12.00	1.00	0.90	400.00	1250.00	9.00	(M)	(M)
Cereal, Cocoa Krispies, Cereal-In-A-Cup, 2.3 oz./ 60 ct., Kellogg's, 38000-19456, Non-WG - SR106360 (1 Container)	250.00	1.50	1.50	0.00	0.00	280.00	57.00	0.99	25.00	3.00	9.00	80.00	2500.00	30.00	(M)	(M)
Cereal, Cocoa Munchees, Dutch Valley/Hospitality, - SR103217 (3/4 cup serving)	120.00	0.00	0.00	0.00	0.00	160.00	27.00	0.00	14.00	1.00	4.50	100.00	750.00	6.00	(M)	(M)
Cereal, Cocoa Puff 25% Less Sugar, Self-Serve Bowl, General Mills, 16000-31888, WG - SR100892 (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	50.00	6.00	(M)	(M)
Cereal, Cold of Choice, WG - SR106794 (1 serv.)May contain Wheat.	101.91	0.73	0.06	0.00	0.00	176.10	22.48	1.45	4.93	1.71	4.98	66.11	653.12	11.81	(M)	(M)
Cereal, Cookie Crisp, WG, SS Bowl, Shelf Stable, G - SR100889 (1 bowl)Contains Wheat.	80.00	1.00	0.00	0.00	0.00	100.00	18.00	1.00	7.00	1.00	3.60	80.00	400.00	4.80	(M)	(M)
Cereal, Corn Flakes, Bowl Pack, 0.75 oz/ 96 ct., Kellogg's, 38000-00196, Non-WG - SR106273 (1 Container)Contains Soy.	80.00	0.00	0.00	0.00	0.00	150.00	18.00	0.99	2.00	2.00	5.40	0.00	300.00	3.60	(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, Corn Flakes, bulk pack, 4 / 26 oz., Kellogg's, Non WG - SR105668 (1 c.)	102.20	0.22	0.06	0.00	0.00	203.00	24.08	0.98	(M)	1.96	8.40	1.93	500.92	6.16	0.84	0.90
Cereal, Corn Flakes, Cereal-In-A-Cup, 1.5 oz.., Kellogg's, KELLCFCIAC, Non-WG - SR106361 (1 Container)Contains Soy.	150.00	0.00	0.00	0.00	0.00	310.00	36.00	1.00	4.00	3.00	12.60	0.00	750.00	9.00	(M)	(M)
Cereal, Corn Flakes, Frosted, Bowl, Malt-O-Meal, 0 - SR103103 (3/4 cup serving)	111.38	0.00	0.00	0.00	0.00	151.88	25.31	1.01	11.14	1.01	4.56	0.00	759.38	15.19	(M)	(M)
Cereal, Corn Flakes, King Gourmet, Non-WG - SR104507 (1 c.)	130.00	0.00	0.00	0.00	0.00	270.00	28.00	0.99	3.00	2.00	9.00	0.00	1250.00	15.00	(M)	(M)
Cereal, Corn Pops, Bowl Pack, 0.75 oz./96 ct., Kellogg's, 38000-07096, Non-WG - SR106274 (1 Container)Contains Wheat, Soy.	80.00	0.00	0.00	0.00	0.00	75.00	19.00	2.00	7.00	1.00	1.08	0.00	300.00	2.40	(M)	(M)
Cereal, Corn Pops, Cereal-In-A-Cup, 1.5 oz./60 ct., Kellogg's, 38000-06356, Non-WG - SR106331 (1 Container)Contains Wheat, Soy.	160.00	0.50	0.00	0.00	0.00	150.00	38.00	4.00	13.00	2.00	1.80	0.00	500.00	6.00	(M)	(M)
Cereal, Country Corn Flakes, Self-Serve Bowl, General Mills, 16000-11968, WG - SR106282 (1 bowl)May contain Wheat.	70.00	0.50	0.00	0.00	0.00	170.00	16.00	1.00	2.00	1.00	4.50	150.00	400.00	3.60	(M)	(M)
Cereal, Cream of Wheat, Quaker, WG - SR102264 (1/4 c.)Contains Wheat.	150.00	0.50	0.00	(M)	(M)	33.00	1.00	1.00	(M)	5.00	12.60	(M)	(M)	(M)	(M)	(M)
Cereal, Crispy Rice, Non-WG - SR104167 (1 1/4 c.)	130.00	0.00	0.00	0.00	0.00	300.00	29.00	0.00	3.00	2.00	9.00	0.00	500.00	6.00	(M)	(M)
Cereal, Froot Loops Reduced Sugar, Cereal-In-A-Cup, 1.34 oz./60 ct., Kellogg's, 38000-55083, WG - SR106332 (1 Container)Contains Wheat, Soy.	140.00	1.50	0.50	0.00	0.00	220.00	33.00	4.00	11.00	3.00	4.50	0.00	500.00	15.00	(M)	(M)
Cereal, Froot Loops, Cereal-In-A-Cup, 1.5 oz./60 ct., Kellogg's, 38000-06353, Non-WG - SR106364 (1 Container)Contains Wheat, Soy.	160.00	1.50	1.00	0.00	0.00	200.00	37.00	4.00	18.00	2.00	6.30	0.00	750.00	21.00	(M)	(M)
Cereal, Frosted Corn Flakes, Self-Serve Bowl, General Mills, 16000-11768, WG - SR102504 (1 pkg.)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)

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, Frosted Flakes Multigrain Reduced Sugar, 96/1oz, Bowl Pack, Kellogg's, WG - SR106276 (1 bowl)Contains Wheat. May contain Soy.	100.00	0.00	0.00	0.00	0.00	160.00	24.00	2.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Cereal, Frosted Flakes, Cereal-In-A-Cup, 2.1 oz./60 ct., Kellogg's, 38000-06357, Non-WG - SR106365 (1 Container)Contains Soy.	220.00	0.00	0.00	0.00	0.00	290.00	53.00	1.00	21.00	3.00	9.00	0.00	1000.00	12.00	(M)	(M)
Cereal, Frosted Mini-Wheats Bite Size, Bowl Pack, 1.0 oz./96ct. Kellogg's, 38000-04996, WG - SR106304 (1 Container)Contains Wheat.	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Cereal, Frosted Mini-Wheats Bite Size, Cereal-In-A-Cup, 2.5 oz., Kellogg's, 38000-42798, Non-WG - SR106333 (1 Container) Contains Wheat.	250.00	1.00	0.00	0.00	0.00	0.00	60.00	8.00	14.00	7.00	18.00	0.00	0.00	0.00	(M)	(M)
Cereal, Frosted Mini-Wheats Little Bites Chocolate, Bowl Pack, 1.0 oz./ 96 ct., Kellogg's, 38000-45861, WG - SR106305 (1 Container)Contains Wheat, Soy.	100.00	1.00	0.00	0.00	0.00	105.00	23.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Cereal, Frosted Mini-Wheats Little Bites Cinnamon, Bowl Pack, 1.0 oz./ 96 ct., Kellogg's, 38000-59182, WG - SR106306 (1 Container)Contains Wheat.	100.00	0.50	0.00	0.00	0.00	0.00	23.00	3.00	6.00	2.00	8.10	0.00	0.00	0.00	(M)	(M)
Cereal, Frosted Mini-Wheats Little Bites, Chocolate, Bowl Pack, 96/1.0 oz., Kelloggs, WG - SR106244 (1 pkg.)	99.40	0.95	0.42	0.00	0.00	104.16	22.93	3.05	(M)	2.52	8.26	0.00	0.00	0.00	1.68	0.00
Cereal, Fruity Cheerios, Single Bowl, General Mill - SR101338 (1 bowl (3/4 cup) (1 NLEA serving))	90.00	1.00	0.00	0.00	0.00	120.00	20.00	1.00	8.00	1.00	3.60	80.00	400.00	12.00	(M)	(M)
Cereal, Golden Grahams, Self Serve Bowl, General - SR100543 (1 bowl)Contains Wheat.	110.00	0.00	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)
Cereal, Grand-Ola, Schlabach Amish Bakery, WG - SR104401 (2/3 c.)	255.00	11.00	7.00	0.00	20.00	240.00	35.00	4.00	14.00	5.00	1.44	30.00	300.00	0.00	(M)	(M)
Cereal, Honey Nut Cheerios, Self-Serve Bowl, General MIlls, 16000-11918, WG - SR100820 (1 pkg.)May contain Wheat.	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)
Cereal, Honey Nut Toasted Oats, Dutch Valley/Hospi - SR103220 (3/4 cup (1/2 cup ladle))	120.00	1.50	0.00	0.00	0.00	160.00	25.00	1.00	11.00	2.00	4.50	100.00	750.00	6.00	(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, Honey Sunshine, Kashi, Bowl Pack, 1.0 oz./96ct., Kellogg's, 18627-49917, WG - SR106242 (1 bowl)Contains Wheat, Soy.	90.00	1.00	0.00	0.00	0.00	125.00	24.00	5.00	5.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Cereal, Hot Grits, Non-WG - SR106797 (1/2 c.)	107.33	1.56	0.27	0.17(M)	0.00	61.72	20.69	1.09	0.00(M)	2.40	0.79	4.57	40.60	0.00	113.83 (M)	0.26(M)
Cereal, Hot, Cream of Wheat, WG - SR103149 (1 Cup (Prepared)) Contains Wheat.	157.05	0.38	0.00	0.00(M)	0.00(M)	31.92	12.56	0.75	11.81(M)	3.76	9.47	7.11(M)	0.00(M)	0.00(M)	236.76 (M)	0.24(M)
Cereal, Hot, Oatmeal and Cream of Wheat, WG - SR101922 (3/4 cup serving)	90.10(M)	1.48(M)	0.25(M)	0.00(M)	0.00(M)	221.70 (M)	17.49(M)	1.97(M)	4.68(M)	2.46(M)	0.89(M)	7.17(M)	0.00(M)	0.00(M)	232.93 (M)	0.79(M)
Cereal, Hot, Oatmeal, 1/2 Cup Serving, WG - SR101928 (1/2 cup serving)	79.50	1.59	0.27	0.00(M)	0.00	143.30	14.31	2.12	0.53(M)	2.65	0.96	3.86	0.00	0.00	125.48 (M)	0.49(M)
Cereal, Instant Oatmeal, Cinnamon and Spice, Quake - SR103070 (1 packet)	170.00	2.00	0.00	0.00	0.00	246.00	35.00	3.00	16.00	4.00	3.96	110.00	1100.00	0.00	(M)	(M)
Cereal, Instant Oatmeal, Regular, Quaker, WG - SR103068 (1 packet)May contain Wheat.	110.00	2.00	0.00	0.00	0.00	100.00	19.00	2.00	0.00	4.00	4.50	60.00	0.00	0.00	(M)	(M)
Cereal, KASHI Berry Blossom, 96/1oz bowl, Kelloggs's, WG - SR105554 (3/4 c.)	98.70	0.90	0.12	0.00	0.00	126.90	25.47	5.64	(M)	2.25	1.02	12.30	25.20	1.80	0.63	0.75
Cereal, Kashi Berry Blossoms, Bowl Pack, 1.0 oz./96 ct., Kellogg's, 18627-78794, WG - SR106218 (1 bowl)Contains Wheat, Soy.	90.00	1.00	0.00	0.00	0.00	115.00	23.00	5.00	7.00	2.00	0.72	20.00	0.00	1.20	(M)	(M)
Cereal, Kashi GoLean Crunch, cereal-in-a-cup, 2.3 oz., Kelloggs, WG - SR105652 (1 pkg.)	242.45	3.71	0.30	0.00	0.00	123.50	44.85	10.40	(M)	11.89	2.08	63.05	11.70	0.00	1.95	2.60
Cereal, Kashi Heart to Heart Honey Oat Cereal, Bowl Pack, 1.0 oz./96 ct., Kellogg's, 18627-52432, WG - SR100911 (1 Container)Contains Wheat.	100.00	1.50	0.00	0.00	0.00	75.00	22.00	4.00	4.00	3.00	0.36	0.00	1000.00	24.00	(M)	(M)
Cereal, Kashi Heart to Heart Honey Oat, 96/1.0 oz, Bowl Pack, Kellogs, WG - SR105563 (1 oz.)	9979.20	150.25	25.52	0.00	0.00	7257.60	2197.13	428.08	(M)	292.00	155.93	1202.04	107389.80	2579.85	(M)	(M)
Cereal, Kix Honey SS Bowl, General Mills, 34886, W - SR102569 (1 bowl)	70.00	0.50	0.00	0.00	0.00	110.00	16.00	2.00	4.00	1.00	4.50	80.00	300.00	3.60	1.70	3.80
Cereal, Kix, Berry, SS Bowl, General Mills, Inc, 1 - SR101241 (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)

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, Kix, Bowlpak Cereal, Ready-To-Eat, General - SR100652 (3/4 c.)	60.00	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, Low Fat Granola with Raisins, Cereal-In-A-Cup, 2.25 oz./60 ct., Kellogg's, KELLFGCIAC, WG - SR106337 (1 Container)Contains Milk, Tree nuts, Wheat.	240.00	3.50	0.50	0.00	0.00	160.00	50.00	5.00	18.00	6.00	1.80	20.00	750.00	1.20	(M)	(M)
Cereal, Lucky Charms, Self-Serve Bowl, General Mills, 16000-31917, WG - SR100887 (1 bowl)	110.00	1.00	0.00	0.00	0.00	180.00	23.00	2.00	10.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Cereal, Mini-Wheats Little Bites, Cinnamon, Kellogg's, 96/1 oz, WG - SR105617 (1 oz.)	101.25	0.51	0.00	0.00	0.00	0.00	23.29	3.04	6.08	2.02	8.20	0.00	0.00	0.00	(M)	(M)
Cereal, Oatmeal Old Fashioned, WG - SR101782 (1/2 c.)	150.00	2.50	0.50	0.00	0.00	0.00	27.00	4.00	1.00	5.00	1.80	0.00	0.00	0.00	(M)	(M)
Cereal, Oatmeal, Apple Baked, Instant, Express Cup - SR102753 (1 packet)	200.00	2.50	0.50	0.00	0.00	320.00	42.00	4.00	19.00	4.00	3.60	100.00	1000.00	0.00	(M)	(M)
Cereal, Oatmeal, CCIU, WG - SR106468 (6 oz.)	211.13	2.65	0.43	0.00(M)	0.00	10.11	39.55	4.72	10.49(M)	6.91	1.91	37.84	1.10	0.01	158.35 (M)	0.22(M)
Cereal, Oatmeal, WG - SR103741 (1/2 cup (1/2 cup ladle))	78.70	1.50	0.25	0.00(M)	0.00	3.76	14.13	2.00	1.05(M)	2.50	0.91	4.09	0.00	0.00	118.67 (M)	0.12(M)
Cereal, Oats Quick Hot, 12/42 oz. Quaker Foods, 43 - SR101842 (1/2 cup serving)	150.00	3.00	0.50	0.00	0.00	0.00	27.00	4.00	1.00	5.00	1.80	0.00	0.00	0.00	(M)	(M)
Cereal, Raisin Bran Crunch, Cereal-In-A-Cup, 2.8 oz./ 60 ct., Kellogg's, 38000-12163, WG - SR106366 (1 Container)Contains Wheat.	280.00	1.50	0.00	0.00	0.00	280.00	68.00	6.00	29.00	5.00	8.10	20.00	1000.00	1.20	(M)	(M)
Cereal, Raisin Bran, Bowl Pack, 1.25 oz./96 ct., Kellogg's, 38000-00896, WG - SR106307 (1 Container)Contains Wheat.	110.00	0.50	0.00	0.00	0.00	125.00	27.00	4.00	10.00	3.00	2.70	0.00	300.00	0.00	(M)	(M)
Cereal, Raisin Bran, Bulk Pack, 56 oz./4 ct., Kellogg's, 38000-00891, WG - SR106341 (1 c.) Contains Wheat.	190.00	1.00	0.00	0.00	0.00	210.00	46.00	7.00	18.00	5.00	5.00	20.00	500.00	0.00	(M)	(M)
Cereal, Raisin Bran, Hospitality, WG - SR104523 (1 serv.)	132.89	0.63	0.00	0.00	0.00	221.48	28.48	4.43	11.39	3.16	2.85	25.31	474.61	3.80	(M)	(M)
Cereal, Ready-To-Eat, Cocoa Puff, Reduced Sugar, G - SR102053 (1 package 1 package)	90.00	1.00	0.00	0.00	0.00	125.00	20.00	1.00	6.00	1.00	3.60	80.00	400.00	4.80	(M)	(M)
Cereal, Ready-To-Eat, Granola, Cinnamon, Malt-O-Me - SR100843 (3/4 Cup (8 oz ladle))	220.00	4.50	0.50	0.00	0.00	30.00	43.00	3.00	15.00	5.00	1.44	20.00	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)
Cereal, Reese's Puff, Self-Serve Bowl, General Mills, 16000-31919, WG - SR100824 (1 ea.) Contains Peanuts. May contain Wheat.	120.00	3.00	0.50	0.00	0.00	160.00	21.00	1.00	10.00	2.00	3.60	80.00	400.00	4.80	(M)	(M)
Cereal, Rice Chex, Self-Serve Bowl, General Mills, 16000-31921, WG - SR106279 (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 A Toasted Crisp Rice Cereal - SR102299 (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)
Cereal, Rice Krispies made with Whole Grain Brown Rice, Bowl Pack, 1.0 oz./96 ct., Kellogg's, 38000-78789, Non-WG - SR106309 (1 Container)	100.00	0.50	0.00	0.00	0.00	170.00	23.00	0.99	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cereal, Rice Krispies, Bowl Pack, 0.63 oz./96 ct., Kellogg's, 38000-00596, Non-WG - SR106308 (1 Container)	70.00	0.00	0.00	0.00	0.00	100.00	16.00	0.00	2.00	1.00	4.50	0.00	500.00	6.00	(M)	(M)
Cereal, Rice Krispies, Cereal-In-A-Cup, 1.3 oz./60 ct., Kellogg's, 38000-08636, Non-WG - SR106334 (1 Container)	140.00	0.00	0.00	0.00	0.00	210.00	33.00	0.00	4.00	2.00	9.00	0.00	1250.00	15.00	(M)	(M)
Cereal, Scooby Doo!, Bowl Pack, 1.0 oz./96ct., Kellogg's, 38000-79044, WG - SR106312 (1 Container)Contains Wheat.	110.00	1.00	0.00	0.00	0.00	95.00	24.00	3.00	5.00	2.00	1.80	0.00	400.00	12.00	(M)	(M)
Cereal, Smart Start Antioxidant, Cereal-In-A-Cup, 2.7 oz./ 60 ct., Kellogg's, 38000-17047, WG - SR106368 (1 Container)Contains Wheat, Soy.	280.00	1.00	0.00	0.00	0.00	320.00	66.00	4.00	22.00	5.00	27.00	20.00	1750.00	21.00	(M)	(M)
Cereal, Special K Fruit & Yogurt, Cereal-In-A-Cup, 2.7 oz., Kellogg's, Non-WG - SR106370 (1 Container)Contains Milk, Wheat, Soy.	280.00	2.00	1.00	0.00	0.00	340.00	65.00	6.00	24.00	5.00	19.80	20.00	1750.00	48.00	(M)	(M)
Cereal, Special K Red Berries, Cereal-In-A-Cup, 2.5 oz., Kellogg's, Non-WG - SR106371 (1 Container)Contains Wheat.	250.00	1.00	0.00	0.00	0.00	440.00	61.00	6.00	21.00	4.00	18.00	0.00	1500.00	80.00	(M)	(M)
Cereal, Special K, Cereal-In-A-Cup, 1.25 oz./ 60 ct., Kellogg's, 38000-06355, Non-WG - SR106369 (1 Container)Contains Milk, Wheat.	140.00	0.50	0.00	0.00	0.00	260.00	26.00	0.00	4.00	7.00	9.00	0.00	750.00	24.00	(M)	(M)
Cereal, Sugar Frosted Flakes, Dutch Valley/Hospita - SR103214 (3/4 cup serving)	120.00	0.00	0.00	0.00	0.00	200.00	28.00	0.99	13.00	1.00	4.50	0.00	750.00	15.00	(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, Toasted Oats, Dutch Valley/Hospitality, WG - SR103216 (1 cup serving)	110.00	2.00	0.00	0.00	0.00	280.00	23.00	3.00	1.00	3.00	8.10	100.00	500.00	15.00	(M)	(M)
Cereal, Toasty O's, Bowl, Malt-O-Meal, 00394, 1 oz - SR103146 (1 cup serving)	120.00	2.00	0.00	0.00	0.00	140.00	22.00	3.00	1.00	4.00	14.40	100.00	500.00	6.00	(M)	(M)
Cereal, Total Raisin Bran, Self-Serve Bowl, General Mills, 16000 -12392, WG - SR100521 (1 pkg.)Contains Wheat. May contain Tree nuts.	100.00	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)
Cereal, Trix, 25% Less Sugar, General Mills, 16000-31922, WG - SR100524 (1 bowl)	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	4.50	80.00	400.00	4.80	(M)	(M)
Cereal, Trix, Self-Serve Bowl, General Mills, 16000-31923, WG - SR106281 (1 bowl)	110.00	1.00	0.00	0.00	0.00	160.00	24.00	1.00	9.00	1.00	3.60	80.00	400.00	4.80	(M)	(M)
Cereal, Wheaties Self-Serve Bowl, WG - SR102303 (1 bowl) Contains Tree nuts, Wheat.	80.00	0.50	0.00	0.00	0.00	170.00	19.00	2.00	4.00	2.00	7.20	0.00	400.00	4.80	(M)	(M)
Cereal, Whole Grain Total Crunchy Whole Wheat - SR102308 (1 bowl)Contains Milk, Tree nuts, Wheat.	70.00	0.50	0.00	0.00	0.00	150.00	17.00	2.00	4.00	2.00	12.60	700.00	300.00	42.00	(M)	(M)
Cereals CRUNCHY NUT Roasted Nut and Honey O's, Bulk, Kellogg's, Non WG - SR105671 (3/4 c.)	100.17	1.16	0.16	0.00	0.00	125.28	22.71	1.89	(M)	1.57	4.51	8.37	500.04	5.94	0.81	1.11
Cereals ready-to-eat, GENERAL MILLS, 25% Less Suga - SR104692 (3/4 c.)	78.96	1.16	0.15	0.02	0.00	107.52	17.62	1.62	(M)	1.09	3.59	80.01	300.09	3.59	0.42	0.74
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS - SR105363 (1 c.)	103.88	1.88	0.38	0.01	0.00	161.28	20.50	2.63	(M)	3.38	9.29	112.28	923.72	6.05	1.44	0.79
Cereals ready-to-eat, GENERAL MILLS, Cocoa Puffs, - SR104693 (3/4 c.)	91.68	1.20	0.17	0.02	0.00	125.04	19.99	1.39	(M)	1.49	3.60	79.92	400.08	4.80	0.43	0.89
Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS - SR105367 (3/4 c.)	105.28	1.32	0.28	0.00	0.00	152.04	22.37	2.02	(M)	2.46	4.51	99.96	500.08	5.99	0.62	1.20
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain - SR105369 (1 serv.)	78.54	0.93	0.17	0.00	0.00	105.21	16.32	1.39	4.08	2.10	6.16	73.71	8.40	0.00	0.90	0.75
Cereals, Corn Grits, White, Regular and Quick, Enr - SR104325 (1 oz.)	104.89	0.50	0.10	(M)	0.00	0.28	22.42	1.30	(M)	2.17	0.87	1.13	0.85	0.00	3.10	0.17
Cereals, corn grits, white, regular and quick, enr - SR104682 (1 c.)	181.76	1.18	0.17	(M)	0.00	5.12	37.79	2.05	(M)	4.38	1.46	2.56	0.00	0.00	212.30	0.38

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, Granola, Rolled Oats, Brown Sugar, Apple - SR103239 (1/4 c.)	129.00	2.49	0.39	(M)	0.00	49.00	24.85	2.00	(M)	2.89	1.04	17.00	1.00	0.30	(M)	(M)
Cereals, oats, instant, fortified, plain, prepared with water - SR105166 (1 cup, cooked)	159.12	3.18	0.52	0.01	0.00	114.66	27.31	3.98	(M)	5.55	13.95	187.20	1013.22	0.00	196.63	1.31
Cereals, QUAKER, Instant Oatmeal, apples and cinna - SR103771 (1 packet)	127.75	1.67	0.31	(M)	0.00	158.55	26.59	2.94	(M)	3.13	3.85	105.00	1327.55	(M)	2.45	1.16
Cereals, QUAKER, Instant Oatmeal, maple and brown - SR103050 (1 packet)	156.95	2.31	0.43	(M)	0.00	257.57	31.51	3.10	(M)	4.27	3.85	105.78	1000.18	0.00	3.24	1.69
Cereals, Ready-To-Eat, Lucky Charms, General Mills - SR100522 (1 pkg.)	100.00	1.00	0.00	0.00	0.00	170.00	21.00	1.00	10.00	2.00	3.60	100.00	500.00	6.00	(M)	(M)
Cereals, Ready-To-Eat, Rice Crunchins, General Mil - SR100553 (3/4 c.)	79.15	0.42	0.25	0.00	0.00	51.91	17.18	0.46	1.89	1.47	1.26	14.43	699.99	8.40	(M)	(M)
Cereals, Ready-To-Eat; Bowlpak cereal trix(r); as purchased - SR105933 (1 pkg.)	80.00	1.00	0.00	(M)	0.00	140.00	19.00	0.00	(M)	1.00	2.70	60.00	300.00	3.60	(M)	(M)
Cereals, Ready-To-Eat; Bulkpak Cereal,100% natural granola, Nature Valley, General Mills, WG - SR104991 (3/4 c.)	240.00	9.00	1.00	(M)	0.00	85.00	38.00	3.00	(M)	5.00	3.26	31.18	0.00	0.00	(M)	(M)
Cereals, Ready-To-Eat; Cinnamon Toast Crunch, Redu - SR100525 (1 pkg.)	107.38	2.69	0.53	0.03	0.00	200.68	21.76	3.08	5.99	1.40	3.61	200.00	400.00	4.80	(M)	(M)
Chalupa, Bean and Cheese Taco Boat, Integrated Foo - SR100170 (1 chalupa)Contains Milk, Wheat.	233.20	8.91	2.08	0.00	14.51	676.98	30.94	3.17	0.13	13.43	1.48	251.82	389.50	0.29	(M)	(M)
Chalupa, Beef Taco Boat, Integrated Food Service, - SR100171 (1 chalupa)Contains Wheat, Soy.	299.00	19.29	7.04	0.00	49.90	296.03	14.79	0.28	0.00	19.30	1.29	295.55	332.21	1.33	(M)	(M)
Cheesburgers, Mini Twin Cheeseburgers on Whole Grain Bun, AdvancePierre Foods, 1151, MMA, WG - SR106607 (2 ea.) Contains Milk, Wheat, Soy.	390.00	16.00	7.00	0.00	50.00	870.00	41.00	4.00	9.00	20.00	3.60	150.00	500.00	126.00	(M)	(M)
Cheese Stick, 1.0 oz, Mozzarella, String Cheese, Land O Lakes, 59701, MMA - SR101516 (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 Stick, Breaded Mozzarella .84oz Reduced Sod - SR100695 (5 pieces)	370.00	21.00	8.00	0.00	30.00	530.00	29.00	1.00	1.00	19.00	1.44	400.00	400.00	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)
Cheese Stick, Breaded Mozzarella, Farm Rich, 65216 - SR104619 (5 sticks)	440.00	21.00	8.00	0.00	30.00	740.00	33.00	4.00	1.00	19.00	1.80	400.00	400.00	0.00	(M)	(M)
Cheese Sticks, Mozzarella Sticks with Roll, MMA, N - SR100333 (169 grams)Contains Wheat, Soy.	479.84	21.29	7.35	0.00	27.55	706.79	52.64	3.92	2.92	22.45	2.76	407.39	367.39	0.00	(M)	(M)
Cheese Sticks, Mozzarella, Frozen, Giorgio Foods, 1420, MMA, WG - SR101499 (6 sticks) Contains Milk, Wheat, Soy, Gluten.	460.00	29.00	10.00	0.00	30.00	490.00	31.00	3.00	1.00	19.00	1.80	450.00	300.00	0.00	(M)	(M)
Cheese Stuffed Breadsticks and Sauce, MMA, WG, Veg - SR103976 (1 serv.)Contains Milk, Wheat, Soy.	379.92	12.00	4.00	0.00(M)	10.00	1239.79	47.99	7.00	12.00	17.00	3.24	319.92	949.94	9.00	(M)	(M)
Cheese, American Loaf Pepper Jack, Bongards' Crea - SR101039 (28 grams)	110.00	9.00	6.00	0.00	25.00	390.00	2.00	0.00	0.00	5.00	8.00	0.00	10.00	0.00	(M)	(M)
Cheese, American Loaf White, Bongards' Creameries - SR101037 (1 oz.)May contain Milk.	100.00	9.00	5.00	0.00	25.00	450.00	1.00	0.00	(M)	5.00	0.00	535.71	1071.43	0.00	(M)	(M)
Cheese, American Loaf Yellow, Bongards' Creamerie - SR101035 (1 oz.)	100.00	9.00	5.00	0.00	25.00	450.00	1.00	0.00	(M)	5.00	0.00	535.71	1071.43	0.00	(M)	(M)
Cheese, 100% Natural String Cheese, Frigo Cheese H - SR100865 (1 piece)Contains Milk.	80.00	6.00	3.50	0.00	15.00	200.00	0.99	0.00	0.00	6.00	0.00	200.00	200.00	0.00	(M)	(M)
Cheese, 25% Reduced Fat Sliced Mild Cheddar Cheese, 1.0 oz, Land O'Lakes, 44224, MMA - SR106627 (1 slice)Contains Milk.	45.00	3.50	2.25	0.00	10.00	95.00	0.00	0.00	0.00	3.50	(M)	(M)	(M)	(M)	(M)	(M)
Cheese, 25% Reduced Fat Sliced Provolone Cheese, W - SR104259 (1 slice)Contains Milk.	60.00	4.50	3.00	0.00	10.00	130.00	0.00	0.00	0.00	6.00	0.00	150.00	200.00	0.00	(M)	(M)
Cheese, 25% Reduced Fat Sliced Swiss Cheese, Alpin - SR104258 (1 slice)Contains Milk.	70.00	4.50	3.00	0.00	15.00	90.00	1.00	0.00	1.00	6.00	0.00	200.00	200.00	0.00	(M)	(M)
Cheese, 50/50 Cheddar and Jack Cheese Blend, Fancy - SR101708 (1/4 cup serving)Contains Milk.	108.64	8.89	4.94	0.00	29.63	177.78	0.98	0.00	0.00	6.91	0.00	197.53	296.30	0.00	(M)	(M)
Cheese, American Cheese, 50% Reduced Sodium, 50% R - SR101023 (2 oz.)	162.00	12.15	7.09	0.00	30.38	465.75	4.05	0.00	2.02	14.18	0.00	405.00	405.00	0.00	(M)	(M)
Cheese, American Cheese, Pasteurized Processed, Re - SR101332 (2 slice cheese) Contains Milk, Soy.	110.00	9.00	5.00	0.00	25.00	240.00	1.00	0.00	1.00	6.00	0.00	150.00	300.00	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)
Cheese, American Cheese, Pepper Jack, Slice, Bonga - SR101032 (1 slice cheese)	70.00	6.00	3.50	0.00	15.00	280.00	1.00	0.00	1.00	3.00	0.00	10.00	4.00	0.00	(M)	(M)
Cheese, American Cheese, Reduced Fat, 160 Slices, - SR101029 (2 oz.)	162.00	9.11	6.08	0.00	30.38	891.00	4.05	0.00	4.05	12.15	0.00	303.75	405.00	0.00	(M)	(M)
Cheese, American Cheese, Sliced, 72 Slice, MMA - SR101282 (1 slice cheese)Contains Milk, Soy.	70.00	6.00	3.50	0.00	15.00	240.00	0.99	0.00	0.00	4.00	0.00	100.00	200.00	0.00	(M)	(M)
Cheese, American Cheese, Yellow, Slices, Haolam, MMA - SR105360 (1 slice)Contains Milk, Soy.	70.00	6.00	2.50	0.00	15.00	270.00	0.99	0.00	0.00	4.00	0.00	100.00	200.00	0.00	(M)	(M)
Cheese, American Reduced Fat/Sodium Slice, Bongard - SR100477 (1 slice cheese) Contains Milk.	80.00	6.00	3.50	0.00	15.00	230.00	2.00	0.00	1.00	7.00	0.00	200.00	200.00	0.00	(M)	(M)
Cheese, American Reduced Sodium, Bongards, 20314, - SR101098 (1 1 oz Cheese = 1 MMA)	111.38	9.11	5.06	0.00	25.31	273.38	2.02	0.00	2.02	6.08	0.00	151.88	303.75	0.00	(M)	(M)
Cheese, American Sliced 160 Count Reduced Fat & So - SR101902 (1 ounces)Contains Milk.	70.00	4.00	2.50	0.00	15.00	310.00	2.00	0.00	2.00	6.00	0.00	150.00	300.00	0.00	(M)	(M)
Cheese, American Yellow Shredded, Bongards' Creame - SR101110 (1 ounces)	110.00	9.00	6.00	0.00	25.00	350.00	0.00	0.00	0.00	6.00	0.00	150.00	400.00	0.00	(M)	(M)
Cheese, American, 160 Slice Yellow Reduced Sodium Reduced Fat Pasteu - SR102644 (1 oz.)	70.00	4.00	2.50	0.00	15.00	310.00	2.00	0.00	(M)	7.00	0.00	714.29	1071.43	0.00	13.80	1.40
Cheese, American, Light, 160 Slice, Schreiber, 058 - SR103081 (2 slices)Contains Milk.	69.14	3.95	2.47	0.00	9.88	385.19	2.96	0.00	1.98	5.93	0.00	148.15	296.30	0.00	(M)	(M)
Cheese, American, pasteurized, process, white, sliced, without disodium phosphate [100019, B066] - SR105167 (1 oz.)	107.33	8.71	5.06	0.00	25.31	296.66	1.31	0.00	(M)	5.67	0.18	296.66	320.96	0.00	(M)	(M)
Cheese, American, Reduced Fat/ Sodium Pasteurized Process American Cheese, Bongrards Creameries, MMA - SR103520 (2 slices,each)Contains Milk.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cheese, American, Slice White American Cheese, Land O'Lakes Foodservice, 46219, MMA - SR101444 (2 slices)Contains Milk, Soy.	100.00	8.00	5.00	0.00	20.00	470.00	2.00	0.00	1.00	5.00	0.00	170.00	300.00	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)
Cheese, American, Sliced - SR100367 (1 slice, medium) Contains Milk.	70.00	4.00	3.00	0.00	20.00	210.00	2.00	0.00	2.00	7.00	0.00	220.00	300.00	0.00	(M)	(M)
Cheese, American, White American Cheese, 160 Slice, Bongards' Creameries, 10050, MMA - SR101022 (1 oz.)	110.00	9.00	5.00	0.00	25.00	400.00	2.00	0.00	1.00	5.00	0.00	150.00	300.00	0.00	(M)	(M)
Cheese, American, Yellow, 160 slice, Schreiber, 09 - SR102298 (1 Ounce serving)	100.00	9.00	5.00	0.00	25.00	510.00	1.00	0.00	0.00	5.00	0.00	150.00	300.00	0.00	(M)	(M)
Cheese, American, Yellow, Pasteurized Process, 160 - SR100388 (2 ea.)Contains Milk.	100.00	9.00	5.00	0.00	20.00	450.00	1.00	0.00	1.00	5.00	0.00	190.00	300.00	0.00	(M)	(M)
Cheese, American, yellow, pasteurized, process, sliced, without di sodium phosphate [100018, B065] - SR105045 (1 oz.)	106.00	8.86	5.58	0.00	27.00	422.00	0.45	0.00	(M)	6.28	0.05	156.00	272.00	0.00	(M)	(M)
Cheese, American/Yellow Slice, 160 Count, Bongards - SR101112 (1 ounces)	110.00	9.00	5.00	0.00	25.00	400.00	2.00	0.00	1.00	5.00	0.00	150.00	300.00	0.00	(M)	(M)
Cheese, American; Swiss Slice, 160 Count, as purch - SR101011 (2 piece)	100.00	8.00	5.00	(M)	25.00	460.00	1.00	0.00	(M)	6.00	0.10	176.00	290.00	0.00	11.29	1.18
Cheese, Better for You Mozzarella Cheese Stick, Fr - SR100405 (6 stick.)Contains Milk, Wheat.	320.01	12.00	3.50	0.00	15.00	620.02	37.00	4.00	2.00	20.00	1.49	387.01	585.02	0.72	(M)	(M)
Cheese, blend, American & skim milk, white, sliced - SR101988 (1 oz.)	75.94	4.56	2.53	0.00	15.19	293.62	2.02	0.00	(M)	6.08	0.18	290.59	91.13	0.00	(M)	(M)
Cheese, blend, American & skim milk, yellow, slice - SR101991 (1 oz.)	75.94	4.56	2.53	0.00	15.19	293.62	2.02	0.00	(M)	6.08	0.18	290.59	91.13	0.00	(M)	(M)
Cheese, Cheddar Chees Cup, 3 oz, Bongards' Creamer - SR101040 (1 ea.)	70.00	6.00	4.00	0.00	20.00	260.00	0.00	0.00	0.00	3.00	0.00	150.00	750.00	0.00	(M)	(M)
Cheese, Cheddar Cheese Sauce Pouch, MMA - SR101446 (3 ounces)Contains Milk, Soy.	130.00	9.00	6.00	0.00	30.00	550.00	4.00	0.00	0.00	8.00	0.00	0.00	0.00	0.00	(M)	(M)
Cheese, Cheddar Mild Shred Vacuum-Pack Yellow Ref - SR101862 (1 ounces)Contains Milk.	110.00	9.00	6.00	0.00	30.00	210.00	1.00	0.00	0.00	7.00	0.36	200.00	400.00	0.00	(M)	(M)
Cheese, Cheddar Mild Wrapped Yellow, 10 lb., Glenv - SR103254 (1 slice cheese)Contains Milk.	110.00	9.00	5.00	0.00	30.00	180.00	1.00	0.00	0.00	7.00	0.00	200.00	400.00	0.00	(M)	(M)
Cheese, Cheddar Shredded, Bongards' Creameries, 75 - SR101108 (1 ounces)	110.00	9.00	6.00	0.00	30.00	180.00	0.99	0.00	0.00	7.00	0.00	200.00	300.00	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)
Cheese, Cheddar Shredded, Reduced Fat & Sodium, 4/ - SR102829 (1/4 cup serving) Contains Milk.	70.00	4.50	3.00	0.00	15.00	90.00	1.00	0.00	0.00	7.00	0.00	200.00	300.00	0.00	(M)	(M)
Cheese, Cheddar, Cheese Stick, Bongards, 40210, MMA - SR100481 (1 stick.)	110.00	9.00	6.00	0.00	20.00	170.00	0.99	0.00	0.00	6.00	0.00	200.00	300.00	0.00	(M)	(M)
Cheese, Cheddar, Reduced Fat Mild Cheddar Cheese Cubes, 1.0 oz, Land O' Lakes, 10034500441138, MMA - SR100565 (1 oz package) Contains Milk.	90.00	7.00	4.50	0.00	20.00	190.00	0.00	0.00	0.00	7.00	0.00	200.00	300.00	0.00	(M)	(M)
Cheese, Cheddar, RF Mild Ched Cheese Sticks 168/1 oz, Land O'Lakes Foodservice, 44881, MMA - SR101449 (1 stick.) Contains Milk.	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	7.00	0.00	200.00	400.00	0.00	(M)	(M)
Cheese, Cheddar, Shredded, Imitation, Glenview Far - SR100620 (1/3 cup serving) Contains Milk.	100.00	9.00	5.00	0.00	25.00	510.00	1.00	0.00	0.00	5.00	0.00	150.00	300.00	0.00	(M)	(M)
Cheese, cheddar, white, reduced fat, shredded [100011, B028] - SR105168 (1 oz.)	86.06	6.08	3.80	0.00	20.25	222.75	0.51	0.00	(M)	8.10	0.12	117.45	58.72	0.00	(M)	(M)
Cheese, cheddar, white, shredded [100002, B032] - SR105169 (1 oz.)	116.44	9.62	6.08	0.00	30.37	187.31	1.01	0.00	(M)	7.09	0.19	206.55	287.55	0.00	(M)	(M)
Cheese, cheddar, yellow, reduced fat, shredded [100012, B027] - SR105170 (1 oz.)	80.00	5.19	3.29	0.00	16.00	206.00	0.57	0.00	(M)	7.71	0.04	257.00	179.00	0.00	(M)	(M)
Cheese, cheddar, yellow, shredded [100003, B031] - SR105171 (1 oz.)	116.44	9.62	6.08	0.00	30.37	187.31	1.01	0.00	(M)	7.09	0.19	206.55	287.55	0.00	(M)	(M)
Cheese, Cheddar; Mild - readi-pac; as purchased - SR103473 (1 piece)	80.00	7.00	4.00	(M)	20.00	135.00	0.00	0.00	(M)	5.00	0.14	151.00	222.00	0.00	7.72	0.82
Cheese, Cheese Cream Plain Cup - SR101373 (1 unit)Contains Milk.	100.00	9.00	6.00	0.00	30.00	100.00	2.00	0.00	1.00	2.00	0.00	20.00	200.00	0.00	(M)	(M)
Cheese, Colby Jack Blend Stick 50/50, Land O' Lake - SR102614 (1 sticks)Contains Milk.	110.00	9.00	6.00	0.00	20.00	200.00	0.00	0.00	0.00	7.00	0.00	200.00	300.00	0.00	(M)	(M)
Cheese, cottage, lowfat, 1% milkfat - SR105172 (1 c.)	162.72	2.31	1.46	(M)	9.04	917.56	6.15	0.00	6.15	28.00	0.32	137.86	92.66	0.00	186.41	3.14
Cheese, cottage, lowfat, 2% milkfat - SR105173 (1 c.)	194.36	5.54	2.21	(M)	22.60	745.80	8.27	0.00	8.29	26.74	0.34	205.66	167.24	0.00	182.36	3.07
Cheese, Cream - SR105307 (1 cubic inch)	54.72	5.48	3.09	(M)	17.60	58.40	0.65	0.00	0.51	0.95	0.06	15.68	214.88	0.00	8.71	0.21

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)
Cheese, Cream Cheese Philly Light .75 oz cup, Kraf - SR103001 (1 portion (.75 oz cup))Contains Milk.	45.00	4.00	2.50	0.00	15.00	95.00	1.00	0.00	1.00	2.00	0.00	20.00	300.00	0.00	(M)	(M)
Cheese, Cream Soft, Plain, Fat Free, Cup, Schreibe - SR102762 (1 Ounce serving)	30.00	0.00	0.00	(M)	0.00	5.00	3.00	0.00	2.00	4.00	0.00	60.00	400.00	0.00	(M)	(M)
Cheese, Feta, MMA - SR102536 (1 oz.)	74.84	6.03	4.24	(M)	25.23	316.39	1.16	0.00	(M)	4.03	0.18	139.77	119.64	0.00	15.65	1.47
Cheese, Gehl's Sauce Mild Cheddar, Reinhart Foodse - SR104560 (1/4 c.)Contains Milk. Processed in a facility that also processes Soy.	80.00	6.00	3.00	0.00	0.00	570.00	6.00	0.00	2.00	1.00	0.00	40.00	100.00	0.00	(M)	(M)
Cheese, I/W Reduced Fat String Cheese, 360/1 oz, M - SR103975 (1 piece)Contains Milk.	80.00	4.50	2.00	0.00	10.00	95.00	0.00	0.00	0.00	7.00	2.70	250.00	300.00	0.00	(M)	(M)
Cheese, Italian Cheese Sauce Pouch, Land O'Lakes Foodservice, 39944, MMA - SR105991 (1/4 c.) Contains Milk, Soy.	100.00	7.00	5.00	0.00	20.00	390.00	2.00	0.00	0.00	6.00	0.00	0.00	0.00	0.00	(M)	(M)
Cheese, Jalepeno Cheese Cup, 3 oz, Bongards' Cream - SR101041 (1 ea.)	70.00	6.00	4.00	0.00	20.00	260.00	0.00	0.00	0.00	3.00	0.00	150.00	750.00	0.00	(M)	(M)
Cheese, Light Mozzarella String Cheese, 1.0 oz, Land O'Lakes, 59703, MMA - SR101672 (1 oz.) Contains Milk.	60.75	2.53	2.02	0.00	10.13	212.63	1.01	0.00	0.00	8.10	0.00	202.50	101.25	0.00	(M)	(M)
Cheese, Low Moisture Part Skim Mozzarella, String - SR101168 (1 piece)Contains Milk.	80.00	5.00	3.00	0.00	15.00	190.00	0.99	0.00	0.99	7.00	0.00	200.00	200.00	0.00	(M)	(M)
Cheese, Marble Cheese Stick, Bongards' Creameries, - SR100548 (1 ea.)	110.00	9.00	6.00	0.00	20.00	170.00	0.99	0.00	0.00	6.00	0.00	200.00	0.00	0.00	(M)	(M)
Cheese, Mild Cheddar Cheese Sticks 168/1 oz, MMA - SR101451 (1 stick.)Contains Milk.	110.00	9.00	6.00	0.00	30.00	200.00	0.00	0.00	0.00	7.00	0.00	200.00	400.00	0.00	(M)	(M)
Cheese, Monteray/Cheddar Shredded, Bongards' Cream - SR101111 (1 ounces)	110.00	9.00	6.00	0.00	20.00	180.00	0.00	0.00	0.00	6.00	0.00	200.00	300.00	0.00	(M)	(M)
Cheese, Monterey Jack, Readi-Pac, W/ Red & Green Peppers Interleaf, Land O Lakes, MMA - SR104694 (1 piece)Contains Milk.	110.00	9.00	6.00	0.00	20.00	190.00	1.00	0.00	0.00	6.00	0.00	230.00	400.00	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)
Cheese, Mozzarella and Provolone, Shredded, Low Moisture, Whole Milk, Great Lakes Cheese, MMA - SR106561 (1/4 c.)Contains Milk.	90.00	7.00	4.00	0.00	20.00	200.00	1.00	0.00	0.00	7.00	0.00	150.00	200.00	0.00	(M)	(M)
Cheese, Mozzarella Cheese, Low Moisture Park Skim, Jacobo's Italian Brand, MMA - SR104932 (1 Ounce serving)Contains Milk.	80.00	6.00	3.50	0.00	15.00	130.00	0.00	0.00	0.00	7.00	0.00	200.00	200.00	0.00	(M)	(M)
Cheese, Mozzarella Part Skim, Shredded, Grande, 70 - SR104462 (1 ounces, dry) Contains Milk.	79.01	4.94	2.96	0.00	14.81	167.90	0.99	0.00	0.00	7.90	0.00	197.53	197.53	0.00	(M)	(M)
Cheese, Mozzarella Shred Feather Low Moisture Whol - SR103250 (3 5/8 ounces)Contains Milk.	318.00	24.64	15.56	0.00	89.00	415.00	2.47	0.00	1.01	21.60	0.20	575.01	745.01	0.00	(M)	(M)
Cheese, Mozzarella Shredded, Bongards' Creameries, - SR101107 (1 ounces)	80.00	6.00	4.00	0.00	15.00	160.00	0.99	0.00	0.00	7.00	0.00	200.00	300.00	0.00	(M)	(M)
Cheese, Mozzarella String Cheese REF, MMA - SR100613 (1 stick.) Contains Milk.	80.00	6.00	4.00	0.00	20.00	210.00	1.00	0.00	0.00	7.00	0.00	220.00	200.00	13.20	(M)	(M)
Cheese, Mozzarella String Cheese Stick, LMPS, Bong - SR100550 (1 ea.)Contains Milk.	90.00	6.00	3.50	0.00	20.00	170.00	1.00	0.00	0.00	7.00	0.00	150.00	200.00	0.00	(M)	(M)
Cheese, Mozzarella, Lite, Frozen, Shredded, Part S - SR103874 (1 oz.)	59.00	2.50	2.40	0.00	9.00	192.00	1.00	0.00	(M)	8.00	0.10	211.00	0.00	0.00	(M)	(M)
Cheese, Mozzarella, low moisture part skim milk (LMPS), frozen, loaves (contains 30-45% milkfat by weight of the solids) [100022, B042] - SR105174 (1 oz.)	81.00	6.08	3.54	0.00	15.19	172.12	0.51	0.00	(M)	7.09	0.07	151.87	148.84	0.00	(M)	(M)
Cheese, Mozzarella, low moisture part skim milk (LMPS), frozen, shredded (contains 30-45% milkfat by weight of the solids) [100021, B037] - SR105175 (1 oz.)	86.06	6.08	4.05	0.00	17.72	160.73	0.76	0.00	(M)	6.84	0.07	209.59	148.84	0.00	(M)	(M)
Cheese, Mozzarella, Part Skim, Loaf, Grande, 104, - SR101210 (1 ounces)	80.00	5.00	3.00	0.00	15.00	170.00	1.00	0.00	0.00	8.00	0.00	200.00	200.00	0.00	(M)	(M)
Cheese, Mozzarella, Shredded, LMPS, Land O' Lakes Inc, 41698, MMA - SR100610 (1 c.)Contains Milk.	360.00	24.00	16.00	0.00	80.00	840.00	4.00	0.00	0.00	28.00	0.00	880.00	800.00	0.00	(M)	(M)
Cheese, Nacho Cheese Sauce, Canned, Bakers & Chefs - SR100860 (2 ounces)Contains Milk, Soy.	72.00	5.40	2.25	0.00	9.00	567.00	4.50	0.00	0.00	0.90	0.00	36.00	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)
Cheese, Parmesan Grated Shaker, Imported Italy, Ro - SR101094 (1 3/8 cup = 1 MMA) Contains Milk.	113.40	11.34	5.67	(M)	28.35	396.90	0.00	0.00	0.00	11.34	(M)	(M)	(M)	(M)	(M)	(M)
Cheese, Parmesan Shredded, Chianti, 222230 - SR102815 (1 tsp.)	20.00	1.00	1.00	(M)	0.00	35.00	0.00	0.00	0.00	2.00	0.36	40.00	99.95	0.00	(M)	(M)
Cheese, parmesan, grated - SR100940 (1 c.)	431.00	28.61	17.30	(M)	88.00	1529.00	4.06	0.00	0.90	38.46	0.90	1109.00	865.00	0.00	20.84	8.03
Cheese, Parmesan, Grated 1 lb, Chianti, MMA - SR104448 (1 Tbsp.)	25.00	1.50	1.00	0.00	0.00	90.00	1.00	0.00	0.00	1.00	0.36	40.00	100.00	0.00	(M)	(M)
Cheese, Parmesan, Grated Topping, 5 lbs. Chianti - SR102834 (1 tablespoon, ground)	20.00	1.00	0.50	0.00	0.00	100.00	2.00	(M)	1.00	1.00	0.00	20.00	100.00	(M)	(M)	(M)
Cheese, Parmesan, Grated, Shelf Stable, Kraft, 100 - SR101290 (1 Tbsp.)Contains Milk.	20.00	1.50	1.00	0.00	4.00	85.00	0.00	0.00	0.00	2.00	0.00	60.00	0.00	0.00	(M)	(M)
Cheese, Pepper Jack Cheese Cubes, Land O' Lakes, 1 - SR100567 (1 oz package) Contains Milk.	110.00	9.00	6.00	0.00	25.00	210.00	1.00	0.00	0.00	6.00	0.00	200.00	300.00	0.00	(M)	(M)
Cheese, PepperJack Shredded, Bongards' Creameries, - SR101109 (1 ounces)	70.00	6.00	3.50	0.00	15.00	280.00	0.00	0.00	1.00	3.00	0.00	100.00	200.00	0.00	(M)	(M)
Cheese, Provolone Sliced .75 oz Twin Pack, Roseli, - SR102763 (28 grams)	100.00	8.00	4.00	0.00	20.00	240.00	0.00	0.00	0.00	7.00	0.00	200.00	200.00	0.00	(M)	(M)
Cheese, Provolone Sliced 1oz, Schreiber Foods, 308 - SR100707 (1 ounces)	98.77	7.90	4.94	0.00	19.75	246.91	0.99	0.00	0.00	6.91	0.00	197.53	197.53	0.00	(M)	(M)
Cheese, Provolone Sliced, Bongards' Creameries, 75247, MMA - SR104874 (1 slice) Contains Milk.	70.00	6.00	3.50	0.00	15.00	180.00	0.00	0.00	0.00	5.00	0.00	150.00	200.00	0.00	(M)	(M)
Cheese, Provolone sliced, Roseli, 073375 - SR100303 (1 slice, medium)	101.25	8.10	5.06	0.00	20.25	253.13	1.01	0.00	(M)	7.09	0.00	202.50	202.50	0.00	(M)	(M)
Cheese, ricotta, part skim milk - SR100944 (1 c.)	339.48	19.46	12.12	(M)	76.26	243.54	12.64	0.00	0.76	28.02	1.08	669.12	944.64	0.00	183.05	2.83
Cheese, Romano Cheese, Grated, Cheese Merchants of - SR104245 (1 oz.)Contains Milk.	111.38	8.10	8.10	0.00	30.38	556.88	0.00	0.00	1.01	7.09	0.00	253.13	405.00	0.00	(M)	(M)
Cheese, Sliced Pepper Jack, Alpine Lace, Land O'Lakes, 44238, MMA - SR106628 (1 slice)Contains Milk.	55.00	4.50	3.00	0.00	12.50	105.00	0.50	0.00	0.00	3.00	0.00	100.00	150.00	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)
Cheese, Swiss Sliced .75 oz 3.5 X 1.5 Twin Pack, G - SR102742 (1 slice)	80.80	5.91	3.78	0.00	19.56	40.82	1.14	0.00	0.28	5.72	0.04	168.19	176.48	0.00	(M)	(M)
Cheese, Swiss; Swiss cheese - readi-pac; as purcha - SR103467 (1 piece)	80.00	6.00	4.00	(M)	20.00	55.00	0.00	0.00	(M)	6.00	0.30	201.00	177.00	0.00	7.81	0.74
Cheeseburger, Chburger on a Bun,Secondary, MMA, WG - SR103576 (1 ea.)Contains Soy.	437.12	22.51	8.78	1.01(M)	50.63	1119.87	37.06	4.21	4.64(M)	23.18	3.67	399.18	240.42	0.37	27.84(M)	2.16(M)
Cheeseburger, Cheeseburger LF on Roll, MMA, WG - SR101740 (1 cheeseburger)Contains Wheat, Soy.	331.78	16.56	6.41	0.61	52.80	571.09	28.70	3.68	2.00(M)	18.04	2.89	203.30	178.85	0.00	(M)	(M)
Cheeseburger, F-22, MMA, WG - SR106381 (1 HAMBURGER)	312.50	14.77	6.81	0.18	52.75	849.50	24.34	3.50	4.00(M)	21.20	4.52	123.00	129.00	1.00	(M)	(M)
Cheeseburger, On A WW Bun Precooked, MMA, WG - SR106447 (1 ea.)Contains Milk, Wheat, Soy.	424.59	17.27	6.26	1.00(M)	42.50	1197.58	43.45	5.19	1.23(M)	22.11	3.75	250.82	176.91	0.14	16.45(M)	0.41(M)
Cheeseburger, On A WW Bun Uncooked, MMA, WG - SR106445 (1 ea.)Contains Milk, Wheat, Soy.	402.59	13.25	4.67	0.63(M)	62.50	1028.58	41.45	4.19	1.23(M)	25.87	3.68	223.82	76.91	0.14	16.45(M)	0.41(M)
Cheeseburgers, Mini Twin on Whole Grain Bun, AdvancePierre Foods, 1171, MMA, WG - SR106588 (1 serv.)Contains Milk, Wheat, Soy.	320.00	13.00	6.00	0.50	40.00	600.00	35.00	4.00	7.00	17.00	2.70	150.00	300.00	108.00	(M)	(M)
Cheesestick, Mozzarella Breaded, Whole Grain, High Liner Foods, G1041DF, MMA, WG - SR106058 (5 piece)	350.00	19.00	8.00	0.00	35.00	350.00	26.00	2.00	5.00	19.00	1.08	450.00	400.00	0.00	(M)	(M)
Cheezy Bread, Giorgio, 6432, MMA, WGR - SR107014 (1 slice) Contains Milk, Wheat, Soy.	300.00	10.00	3.00	0.00	35.00	600.00	37.00	1.00	2.00	15.00	2.70	200.00	200.00	0.00	(M)	(M)
Cherries, red, tart, canned, pitted, water packed, fruit and liquid [100228, A363] - SR105177 (1/2 c.)	44.01	0.12	0.02	0.00	0.00	8.00	10.89	1.40	(M)	0.94	1.68	14.01	920.00	2.60	(M)	(M)
Cherries, red, tart, osmotically dried, pitted, sweetened (may have sugar or other sweeteners added) [100299, A293] - SR105176 (1/2 c.)	228.00	0.12	0.00	0.00	0.00	8.20	54.20	2.66	(M)	2.00	1.28	43.80	994.00	0.22	(M)	(M)
Chicken & Noodles, MMA, Non-WG - SR100807 (1 Cup (8 oz ladle))	275.91	4.97	0.58	0.04(M)	68.42	366.83	37.64	1.72	0.62(M)	20.10	2.11	17.43	29.50	0.14	92.77(M)	0.69(M)
Chicken & Rice, Orange Chicken Over Rice, MMA, WG - SR101654 (5 ounces)Contains Wheat, Soy.	328.00	7.88	2.18	0.00	65.00	505.00	42.39	1.80	16.00(M)	22.52	1.85	50.00	100.00	3.60	(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 Base, Low Sodium, No MSG, Shelf stable, Le - SR104183 (1 teaspoon, whole)	25.00	1.00	0.00	0.00	0.00	130.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Chicken Breast, Clux Delux with Bun, MMA, Non-WG, - SR100329 (162 grams)Contains Milk, Wheat, Soy.	340.00	10.00	2.00	0.00	50.00	870.00	42.00	4.00	2.00	25.00	2.44	61.00	50.00	1.00	(M)	(M)
Chicken Breast, Frozen; Fully cooked, boneless, sk - SR100956 (2 3/4 oz.)	110.00	2.50	0.49	(M)	54.99	320.00	1.99	0.00	(M)	21.00	0.00	0.00	0.00	0.00	(M)	(M)
Chicken Burger, Tyson FoodService, 3860-328, 2 MMA - SR102736 (1 ea.)	160.00	11.00	2.50	0.00	45.00	290.00	2.00	0.00	0.00	13.00	0.72	0.00	0.00	0.00	(M)	(M)
Chicken Fajitas, Elem & MS, Chichester SD, MMA, WG, Veg-RO - SR104813 (1 serv.) Contains Milk, Wheat, Soy.	345.00	9.17	3.03	0.00(M)	43.76	1433.47	42.07	6.47	8.24(M)	21.17	3.42(M)	266.66 (M)	1354.96 (M)	12.65(M)	6.61(M)	0.47(M)
Chicken Fajitas, HS, Chichester SD, MMA, WG, Veg-RO, Veg-O - SR104810 (1 serv.)Contains Milk, Wheat, Soy.	371.43	9.82	3.03	0.00(M)	55.52	1597.97	43.30	6.69	8.24(M)	24.99	3.82(M)	276.55 (M)	1424.17 (M)	19.68(M)	6.61(M)	0.47(M)
Chicken Nuggets, Chicken Nuggets w/ Tea Roll, MMA, - SR102444 (1 portion)Contains Egg, Wheat, Soy.	355.89	10.11	2.12	0.00	28.37	698.00	47.10	3.81	6.00	18.54	2.97	116.21	81.05	0.00	(M)	(M)
Chicken Nuggets, CN Unbreaded Honey BBQ, Pilgrim's, Pride, Gold Kist Farms, 26276, MMA - SR100845 (5 ea.)Contains Milk, Egg, Wheat, Soy.	165.00	9.00	2.00	0.00	42.00	353.00	9.00	0.00	2.00	15.00	1.00	18.00	114.00	1.00	(M)	(M)
Chicken Nuggets, Whole Grain Breaded Shamrock Shaped, 1.1oz, Brakebush, 5639, MMA, WG - SR106544 (3 pieces) Contains Wheat, Soy.	250.00	14.00	3.50	0.00	35.00	350.00	15.00	2.00	1.00	14.00	1.44	20.00	0.00	0.00	(M)	(M)
Chicken Nuggets, Whole Grain Breaded Touchdown, Football Shaped, 1.1oz, Brakebush, 5624, MMA, WG - SR106542 (3 pieces) Contains Wheat, Soy.	250.00	14.00	3.50	0.00	35.00	350.00	15.00	2.00	1.00	14.00	1.44	20.00	0.00	0.00	(M)	(M)
Chicken Nuggets, Whole Grain Breaded, Pilgrim's Pride, Gold Kist, 61210, MMA, WG - SR100488 (1 5 (.608oz) nuggets)Contains Egg, Wheat, Soy.	216.00	12.00	2.00	0.00	62.00	370.00	13.00	2.00	1.00	14.00	2.00	29.00	73.00	11.00	(M)	(M)
Chicken or Turkey and Noodles, MMA, Non-WG - SR104108 (1 c.)Contains Egg, Wheat, Gluten.	249.99	9.72	3.44	0.00(M)	85.22	119.00	20.78	0.60	1.15(M)	23.07	1.67	40.39	135.25	0.79	33.81(M)	0.29(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 Pattie, Frozen, Southern Grilled, FC, Tyson, 60102-571 - SR104976 (2 2/3 oz.)	160.00	11.00	3.00	(M)	45.00	380.00	2.00	0.00	(M)	12.99	1.07	20.00	100.00	0.00	(M)	(M)
Chicken Patty on WWG Cluster Barb, MMA, WG - SR100077 (1 ea.)Contains Egg, Wheat, Gluten.	340.00	19.50	5.00	0.00	85.00	610.00	31.00	4.00	3.00	14.00	2.16	60.00	0.00	0.00	(M)	(M)
Chicken Patty, Gold Kist Farms Whole Grain, Fully - SR101467 (1 patty (3.05 oz))Contains Egg, Wheat, Soy.	216.00	12.00	2.00	0.00	62.00	370.00	13.00	2.00	1.00	14.00	2.00	29.00	73.00	11.00	(M)	(M)
Chicken Pieces, Frozen; Ready to cook, ice glazed fryer whole legs; as purchased, MMA - SR105286 (1 piece)	142.51	11.03	3.21	(M)	66.66	48.27	0.00	0.00	(M)	10.11	0.50	0.00	45.97	0.00	(M)	(M)
Chicken Quesadilla Basket with Salsa - SR100052 (1 Basket (1 Quesadilla, 4oz souffle cup salsa))Contains Milk, Wheat, Soy, Gluten.	360.00	11.00	2.50	0.00	20.00	1050.00	46.00	8.00	4.00(M)	18.00	4.14	280.00	2300.00	24.00	(M)	(M)
Chicken Salad, E-31, MMA, Veg-S, Veg-O - SR106387 (1 salad) Contains Milk, Egg, Soy.	405.51	27.35	7.07	0.00	49.95	752.31	21.77	2.17	5.85(M)	17.71	1.04	256.58	520.23	6.06	(M)	(M)
Chicken Tender Basket w Dinner Roll - SR100049 (1 basket (3 tenders, 1 roll))Contains Egg, Wheat, Soy, Gluten.	300.00	12.00	2.50	0.00	40.00	650.00	28.00	3.00	2.00	19.00	2.88	60.00	100.00	0.00	(M)	(M)
Chicken Tender, Fully Cooked, Breaded, Culver's, 3 - SR103017 (4 ea.)Contains Wheat, Gluten.	480.00	20.00	4.00	0.00	80.00	1440.00	36.00	3.96	4.00	36.00	1.44	(M)	(M)	4.80	(M)	(M)
Chicken Tenderloins, Elementary, MMA, Non-WG - SR104512 (1 serv.)Contains Wheat, Gluten.	280.00	14.00	2.50	0.00	50.00	580.00	17.00	1.00	0.00	20.00	1.80	0.00	0.00	0.00	(M)	(M)
Chicken Tenderloins, MMA, Non-WG - SR104511 (1 serv.) Contains Wheat, Gluten.	420.00	21.00	3.75	0.00	75.00	870.00	25.50	1.50	0.00	30.00	2.70	0.00	0.00	0.00	(M)	(M)
Chicken Tenders, Whole Grain Shaped Strips, Fully Cooked, Gold Kist Farms, 62210, MMA, WG - SR106892 (1 3 Chicken Tenders (1.02 oz each))Contains Egg, Wheat, Soy.	216.00	12.00	2.00	0.00	62.00	370.00	13.00	2.00	1.00	14.00	2.00	29.00	73.00	11.00	(M)	(M)
Chicken Tenders, with Sauce and Breadstick, Kings - SR103954 (1 serv.)Contains Milk, Egg, Wheat, Soy, Gluten.	486.41	24.89	5.42	0.00	65.17	1080.95	48.63	2.00	12.68	18.00	3.62	18.00	72.00	4.21	(M)	(M)
Chicken, 3.26oz Patty, Whole Grain Breaded, Fully - SR100608 (1 Piece (91g, 3.26oz = 2 MMA,1 WG))Contains Wheat, Soy, Gluten.	230.00	13.00	2.00	0.00	20.00	490.00	15.00	3.00	1.00	13.00	1.80	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)
Chicken, 8 piece bone-in Chicken, Cooked Roasted F - SR101452 (1 3 Ounce (breast, thigh, or drumstick and wing combination = 2 oz MMA))	170.00	9.00	3.00	0.00	57.00	357.00	3.00	0.00	3.00	14.00	1.00	9.00	105.00	1.00	(M)	(M)
Chicken, All White Roasted Dices, Fully Cooked 3/4 - SR102738 (1 2 ounce serving)	60.00	1.50	0.00	0.00	25.00	270.00	0.99	0.00	0.00	11.00	0.00	0.00	0.00	0.00	(M)	(M)
Chicken, Baked, 2.25/oz., MMA - SR104473 (1 serv.)	120.07	3.17	0.71	0.01(M)	64.00(M)	309.96	0.26	0.08(M)	0.00(M)	21.25	0.40(M)	6.35(M)	47.20	1.20	0.04(M)	1.52(M)
Chicken, Barbecued Chicken, MMA - SR103170 (1 3 Ounce (breast, thigh, or drumstick and wing combination = 2 oz MMA))	499.38	17.55	4.86	0.00(M)	190.59	459.76	15.47	0.13	13.81(M)	66.38	2.52	37.39	375.13	1.47	24.18(M)	1.04(M)
Chicken, BBQ Baked Chicken, 2 MMA - SR100606 (1 Serving (2 MMA = Breast or Thigh or Drumstick and Wing Combination))	205.00	9.00	3.00	0.00	57.00	596.99	12.00	0.00	8.00	14.00	1.36	9.00	205.00	3.40	(M)	(M)
Chicken, BBQ Flavor, Grilled Breast, Filet, Fully Cooked, Tyson, 3821-928, MMA - SR104839 (1 piece)	120.00	5.00	1.50	(M)	45.00	370.00	4.00	0.00	3.00	15.00	0.00	0.00	0.00	0.00	(M)	(M)
Chicken, BBQ, MaxSnax, 4.09 oz. Conagra Foods, 7738712723, MMA, WG - SR104721 (1 ea.) Contains Milk, Wheat, Soy.	267.78	6.94	1.98	0.00	14.88	495.90	35.70	3.97	6.94	15.87	1.78	198.36	99.18	0.00	(M)	(M)
Chicken, Breaded Breast Filet, 4oz FC, Kings Delight, 66123, MMA, Non- WG - SR105984 (1 piece)Contains Milk, Wheat.	180.00	9.00	2.00	0.00	50.00	790.00	8.00	0.00	2.00	18.00	0.72	40.00	200.00	0.00	(M)	(M)
Chicken, Breaded Breast Filets with Rib Meat, Froz - SR104617 (4 oz.)	169.99	2.99	1.00	(M)	44.99	480.00	16.99	1.00	(M)	18.00	0.00	0.00	0.00	0.00	(M)	(M)
Chicken, Breaded Breast Pattie, Fully Cooked, King's Delight, 12085, MMA, Non-WG - SR105482 (1 patty)Contains Wheat, Soy.	195.00	10.00	2.00	0.00	20.00	515.00	13.00	2.00	0.00	13.00	1.98	40.00	100.00	1.20	(M)	(M)
Chicken, Breaded Chicken Fritter Boneless-skinless 3.5oz, Tyson Food Service Inc Red Label, 38361-928 - SR100069 (1 ea.) Contains Wheat.	240.00	13.00	2.00	0.00	45.00	620.00	14.00	1.00	1.00	18.00	0.72	20.00	0.00	0.00	(M)	(M)
Chicken, Breaded Chik'n Giggles, 1.9oz, Brakebush, 5914, MMA, WG - SR106541 (2 piece)	290.00	19.00	4.49	(M)	30.00	499.99	14.00	0.99	(M)	15.99	3.60	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)
Chicken, Breaded Clux Delux Breast Fillet, FC, Kings Delight, 14105, MMA, Non-WG - SR100693 (4 ounces)Contains Milk, Wheat, Soy.	199.29	7.97	1.99	0.00	49.82	647.71	15.94	1.00	0.00	19.93	1.00	20.93	49.82	1.00	(M)	(M)
Chicken, Breaded Clux Delux Breast Fillet, Hot & Spicy, Kings Delight, 14124, MMA, Non-WG - SR106539 (4 ounces)Contains Egg, Wheat, Soy.	188.33	5.98	1.00	0.00	37.87	588.91	16.84	0.50	0.10	16.94	1.20	13.95	28.90	0.80	(M)	(M)
Chicken, Breaded Clux Delux Breast Fillet, Kings Delight, 14123, MMA, Non-WG - SR106568 (4 ounces)Contains Milk, Wheat, Soy.	199.29	7.97	1.99	0.00	49.82	647.71	15.94	1.00	0.00	19.93	1.00	20.93	49.82	1.00	(M)	(M)
Chicken, Breaded Nugget, FC, Frozen, Kings Delight - SR103392 (5 pieces)Contains Egg, Wheat, Soy, Gluten.	190.00	10.00	2.00	0.00	54.00	457.00	13.00	1.00	0.00	14.00	2.00	19.00	74.00	1.00	(M)	(M)
Chicken, Breaded Pattie, FC, Frozen, Kings Delight - SR103372 (1 patty)Contains Egg, Wheat, Soy, Gluten.	190.00	10.00	2.00	0.00	54.00	457.00	13.00	1.00	0.00	14.00	2.00	19.00	74.00	1.00	(M)	(M)
Chicken, Breaded Tender Shaped Pattie, FC, Frozen, - SR103370 (3 pieces)Contains Egg, Wheat, Soy, Gluten.	186.00	10.00	3.00	0.00	51.00	438.00	11.00	1.00	1.00	14.00	2.00	18.00	72.00	0.00	(M)	(M)
Chicken, Breaded, Whole Grain Breaded Chicken Ring, AdvancePierre Foods, 68028, MMA, WG - SR106846 (5 ea.) Contains Egg, Wheat, Soy.	290.00	19.00	4.00	0.00	55.00	550.00	17.00	3.00	0.00	15.00	1.80	40.00	100.00	1.20	(M)	(M)
Chicken, Breaded, Whole Grain Spicy Ring, AdvancePierre Foods, 68031, MMA, WG - SR106849 (5 ea.)Contains Wheat, Soy.	200.00	11.00	2.50	0.00	30.00	370.00	12.00	2.00	0.00	15.00	1.80	20.00	300.00	0.00	(M)	(M)
Chicken, Breast Meat Patties Unbreaded, Cooked, Fr - SR104618 (1 piece)	130.00	7.00	2.00	0.00	50.00	330.00	2.00	0.00	0.00	15.00	0.72	0.00	0.00	0.00	(M)	(M)
Chicken, Breast Singe Lobe 4 oz Boneless Skinless - SR103518 (100 grams)	114.00	2.59	0.56	0.01	64.00	116.00	0.00	0.00	0.00	21.20	0.37	5.00	300.00	1.20	(M)	(M)
Chicken, Breast Single Lobe 3 oz. Boneless-Skinles - SR104474 (1 serv.)	114.00	2.59	0.56	0.01	64.00	116.00	0.00	0.00	0.00	21.20	0.37	5.00	30.00	1.20	(M)	1.50
Chicken, Breast, Filet, 3.1 oz, Cooked, Glazed, Tyson, 3822-928, MMA - SR106551 (1 patty)	110.00	4.50	1.50	0.00	50.00	530.00	3.00	0.00	2.00	14.00	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)
Chicken, Breast, SmartServe, Grilled, Teriyaki, Frozen, AdvancePierre Foods, 275-530, MMA - SR104956 (1 breast) Contains Wheat, Soy.	110.00	3.50	1.00	0.00	50.00	450.00	3.00	0.00	3.00	15.00	0.72	9.30	0.00	1.20	(M)	(M)
Chicken, broilers or fryers, breast, skinless, bon - SR103676 (100 grams)	104.00	2.73	0.65	0.02	59.00	323.00	0.00	0.00	(M)	19.75	0.36	4.00	36.00	0.00	76.92	1.49
Chicken, Cacciatore, MMA, WG, Veg-RO - SR103645 (1 cup serving)Contains Wheat.	317.18	4.27	0.34	0.01	38.71	551.09	49.59	7.96	6.06	20.39	0.40	18.04	665.30	7.98	0.00(M)	0.00(M)
Chicken, Charbroiled, Boneless, Skinless, Thigh Me - SR104466 (3 ounces, dry)	120.00	7.00	2.00	0.00	80.00	560.00	0.00	0.00	0.00	15.00	0.00	0.00	0.00	0.00	(M)	(M)
Chicken, Chicken Burger, Formed, Fully Cooked, Pro - SR103514 (1 patty)Contains Soy.	150.00	10.00	1.50	0.00	40.00	510.00	3.00	0.00	0.00	13.00	1.44	40.00	100.00	0.00	(M)	(M)
Chicken, Chicken Fajita Elementary, Int, and HS, M - SR103822 (1/2 c.)	123.11	3.94	1.16	0.00(M)	53.69	761.38	7.03	1.57	0.44(M)	13.01	1.02	65.03	596.68	31.43	4.44(M)	0.09(M)
Chicken, Chicken Fajita Strips, Unbreaded, Dark Meat, Cooked, Tyson Foods Inc, 4621-8928, MMA - SR101062 (2 7/8 ounces)	112.00	6.53	1.87	0.00	74.67	457.33	0.00	0.00	0.00	14.00	0.34	0.00	0.00	0.00	(M)	(M)
Chicken, Chicken Fajitas on Pita Bread, MMA, WG, V - SR100853 (1 portion)Contains Milk.	277.38	8.38	3.69	0.00(M)	35.08	496.64	31.38	4.66	2.32(M)	20.24	2.35	253.51	1082.09	11.45	57.62(M)	0.84(M)
Chicken, Chicken Meat, Diced Dark/White, 1/2 in., - SR104166 (3 oz.)	162.00	7.09	2.02	0.00	75.94	75.94	0.00	0.00	0.00	22.27	0.37	0.00	0.00	0.00	(M)	(M)
Chicken, Chicken Nuggets and Roll, #11E, MMA, Non - SR103356 (1 portion)Contains Milk, Wheat, Soy, Gluten.	322.45	14.69	3.03	0.00	20.23	674.85	31.11	2.07	2.13	15.33	2.24	62.73	301.17	0.00	(M)	(M)
Chicken, Chicken Nuggets w/ Roll, MMA, WG - SR102831 (1 Container)Contains Egg, Wheat, Soy.	315.49	14.71	2.47	0.00(M)	69.18	558.72	28.81	4.33	3.48	18.06	2.91	62.04	81.45	12.27	9.27(M)	0.64(M)
Chicken, Chicken Nuggets w/Garlic Breadstick, MMA, - SR104442 (1 serv.)Contains Milk, Egg, Wheat, Soy.	322.37	14.63	3.03	0.00	35.46	645.00	31.13	2.01	1.00	17.17	2.18	20.26	101.32	1.20	(M)	(M)
Chicken, Chicken Nuggets with Dinner Roll, WG, MMA - SR100045 (1 Container)Contains Egg, Wheat, Soy, Gluten.	262.37	10.13	2.03	0.00	35.46	535.00	25.13	2.01	2.00	16.17	2.54	60.26	101.32	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, Chicken Nuggets, Breaded Whole Grain,.608 - SR101403 (1 5 Pieces Per Serving)Contains Egg, Wheat, Soy, Gluten.	180.00	9.00	2.00	0.00	46.00	584.00	13.00	1.00	1.00	14.00	1.98	40.00	150.00	1.20	(M)	(M)
Chicken, Chicken Pattie w/Bun, MMA, WG, Non-WG - SR104443 (1 sandwich)Contains Egg, Wheat, Soy, Gluten.	352.72	16.66	3.54	0.00	40.44	776.19	34.14	4.01	3.00	19.16	2.90	80.44	0.00	0.00	(M)	(M)
Chicken, Chicken Patty, Unbreaded, 2.5 oz. Frozen, - SR103736 (1 Patty (2.5 oz))	95.00	4.00	1.00	0.00	42.00	312.00	1.00	0.00	0.00	15.00	1.00	15.00	95.00	1.00	(M)	(M)
Chicken, Chicken Ring Thing,Breaded .695 oz., Pier - SR101398 (1 5 Pieces Per Serving)	232.00	13.00	3.00	0.00	100.00	572.00	13.00	0.00	0.00	16.00	1.98	20.00	100.00	0.00	(M)	(M)
Chicken, Chicken Salad; USDA Recipe, Comodity, Cop - SR102258 (1/2 c.)	175.00	9.31	2.19	(M)	52.00	236.00	5.10	0.40	(M)	16.91	0.87	15.00	61.00	1.40	(M)	(M)
Chicken, Chicken Soft Taco, #10E, MMA, WG, Veg-RO - SR103358 (1 each taco)	322.52	11.70	4.77	0.00	73.75	837.85	30.68	5.07	3.54(M)	25.05	2.71	225.06	2474.89	26.25	(M)	(M)
Chicken, Chicken WonderBites Dippers w/Teriyaki Sauce, Pierre Foods, 9879CN, MMA - SR105333 (4 pieces)Contains Wheat, Soy.	150.00	4.00	1.00	0.00	40.00	260.00	8.00	1.00	5.00	19.00	1.44	40.00	100.00	0.00	(M)	(M)
Chicken, Chunk Chicken, In Water, Fully Cooked, 98 - SR102792 (2 ounces)	70.00	1.00	0.50	0.00	30.00	140.00	0.00	(M)	(M)	14.00	(M)	(M)	(M)	(M)	(M)	(M)
Chicken, Chunky Chicken, Cheswick MMA - SR104980 (6 oz.)Contains Wheat, Soy.	126.96	3.66	0.91	0.00	52.65	441.59	6.43	0.00	0.00(M)	17.41	0.73	0.00	0.00	0.00	(M)	(M)
Chicken, CN Dark Meat Menu Chicken Strips, Fully Cooked, Gold Kist Farms, Pilgrim's Pride, 1330, MMA - SR100201 (2 1/2 Ounce serving)Contains Milk.	119.29	4.97	0.99	0.00	1.49	367.82	0.99	0.00	0.99	14.91	0.99	9.94	43.74	1.99	(M)	(M)
Chicken, CN FC Natural Proportion Diced Chicken, Pilgrim's Pride, Gold Kist, 1230, MMA - SR100202 (1 Serving (2.72 oz = 2 MMA))	94.00	3.00	1.00	0.00	54.00	195.00	1.00	0.00	0.00	16.00	1.00	9.00	38.00	1.00	(M)	(M)
Chicken, CN Savory Roasted Chicken Nuggets w/ISP & DWE Gold Kist Farms, Pilgrim's Pride, 61118, MMA - SR100796 (5 pieces)Contains Egg, Soy.	117.44	6.02	1.00	0.00	42.16	361.34	2.01	0.00	1.00	15.06	1.00	15.06	95.35	1.00	(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, CN Unbreaded Chicken Patties w/ISP, Gold Kist Farms, Pilgrim's Pride, 26624, MMA - SR100921 (1 Patty (2.5 oz)) Contains Soy.	95.00	4.00	1.00	0.00	42.00	312.00	1.00	0.00	0.00	15.00	1.00	15.00	95.00	1.00	(M)	(M)
Chicken, CN Unbreaded Natural Proportion Chicken Fajita Strips, Pilgrim's Pride, Gold Kist, 1325, MMA - SR101412 (2 1/2 ounces) Contains Milk, Soy.	80.10	2.39	0.00	0.00	43.04	510.48	1.20	0.00	0.00	13.15	1.20	17.93	87.27	0.00	(M)	(M)
Chicken, Dark and White Chicken Meat, Patuxent Far - SR103582 (3 ounces)	131.63	3.04	1.01	0.00	75.94	81.00	0.00	0.00	0.00	25.31	1.09	0.00	0.00	0.00	(M)	(M)
Chicken, Dark Taco Meat, Fully Cooked, Tyson Food Service, 19957-328, MMA - SR105025 (2 ounces)Contains Wheat, Soy.	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Chicken, diced, 5inch white, cooked, Patuxent Farm - SR103309 (1 container, individual)	120.00	2.50	1.00	0.00	70.00	75.00	0.00	0.00	0.00	25.00	1.08	0.00	0.00	0.00	(M)	(M)
Chicken, diced, meat only, cooked then individually quick-frozen (IQF), 1/2 inch squares [100101, A517] - SR105267 (1 oz.)	43.54	1.17	0.34	0.00	26.33	13.16	0.00	0.00	(M)	8.71	0.37	0.00	0.00	0.00	(M)	(M)
Chicken, Diced, White/Dark, Tyson, 3481-328, MMA - SR104371 (1 serving (2 ounce))	86.67	2.33	0.67	0.00	53.33	26.67	0.00	0.00	0.00	17.33	0.72	0.00	0.00	0.00	(M)	(M)
Chicken, Dipper w/ Soy, Smart Picks, AdvancePierre Foods, 9883, MMA - SR106200 (2 5/8 oz.)Contains Soy.	138.65	6.93	1.98	0.00	44.57	168.36	1.98	0.99	0.99	14.86	0.79	17.63	31.53	0.71	(M)	(M)
Chicken, Dipper, Flamebroiled Strip Shaped Pattie, Smart Picks, AdvancePierre Foods, 9880, MMA - SR106850 (4 ea.)	150.00	9.00	2.50	0.00	50.00	190.00	1.00	0.00	0.00	16.00	0.72	0.00	0.00	1.20	(M)	(M)
Chicken, Fajita Chicken Strip, Seasoned, White and - SR102983 (3 ounces)Contains Soy.	100.00	2.50	0.00	0.00	50.00	690.00	3.00	0.00	1.00	17.00	0.72	40.00	0.00	0.00	(M)	(M)
Chicken, Fajita Seasoned Strips, White & Dark Meat, Tyson Foods, Inc., 3522-928, MMA - SR100516 (3 Ounce serving)Contains Soy.	130.00	7.00	2.00	0.00	80.00	330.00	2.00	0.00	0.00	16.00	0.36	0.00	0.00	0.00	(M)	(M)
Chicken, Fajita Strips Fully Cooked Frozen IQF 30 - SR102200 (1 ounces)	39.00	1.70	0.50	0.00	23.20	162.00	0.30	0.00	0.10	5.60	0.31	20.00	200.00	4.80	(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)
Chicken, fajita strips, dark meat, no skin, marinated, cooked then individually quick frozen (IQF) (approximately 1/2 wide) [100117, A563] - SR105268 (1 7/8 oz.)	71.08	3.10	0.91	0.00	42.28	295.24	0.55	0.00	(M)	10.21	0.57	36.45	0.00	8.75	(M)	(M)
Chicken, Fajita, Commodity, D-40, MMA, Non-WG, Veg-RO - SR100053 (1 fajita)	241.00	6.28	1.40	(M)	50.99	284.00	23.37	1.80	(M)	21.99	2.10	54.00	239.99	6.70	(M)	(M)
Chicken, Fillet, SmartServe Glazed Original, AdvancePierre Foods, 275-828, MMA - SR100138 (1 breast)Contains Soy.	120.00	5.00	1.50	0.00	50.00	310.00	2.00	1.00	1.00	16.00	1.08	20.00	0.00	1.20	(M)	(M)
Chicken, Flamebroiled Breast Dipper w/Teriyaki, AdvancePierre Foods, 2417, MMA - SR106201 (3 oz.)Contains Wheat, Soy.	140.00	4.50	1.50	0.00	35.00	359.99	8.00	1.00	5.00	15.00	1.08	20.00	100.00	1.20	(M)	(M)
Chicken, Flamebroiled Chicken Breast Fillet, Boneless, Skinless, with Rib Meat, AdvancePierre Foods, 9820, MMA - SR104127 (1 fillet)Contains Soy.	140.00	5.00	1.50	0.00	40.00	470.00	5.00	1.00	2.00	17.00	1.44	40.00	0.00	1.20	(M)	(M)
Chicken, Fully Cooked 1/2" Diced Meat Natural Prop - SR104645 (3 oz.)	130.00	3.49	1.00	(M)	79.99	39.99	0.00	0.00	(M)	26.00	1.07	0.00	0.00	0.00	(M)	(M)
Chicken, fully cooked, roasted, then individually - SR104147 (2 oz.)	110.00	6.00	2.00	0.00	51.00	169.00	1.00	0.00	(M)	11.00	1.00	7.00	70.00	0.00	(M)	(M)
Chicken, General Tso's, Whole Grain, Green Dragon, Asian Food Solutions, 72003, MMA, WGR - SR106073 (4 ounces)Contains Milk, Egg, Wheat, Soy.	203.08	4.06	1.01	0.00	45.69	517.85	26.40	2.03	14.21	14.21	1.46	0.00	0.00	0.00	(M)	(M)
Chicken, Golden Crispy Filet, 3.75oz, Tyson, 70302-928, MMA, WG - SR106567 (1 piece) Contains Wheat, Soy.	230.00	10.00	2.00	0.00	50.00	380.00	14.00	1.00	1.00	22.00	1.44	20.00	0.00	0.00	(M)	(M)
Chicken, Golden Crispy WG Tenders, Tyson, 70334-928, MMA, WG - SR105310 (3 piece) Contains Wheat, Soy.	260.00	15.00	2.50	0.00	25.00	390.00	16.00	3.00	1.00	15.00	1.80	40.00	100.00	0.00	(M)	(M)
Chicken, Golden Crispy Whole Grain Chicken Chunk, Tyson Foods, Inc., 70364-928, MMA, WGR - SR106559 (5 pieces) Contains Wheat, Soy.	262.50	15.00	2.50	0.00	25.00	400.00	16.25	2.50	1.25	16.25	2.25	25.00	125.00	0.00	(M)	(M)

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Chicken, Golden Crispy Whole Grain Chicken Sticks, Tyson Foodservice, 70367-928, MMA, WGR - SR105301 (7 piece) Contains Wheat, Soy.	220.00	13.00	2.50	0.00	20.00	330.00	14.00	2.00	1.00	13.00	1.80	40.00	100.00	0.00	(M)	(M)
Chicken, Golden Crispy Whole Grain Popcorn Chicken, Tyson Foods Inc, 70368-928, MMA, WGR - SR105302 (12 piece) Contains Wheat, Soy.	250.91	14.18	2.73	0.00	21.82	370.91	15.27	2.18	1.09	15.27	1.96	43.64	109.09	0.00	(M)	(M)
Chicken, Grilled Chicken Breads Strips, FC, GoodSo - SR101879 (3 ounces)Contains Soy.	119.93	3.00	1.00	0.00	59.97	379.78	0.00	0.00	0.00	22.99	(M)	39.98	(M)	2.40	(M)	(M)
Chicken, Grilled Chicken Breast Drummie, With Honey BBQ Sauce, AdvancePierre Foods, 3973, MMA - SR106848 (3 ea.) Contains Soy.	140.00	4.50	1.00	0.00	40.00	250.00	7.00	1.00	5.00	18.00	1.08	20.00	100.00	0.00	(M)	(M)
Chicken, Grilled Filet, 2.35oz, Tyson, 70322-928, MMA - SR106565 (1 piece)Contains Soy.	100.00	3.50	1.00	0.00	35.00	200.00	1.00	0.00	0.00	15.00	0.72	0.00	0.00	0.00	(M)	(M)
Chicken, Homestyle Breaded Breast Meat Chicken Patties, Fully Cooked, Tyson, 2379-928, MMA, WG - SR102352 (1 ea.) Contains Egg, Wheat, Soy.	232.94	12.62	2.91	0.00	18.44	475.59	12.62	0.97	0.00	16.50	1.75	38.82	97.06	0.00	(M)	(M)
Chicken, Homestyle Chicken Breast Portioned Filet, - SR102236 (1 ea.)Contains Wheat, Gluten.	240.00	13.00	2.00	0.00	45.00	600.00	14.00	1.00	0.00	18.00	0.72	20.00	0.00	0.00	(M)	(M)
Chicken, Homestyle Chicken Strips, w/ISP and w/DWE, Tyson Foods Inc, 2473-928, MMA, WGR - SR100046 (3 pieces)Contains Egg, Wheat, Soy.	220.00	12.00	2.50	0.00	40.00	500.00	13.00	2.00	0.00	16.00	1.80	20.00	100.00	0.00	(M)	(M)
Chicken, Homestyle Whole Grain Chunks w/DWE & ISP, Tyson Foods Inc, 2378-928, MMA, WGR - SR100295 (5 ea.)Contains Egg, Wheat, Soy.	182.37	10.13	2.03	0.00	35.46	385.00	10.13	1.01	0.00	13.17	1.46	20.26	101.32	0.00	(M)	(M)
Chicken, Homestyle, Breaded Breast, Chicken Pattie - SR100469 (1 patty)Contains Wheat, Gluten.	140.00	9.00	2.00	0.00	25.00	320.00	6.00	0.00	0.00	7.00	0.99	0.00	0.00	0.00	(M)	(M)
Chicken, Homestyle, Uncooked, Breaded, Boneless, Wings, Tyson, 38343-928, MMA - SR104840 (4 piece)Contains Wheat, Soy.	260.00	15.00	2.50	(M)	35.00	600.00	17.00	1.00	0.00	15.00	0.72	20.00	0.00	0.00	(M)	(M)

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Chicken, Hot & Spicy Glazed Filet, 2.35oz, Tyson, 70324-928, MMA - SR106566 (1 piece) Contains Soy.	100.00	3.00	1.00	0.00	40.00	230.00	1.00	0.00	1.00	16.00	0.72	0.00	0.00	0.00	(M)	(M)
Chicken, Hot & Spicy Popcorn Chicken, Breaded, FC, - SR104395 (18 pieces)	280.00	16.00	4.00	0.00	30.00	1200.00	19.00	1.00	1.00	13.00	0.18	200.00	4000.00	0.60	(M)	(M)
Chicken, Hot & Spicy Whole Grain Popcorn Chicken,, Cooked, Frozen, Tyson Foods Inc, 70378-928, MMA, WG - SR105300 (10 piece)Contains Wheat, Soy.	220.00	13.00	2.50	0.00	20.00	330.00	14.00	2.00	1.00	13.00	1.80	40.00	100.00	0.00	(M)	(M)
Chicken, Hot & Spicy, Whole Muscle, Grilled, Breas - SR104709 (1 piece)	120.00	2.50	0.50	0.00	55.00	410.00	3.00	0.00	1.00	21.00	0.72	20.00	100.00	0.00	(M)	(M)
Chicken, Hot N' Spicy Breaded Chicken Breast Tende - SR103037 (2 2 piece serving) Contains Wheat, Soy.	210.00	11.00	2.00	0.00	35.00	650.00	12.00	1.00	0.00	15.00	0.72	20.00	100.00	1.20	(M)	(M)
Chicken, Hot 'N Spicy, Whole Grain Patty, Tyson Foodservice, 70314-928, MMA, WG - SR105892 (1 patty)Contains Wheat, Soy.	270.00	15.00	3.00	0.00	25.00	400.00	17.00	3.00	1.00	15.00	2.70	40.00	100.00	0.00	(M)	(M)
Chicken, Japanese Cherry Blossom, Green Dragon, Asian Food Solutions, 72005, MMA, WGR - SR104707 (4 ounces, dry) Contains Egg, Wheat.	200.00	4.00	1.00	0.00	45.00	350.00	27.00	2.00	14.00	13.00	1.26	0.00	0.00	2.40	(M)	(M)
Chicken, Krisp N' Krunchy Patties 3.4 ounce, Tyson - SR101480 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	200.00	10.00	2.00	0.00	55.00	690.00	12.00	0.00	1.00	14.00	1.80	20.00	100.00	0.00	(M)	(M)
Chicken, Lightly Breaded Chunks with TVP, Fully Co - SR101576 (6 nugget)Contains Milk, Wheat, Soy.	212.45	11.13	2.53	0.00	20.23	475.47	15.18	1.01	0.00	12.14	1.09	20.23	101.17	0.00	(M)	(M)
Chicken, Lightly Glazed Whole Muscle Nugget, Tyson Foods, 20154-928, MMA - SR106911 (3 ounces)	140.00	5.00	1.00	0.00	55.00	270.00	2.00	0.00	0.00	21.00	0.72	0.00	0.00	0.00	(M)	(M)
Chicken, Mini Pattie, Breaded, Crispy Southern Fried, Whole Grain, AdvancePierre Foods, 68027, MMA, WG - SR106855 (3 ea.)Contains Wheat, Soy.	220.00	13.00	2.50	0.00	40.00	360.00	9.00	2.00	0.00	17.00	1.44	20.00	100.00	0.00	(M)	(M)
Chicken, New Orleans Cajun Mandarin, Frozen, Green Dragon, Asian Food Solutions Inc, 73002, MMA - SR104819 (2 7/8 ounces) Contains Wheat, Soy.	140.00	2.50	0.50	0.00	50.00	450.00	15.00	0.00	13.00	13.00	1.44	0.00	0.00	0.00	(M)	(M)

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Chicken, Nugget, Homestlye Pepper Chunks, Tyson, 4714-928, MMA, Non-WG - SR101917 (90 grams)Contains Milk, Egg, Wheat, Soy.	200.00	12.00	2.50	0.00	15.00	580.00	12.00	3.00	0.00	12.00	1.80	60.00	0.00	0.00	(M)	(M)
Chicken, Nuggets, Breaded, Fully Cooked, King's Delight, 11085, MMA, Non-WG - SR105480 (5 piece)	200.00	11.00	2.00	(M)	20.00	450.00	13.00	2.00	0.99	13.00	2.00	40.00	40.00	1.00	(M)	(M)
Chicken, Nuggets, CN Halloween Shapes, 1.1oz, Brakebush, 5633, MMA, WG - SR106545 (3 pieces)	250.00	14.00	3.50	0.00	35.00	350.00	15.00	2.00	1.00	14.00	1.44	20.00	0.00	0.00	(M)	(M)
Chicken, Nuggets, Golden Crispy, Whole Muscle Boneless Wing, Tyson Foods, Inc., 70362-928, MMA, WG - SR106884 (5 ea.) Contains Wheat, Soy.	237.50	10.00	1.88	0.00	50.00	387.50	13.75	1.25	1.25	22.50	1.80	25.00	0.00	0.00	(M)	(M)
Chicken, Nuggets, Whole Grain, Homestyle Breaded, Gold Kist Farms, Pilgrim's Pride Foodservice, 6153, MMA, WG - SR105804 (5 nuggets)Contains Egg, Wheat, Soy.	170.00	8.00	2.00	0.00	50.00	396.00	9.00	1.00	0.00	15.00	2.00	22.00	127.00	1.00	(M)	(M)
Chicken, Pattie, Golden Crispy, Whole Grain, Tyson Foodservice, 70304-928, MMA, WG - SR104945 (1 patty)Contains Wheat, Soy.	260.00	15.00	2.50	0.00	25.00	400.00	16.00	3.00	1.00	16.00	1.80	40.00	100.00	0.00	(M)	(M)
Chicken, Pattie, Whole Grain Breaded, Smart Picks, AdvancePierre Foods, 63115CNWG, MMA, WG - SR106863 (1 ea.)Contains Milk, Egg, Wheat.	120.00	7.00	1.50	0.00	50.00	180.00	5.00	1.00	0.00	8.00	0.72	0.00	100.00	0.00	(M)	(M)
Chicken, Pattie, Whole Grain Spicy Breaded, AdvancePierre Foods, 68029, MMA, WG - SR106864 (1 ea.)Contains Wheat, Soy.	200.00	11.00	2.50	0.00	30.00	370.00	12.00	2.00	0.00	15.00	1.80	20.00	300.00	0.00	(M)	(M)
Chicken, Patty, Breaded Breast, Frozen w/ Rib Meat - SR100495 (1 ea.)Contains Wheat, Gluten.	250.00	15.00	3.50	0.00	40.00	570.00	13.00	1.00	0.00	15.00	1.80	40.00	0.00	0.00	(M)	(M)
Chicken, Patty, Homestyle Breaded Strip Shaped, Whole Grain, Gold Kist Farms, Pilgrim's Pride Foodservice, 6253, MMA, WG - SR105806 (3 strips) Contains Egg, Wheat, Soy.	171.00	8.00	2.00	0.00	50.00	398.00	9.00	2.00	0.00	15.00	2.00	22.00	128.00	1.00	(M)	(M)

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Chicken, Patty, Homestyle Breaded, Whole Grain, Gold Kist Farms, Pilgrim's Pride Foodservice, 6654, MMA, WG - SR105805 (1 patty)Contains Egg, Wheat, Soy.	171.00	8.00	2.00	0.00	50.00	395.00	9.00	2.00	0.00	15.00	2.00	22.00	127.00	1.00	(M)	(M)
Chicken, Patty, White/Dark Meat, Breaded/Cooked, T - SR101517 (1 patty)Contains Wheat, Gluten.	230.00	13.00	2.50	0.00	55.00	480.00	12.00	0.00	0.00	17.00	1.44	20.00	100.00	0.00	(M)	(M)
Chicken, Philly Freedom Traditional Chicken Flat Steak, AdvancePierre Foods, 450500, MMA - SR104873 (1 steak) Contains Milk, Wheat, Soy, Gluten.	180.00	8.00	2.50	0.00	75.00	460.00	4.00	0.00	2.00	21.00	0.72	20.00	100.00	2.40	(M)	(M)
Chicken, Popcorn Breast Fritters, Fully Cooked, Kings Delight, 11095, MMA, Non-WG - SR106540 (18 pieces)Contains Milk, Wheat, Soy.	194.00	10.00	3.00	0.00	28.00	799.00	14.00	1.00	0.00	12.00	0.36	190.00	2100.00	0.60	(M)	(M)
Chicken, Popcorn Chicken with Dinner Roll, WG, MMA - SR100021 (1 serv.)Contains Milk, Egg, Wheat, Soy.	255.08	10.31	1.87	0.00	46.73	931.32	26.68	1.94	1.90	15.06	2.57	37.13	39.25	0.94	(M)	(M)
Chicken, Popcorn Fritters, Fully Cooked, Kings Delight, CP13095, MMA, WG - SR100288 (16 pieces)Contains Milk, Egg, Wheat, Soy.	190.00	10.00	2.00	0.00	50.00	841.00	13.00	0.00	1.00	13.00	2.00	19.00	42.00	1.00	(M)	(M)
Chicken, Popcorn, Original, Homestyle, Breaded, Uncooked, Tyson, 3034-928, MMA, Non-WG - SR104829 (10 piece)Contains Wheat.	250.00	13.00	2.00	0.00	25.00	780.00	18.00	2.00	2.00	16.00	1.08	0.00	0.00	0.00	(M)	(M)
Chicken, Popcorn, Whole Grain Patty Fritters, Pilgrim's Pride, Gold Kist Farms 7916, MMA, WG - SR106718 (3 1/8 ounces) Contains Milk, Egg, Wheat, Soy.	211.00	9.00	2.00	0.00	47.00	400.00	13.00	2.00	1.00	15.00	2.00	16.00	112.00	1.00	(M)	(M)
Chicken, Protein, Teriyaki Chicken, 88, MMA - SR102988 (1/2 c.)Contains Soy.	323.37	5.32	0.16	0.00(M)	90.00	2714.83	34.30	1.79	1.80(M)	35.14	2.47	91.35	0.00	0.00	97.13(M)	4.38(M)
Chicken, Pulled, Green Chili, Fully Cooked, Quantum Foods, 26002, MMA - SR104897 (1 portion)	140.00	5.00	1.50	0.00	60.00	220.00	3.00	1.00	1.00	20.00	1.08	0.00	0.00	12.00	(M)	(M)
Chicken, Pulled, Shredded, Fully Cooked, Quantum Foods, 26100, MMA - SR104896 (1 portion)	110.00	3.00	1.00	0.00	50.00	320.00	0.99	0.00	0.00	19.00	0.36	0.00	0.00	0.00	(M)	(M)

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Chicken, Red Label Select Cut Grilled Filets, Fully Cooked, Tyson, 38350-928, MMA - SR100520 (1 piece whole) Contains Soy.	120.00	2.50	0.50	0.00	60.00	320.00	1.00	0.00	0.00	22.00	0.72	20.00	0.00	0.00	(M)	(M)
Chicken, Ring Slider, MMA, WG - SR106234 (1 ea.)	289.00	16.47	4.16	0.00(M)	60.00	617.14	23.27	1.74	(M)	12.14	1.76	83.01	23.14	0.06	38.70(M)	1.82(M)
Chicken, Savory Roasted Chicken Patty, Gold Kist Farms, Pilgrim's Pride Corp, 66218, MMA - SR106906 (1 patty)Contains Egg, Soy.	117.00	6.00	1.00	0.00	42.00	360.00	2.00	0.00	1.00	15.00	1.00	15.00	95.00	1.00	(M)	(M)
Chicken, Smart Picks Harvest Breaded Chicken Nuggets, AdvancePierre Foods, 24506-0, MMA, WG - SR106533 (3 ounces)Contains Milk, Wheat, Soy.	230.00	14.00	3.00	0.00	35.00	310.00	12.00	2.00	0.00	14.00	1.80	20.00	100.00	1.20	(M)	(M)
Chicken, Spicy Homestyle Strips of Fire, Tyson Foods Inc, 8335-928, MMA - SR106538 (2 pieces) Contains Wheat.	270.00	15.00	2.50	0.00	20.00	780.00	17.00	1.00	1.00	15.00	0.00	0.00	0.00	0.00	(M)	(M)
Chicken, Spicy Nuggets, Breaded, Cooked, Tyson, 22 - SR102480 (12 ea.)Contains Milk, Wheat, Gluten.	220.00	14.00	2.50	0.00	30.00	660.00	12.00	1.00	0.00	12.00	1.44	20.00	0.00	0.00	(M)	(M)
Chicken, Spicy Orange FlavorEase All Dark Meat - SR101634 (5 ounces)Contains Wheat, Soy.	217.28	6.91	1.98	0.00	64.20	493.83	19.75	0.00	15.80	19.75	1.42	39.51	98.77	3.56	(M)	(M)
Chicken, Stick, Leg/Breast Meat, Breaded, Tyson, 2 - SR102531 (7 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	220.00	15.00	3.50	0.00	80.00	400.00	11.00	1.00	0.00	11.00	1.08	20.00	100.00	0.00	(M)	(M)
Chicken, Stir Fry wiith Brown Rice, MMA, Veg-DG, V - SR100051 (3/4 c.)	198.99	8.63	1.47	(M)	45.99	196.98	11.12	2.90	(M)	19.29	1.24	43.99	11927.98	29.29	(M)	(M)
Chicken, Strip Breast Fajita Marinated, Cooked Frozen, Smart Serve, AdvancePierre Foods, 34-201, MMA - SR100339 (3 oz.)	121.50	5.06	1.52	0.00	45.56	425.25	3.04	0.00	0.00	15.19	0.73	20.25	101.25	1.22	(M)	(M)
Chicken, Strips, Seasoned, 3/8" x Natural, Fully C - SR100275 (2 ounces)Contains Wheat, Soy, Gluten.	70.00	1.00	0.00	0.00	40.00	250.00	2.00	0.00	2.00	14.00	0.00	0.00	(M)	(M)	(M)	(M)
Chicken, Sweet Asian Style Glazed, WG Breaded, Tyson Food Service, 21122-328, MMA, WG - SR106046 (6 piece)Contains Wheat, Soy.	182.40	7.98	1.14	0.00	34.20	319.20	15.96	1.14	3.42	13.68	1.23	22.80	0.00	0.00	(M)	(M)

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Chicken, Taco Meat, FC, Tyson 70101-571, MMA - SR106072 (1 1/3 ounces)Contains Egg, Wheat, Soy.	78.75	5.91	1.97	0.00	4.92	167.34	1.97	0.00	0.98	5.91	1.06	39.38	196.88	0.00	(M)	(M)
Chicken, Tangerine, Lightly Battered, Boneless, Ch - SR100249 (1 Serving (3.96 oz = 2 MMA, 0.5 Non-WG))Contains Egg, Wheat, Soy.	200.00	4.00	1.00	0.00	45.00	400.00	27.00	0.00	13.00	13.00	0.72	0.00	0.00	0.00	(M)	(M)
Chicken, Tangerine, Whole Grain, Green Dragon, Asian Food Solutions, 72001, MMA, WGR - SR106074 (4 ounces)Contains Egg, Wheat, Soy.	190.00	4.00	1.00	0.00	45.00	380.00	25.00	2.00	13.00	14.00	1.44	0.00	0.00	0.00	(M)	(M)
Chicken, Tempura, Battered, Breast, Nuggets, Uncoo - SR104704 (6 pieces)Contains Wheat.	270.00	18.00	3.50	0.00	40.00	620.00	13.00	0.00	0.00	14.00	0.72	20.00	0.00	0.00	(M)	(M)
Chicken, Tenderloin Battered Fritter Small Strip, - SR104387 (3 1/2 ounces)Contains Wheat, Soy.	1903.00	66.00	11.00	0.00	385.00	8327.00	176.00	11.00	0.00	143.00	11.00	77.00	451.00	11.00	(M)	(M)
Chicken, Tenderloin, Whole Muscle, Breaded, Tyson - SR104510 (1 2 Piece Serving (1.75 MMA, 1 Non-WG))Contains Wheat, Gluten.	280.00	14.00	2.50	0.00	50.00	580.00	17.00	1.00	0.00	20.00	1.80	0.00	0.00	0.00	(M)	(M)
Chicken, Teriyaki, Frozen, Green Dragon, Asian Food Solutions, 73001, MMA - SR106075 (2 7/8 ounces)Contains Wheat, Soy.	143.44	2.46	0.98	0.00	52.07	406.75	13.76	0.00	13.76	14.74	1.06	19.65	98.25	0.00	(M)	(M)
Chicken, Teriyaki, Strips, Green Dragon, MMA - SR100248 (2 7/8 ounces)Contains Wheat, Soy.	145.99	2.50	1.00	0.00	52.99	413.96	14.00	0.00	14.00	15.00	1.08	20.00	99.99	0.00	(M)	(M)
Chicken, White/Dark Meat, Ring Shaped Chunks, Roun - SR100438 (5 pieces)Contains Milk, Egg, Wheat.	260.00	16.00	4.00	0.00	80.00	580.00	14.00	1.00	0.00	13.00	1.44	10.00	0.00	0.00	(M)	(M)
Chicken, Whole Grain Breaded Chik'N Pretzel, 1.93oz, Brakebush, 5681, MMA, WG - SR106543 (2 pieces)Contains Wheat, Soy.	290.00	17.00	4.00	0.00	40.00	410.00	18.00	2.00	2.00	17.00	1.80	40.00	0.00	0.00	(M)	(M)
Chicken, Whole Grain Chicken Nuggets, MMA, WG - SR100612 (5 piece)Contains Wheat, Soy.	166.36	6.87	1.22	0.00	23.50	211.74	12.95	2.81	(M)	15.09	1.93	35.98	12.94	0.10	45.86	0.36
Chicken, Whole Grain Chunks, Frozen, Tyson Foods I - SR100625 (5 pieces)Contains Wheat, Soy.	180.00	8.00	1.50	0.00	20.00	450.00	14.00	2.00	1.00	13.00	1.80	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)
Chicken, Whole Grain Golden Crispy Tenderloin, Tyson Foodservice, 70332-928, MMA, WG - SR105868 (3 piece) Contains Wheat, Soy.	240.00	10.50	2.25	0.00	52.50	375.00	13.50	1.50	1.50	22.50	1.62	0.00	0.00	0.00	(M)	(M)
Chicken, Whole Grain Popcorn Style Patty Fritters, Pilgrim's Pride, Gold Kist, 69160, MMA, WG - SR105889 (14 pieces) Contains Milk, Egg, Wheat, Soy.	211.00	9.00	2.00	0.00	47.00	400.00	13.00	2.00	1.00	15.00	2.00	16.00	112.00	1.00	(M)	(M)
Chicken, Whole Muscle Grilled Marked Breast Fillets 3.0oz. , Gold Kist Farms, Pilgrim's Pride, 7520, MMA - SR105890 (1 breast)Contains Soy.	98.00	2.00	1.00	0.00	56.00	417.00	1.00	0.00	0.00	19.00	1.00	7.00	26.00	1.00	(M)	(M)
Chicken, Whole Muscle, Breaded, Boneless, Wings, T - SR104703 (3 pieces)Contains Wheat.	200.00	10.00	1.50	0.00	35.00	420.00	13.00	0.00	0.00	15.00	1.44	0.00	0.00	0.00	(M)	(M)
Chicken, Whole Muscle, Breaded, Breast, Filet, Tys - SR104695 (1 piece)Contains Wheat.	260.00	10.00	2.00	0.00	65.00	620.00	16.00	1.00	0.00	25.00	1.80	0.00	0.00	0.00	(M)	(M)
Chicken, Wings Chili Lime, Tyson Foodservice, 21001-328, MMA - SR105893 (3 piece)Contains Wheat.	220.00	14.00	4.00	0.00	135.00	750.00	2.00	0.00	0.00	22.00	1.08	100.00	0.00	0.00	(M)	(M)
Chicken, Wings of Fire, Tyson, 21000-328, MMA - SR105894 (3 piece)Contains Wheat.	230.00	15.00	4.00	0.00	115.00	580.00	1.00	0.00	0.00	21.00	0.00	0.00	0.00	0.00	(M)	(M)
Chili Con Carne, MMA, Veg-RO - SR106377 (1/2 c.)	178.98	8.44	3.19	0.58(M)	42.76	251.26	9.48	2.46	0.89(M)	15.10	2.19	49.85	352.34	9.63	87.33(M)	0.80(M)
Chip, Baked! Lay's Original Potato Crisps, 1.125 oz, Frito-Lay, 44396, Non-Creditable - SR100763 (1 bag, single serving)Contains Soy.	130.00	2.00	0.00	0.00	0.00	150.00	26.00	2.00	2.00	2.00	0.36	0.00	0.00	2.40	(M)	(M)
Chip, Tortilla Corn Baked Bowl Shaped Salted Bulk Scoop, Frito Lay, 42391, WG - SR104768 (1 ounces)Contains Soy.	120.00	3.00	0.50	0.00	0.00	125.00	22.00	2.00	0.00	2.00	0.00	20.00	0.00	0.00	(M)	(M)
Chip, Tortilla, Crispy Rounds, Corn, Tostitos, PepsiCo, 47753, WG - SR101636 (13 ea.)	141.75	7.09	1.01	0.00	0.00	121.50	18.23	2.02	0.00	2.02	0.37	40.50	0.00	0.00	(M)	(M)
Chip, Tortilla, Doritos Spicy Sweet Chili, Reduced Fat, Frito-Lay, 49093, WGR - SR101255 (1 bag, single serving)Contains Wheat, Soy.	130.00	5.00	0.50	0.00	0.00	180.00	20.00	2.00	0.99	2.00	0.36	20.00	0.00	0.00	(M)	(M)
Chip, Tortilla, Reduced Fat Corn, Tostitos, PepsiCo, 18973, WG - SR106474 (13 ea.)	140.00	5.00	0.50	0.00	0.00	120.00	20.00	2.00	0.00	2.00	0.36	20.00	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)
Chip, Tortilla, Thick Cut Yellow Round, Corn, Tostitos, PepsiCo, 47750, WG - SR106473 (10 ea.) Contains Soy.	140.00	6.00	1.00	0.00	0.00	110.00	19.00	1.00	0.00	2.00	0.36	20.00	0.00	0.00	(M)	(M)
Chip, Tortilla, Yellow Round, Corn, 2 oz, Barrel O' Fun, 40475, WG - SR102542 (1 pkg.)	270.00	14.00	1.50	0.00	0.00	210.00	38.00	3.00	0.00	4.00	1.08	80.00	100.00	0.00	(M)	(M)
Chip, Tortilla, Yellow Round, Corn, Bulk, Barrel O' Fun, 40404, WG - SR101252 (1 ounces)	140.00	7.00	1.00	0.00	0.00	105.00	19.00	1.00	0.00	2.00	0.36	40.00	0.00	0.00	(M)	(M)
Chip, Tortillia Chip, Bite Size Round, Whole White - SR100360 (1 bag, single serving)Contains Soy.	140.00	7.00	1.00	0.00	0.00	110.00	18.00	1.00	0.00	2.00	0.36	20.00	0.00	0.00	(M)	(M)
Chips, Corn Original, .75oz, Fritos, WG - SR106512 (3/4 oz.)	120.84	7.42	1.06	0.00	0.00	118.72	11.87	1.06	(M)	1.27	1.44	60.00	0.00	0.00	(M)	(M)
Chips, Corn Regular SS 104/1 oz, Frito Lay, 32405, WG - SR104824 (1 oz.)	160.00	10.00	1.50	0.00	0.00	160.00	16.00	1.00	(M)	2.00	0.00	70.55	0.00	0.00	(M)	(M)
Chips, Corn Tortilla, Bulk, Martin's Potato Chips, 431, WGR - SR106899 (18 chip)	150.00	7.00	1.00	0.00	0.00	135.00	22.00	2.00	3.00	3.00	0.36	0.00	0.00	0.00	(M)	(M)
Chips, Corn, Fritos Original, 2 oz, Frito Lay, WG - SR106501 (1 Bag)	320.00	20.00	3.00	0.00	0.00	320.00	32.00	3.00	1.00	3.00	0.36	40.00	0.00	0.00	(M)	(M)
Chips, Crispy Rounds Tortilla 1.45 oz, Tostitos, Pepsico, 30103, WGR - SR106868 (1 Bag)	200.04	7.00	1.00	0.00	0.00	180.03	29.00	3.00	0.00	3.00	0.36	20.00	0.00	0.00	(M)	(M)
Chips, Doritios, Tortilla, Cool Ranch, Doritos, 104/1 oz, Frito-Lay, WG - SR106488 (1 oz.)	42.00	2.24	0.28	0.00	0.00	50.40	5.04	0.56	(M)	0.56	0.36	0.00	0.00	0.00	0.00	0.00
Chips, Doritos Nacho Cheese Tortilla 1 oz, Frito Lay, Pepsico, 31748, WGR - SR106484 (1 bag, single serving)Contains Milk.	131.63	5.06	0.51	0.00	0.00	202.50	20.25	2.02	0.00	2.02	0.37	0.00	101.25	0.00	(M)	(M)
Chips, Doritos, Cool Ranch Reduced Fat, 1 oz pkg, Frito-Lay, WGR - SR106485 (1 bag, single serving)Contains Milk.	130.00	5.00	1.00	0.00	0.00	160.00	19.00	2.00	1.00	2.00	0.36	40.00	0.00	0.00	(M)	(M)
Chips, Doritos, Cool Ranch, 1.75 oz pkg, Frito-Lay Inc, WG - SR106499 (1 bag, single serving)Contains Milk.	260.00	13.00	2.00	0.00	0.00	320.00	31.00	3.00	2.00	3.00	0.36	40.00	0.00	0.00	(M)	(M)
Chips, Doritos, Nacho Cheese Baked!, .75 oz pkg, Frito-Lay, WG - SR106486 (1 bag, single serving)Contains Milk.	90.00	3.00	0.50	0.00	0.00	170.00	16.00	1.00	0.99	2.00	0.36	20.00	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)
Chips, Doritos, Nacho Cheese Baked, 1.375 oz pkg, Frito-Lay Inc, WG - SR106497 (1 bag, single serving)Contains Milk.	170.00	5.00	1.00	0.00	0.00	320.00	29.00	2.00	2.00	3.00	0.72	60.00	100.00	0.00	(M)	(M)
Chips, Doritos, Nacho Cheese, 1 oz pkg, Frito-Lay, Non-WG - SR101684 (1 bag, single serving)Contains Milk.	140.00	8.00	1.00	0.00	0.00	210.00	16.00	1.00	0.00	2.00	0.00	20.00	0.00	0.00	(M)	(M)
Chips, Doritos, Nacho Cheese, 1.75 oz pkg, Frito-Lay Inc, WG - SR106500 (1 bag, single serving)Contains Milk.	240.00	14.00	2.00	0.00	0.00	360.00	28.00	2.00	1.00	3.00	0.36	20.00	100.00	0.00	(M)	(M)
Chips, Harvest Cheddar Multi grain, Sunchips, 1.5 oz, WG - SR106509 (1 pkg.)	210.00	9.00	1.00	(M)	0.00	200.00	29.00	2.00	(M)	3.00	0.65	19.30	17.15	0.00	(M)	(M)
Chips, Kale - SR100064 (1/2 c.)	23.22	2.31	0.32	(M)	0.00	258.51	0.60	0.14	0.15(M)	0.29	0.11	10.23	679.72	8.16	5.72(M)	0.14(M)
Chips, Kale, Chichester SD, Veg-DG - SR104720 (1/2 c.)	44.45	0.84	0.08	(M)	0.00	220.56	7.94	1.81	2.05(M)	3.88	1.33	136.08	9062.78	108.86	76.24(M)	1.82(M)
Chips, multi grain, harvest cheddar, sunchips, 104/1 oz, WG - SR106088 (1 oz.)	39.20	1.68	0.28	0.00	0.00	58.80	5.04	0.56	(M)	0.56	0.00	20.00	0.00	0.00	0.00	0.00
Chips, Multigrain, Garden Salsa, SunChips, 0.875oz, Frito Lay, 30821, WGR - SR106508 (1 bag, single serving)Contains Milk, Wheat.	110.00	4.00	0.00	0.00	0.00	170.00	15.00	2.00	1.00	2.00	0.36	20.00	200.00	0.00	(M)	(M)
Chips, Multigrain, Garden Salsa, SunChips, 104/1 oz, Frito Lay, WG - SR106494 (1 bag, single serving)Contains Milk, Wheat.	140.00	6.00	1.00	0.00	0.00	150.00	18.00	2.00	2.00	2.00	0.36	0.00	100.00	0.00	(M)	(M)
Chips, Multigrain, Harvest Cheddar, Sunchips, 1 oz, Frito Lay, WG - SR106495 (1 oz.)	140.00	6.00	1.00	(M)	0.00	115.00	18.00	2.00	(M)	2.00	0.44	11.00	9.80	0.00	(M)	(M)
Chips, Multigrain, Original, SunChips, 1.5 oz, Frito Lay, WG - SR106510 (1 bag, single serving)Contains Wheat.	210.00	10.00	1.00	0.00	0.00	180.00	28.00	4.00	3.00	3.00	0.36	0.00	0.00	0.00	(M)	(M)
Chips, Multigrain, Original, SunChips, 104/1 oz, W - SR102366 (1 bag, single serving)Contains Wheat.	141.75	6.08	1.01	0.00	0.00	121.50	19.24	3.04	(M)	2.02	1.31	0.00	0.00	0.00	(M)	(M)
Chips, Regular Potato Chips, 10 oz Bag, Utz of Han - SR102565 (1 Ounce serving)	150.00	9.00	2.00	0.00	0.00	95.00	14.00	1.00	0.00	2.00	0.36	0.00	0.00	6.00	(M)	(M)
Chips, Sour Cream & Onion Baked Potato Crisps, Herr's - SR105325 (1 Bag)	120.00	3.00	0.50	0.00	0.00	330.00	22.00	2.00	2.00	2.00	0.36	60.00	0.00	2.40	(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)
Chips, Stone Ground Corn Tortilla Chips, WG - SR103167 (8 CHIPS)	140.00	8.00	1.00	0.00	0.00	160.00	18.00	1.00	0.00	2.00	0.36	40.00	0.00	1.20	(M)	(M)
Chips, Tortilla Baked! Tostitos Scoops, Frito Lay, Pepsico, 42537, WGR - SR100506 (7/8 ounces)	110.89	2.52	0.00	0.00	0.00	126.01	19.15	2.02	0.00	2.02	0.36	20.16	0.00	0.00	(M)	(M)
Chips, Tortilla Chips, Baked, Tostitos, PepsiCo, 42391, WG - SR101771 (1 oz package)	120.00	3.00	0.50	0.00	0.00	140.00	22.00	2.00	0.00	2.00	0.36	20.00	0.00	0.00	(M)	(M)
Chips, Tortilla, Bite Size Rounds, 2 oz Bag, Tostitos, WG - SR106475 (2 oz.)	158.76	7.94	1.42	0.00	0.00	124.74	20.41	1.70	(M)	2.27	0.50	80.00	0.00	0.00	0.00	0.00
Chips, Tortilla, Corn, Stone Ground Whole Grain, B - SR103143 (1 ounces)	138.27	6.91	0.99	0.00	0.00	133.33	18.77	2.96	0.00	1.98	0.36	39.51	0.00	0.00	(M)	(M)
Chips, Tortilla, Nacho Cheese, Doritos, .5625, Non- WG - SR106514 (5/8 oz.)	80.23	4.01	0.50	(M)	0.00	100.30	10.03	1.00	(M)	1.00	0.32	29.09	193.57	0.00	0.00	0.00
Chips, Tostitos Tortilla Scoops .875 oz, Frito Lay, PepsiCo, 18792, WGR - SR100981 (1 SS Bag (0.875 oz))	4.23	0.16	0.02	0.00	0.00	3.70	0.64	0.07	0.00	0.07	0.01	0.71	0.00	0.00	(M)	(M)
Chips, Yellow Tortilla Chips, Plain Round, 12/#, Bickels Snack Foods, 061709, WG - SR106873 (10 chip)	150.00	7.00	1.00	0.00	0.00	135.00	22.00	1.00	0.00	2.00	0.72	20.00	0.00	0.00	(M)	(M)
Chowder, New England, Frozen, Classic Clam Chowder - SR103647 (8 fl oz)Contains Crustacean Shellfish.	119.99	3.99	1.00	(M)	14.99	1179.99	14.00	1.00	(M)	6.00	0.72	59.99	99.99	4.80	(M)	(M)
Churro, Apple Filled 51% Whole Grain 5", Tio Pepe's, J&J, 41110, WGR - SR104732 (1 piece) Contains Milk, Egg, Wheat, Soy.	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)
Cinnamon Bun, Ultra Baked 51% Whole Grain 2.9 oz, Super Bakery, 6070, WGR - SR103323 (1 bun)Contains Milk, Egg, Wheat, Soy.	230.60	7.02	2.00	0.00	15.04	250.66	37.10	2.00	16.04	5.01	1.44	60.16	0.00	0.00	(M)	(M)
Cinnamon Roll, Whole Grain Cinnamon Roll with Driz - SR101593 (1 roll.)Contains Milk, Wheat, Soy.	190.00	6.00	1.00	0.00	0.00	180.00	33.00	4.00	12.00	4.00	1.44	20.00	2000.00	4.80	(M)	(M)
Cinnamon Roll, Whole Grain Cinnamon Roll, 2.7 oz, Hadley Farms, 375IW, WG - SR106006 (1 roll.)Contains Milk, Wheat, Soy.	230.00	7.00	1.50	0.00	0.00	230.00	38.00	5.00	12.00	5.00	1.44	20.00	1750.00	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)
Cinnamon Rolls, Pillsbury Mini Cinnis K-12 Hot Breakfast, General Mills, 33686, WGR - SR104478 (1 pkg.)Contains Milk, Wheat.	240.00	8.00	2.00	0.00	0.00	300.00	40.00	2.00	15.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
Condiment, Barbecue Sauce, Sweet Baby Ray's - SR100983 (2 Tbsp.)	70.00	0.00	0.00	0.00	0.00	290.00	17.00	0.00	16.00	0.00	0.00	0.00	0.00	3.60	(M)	(M)
Condiment, Barbeque Sauce, 1 gallon - SR101320 (2 Tbsp.) Contains Soy.	40.00	0.00	0.00	0.00	0.00	400.00	10.00	0.00	5.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Condiment, Bar-B-Que Sauce - SR103862 (1 oz.)	35.34	0.08	0.02	0.00(M)	0.00	242.74	8.27	0.11	6.97	0.36	0.18	5.77	126.58	1.15	19.84	0.83
Condiment, BBQ Sauce - SR102206 (30 grams)	35.00	0.00	0.00	0.00	0.00	420.00	8.00	0.00	7.00	0.00	0.00	0.00	100.00	0.00	(M)	(M)
Condiment, BBQ Sauce, Homemade - SR100073 (1 serving (1/3 cup))	159.69	0.22	0.06	(M)	0.00	678.43	38.76	0.28	35.20	1.24	0.47	29.69	354.05	3.13	66.21	2.44
Condiment, BBQ Sauce, Hyndman - SR104841 (1/2 oz.)	52.83	0.00	0.00	0.00(M)	0.00(M)	309.44	13.79	0.01(M)	13.36(M)	0.02	0.07(M)	7.95(M)	320.00 (M)	0.01(M)	3.98(M)	0.10(M)
Condiment, BBQ Sauce,Squeeze Pouch, 200/.44 oz., K - SR103192 (1 ea.)	15.00	0.00	0.00	0.00	0.00	150.00	4.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Condiment, Buttermilk Ranch Dressing, UPC011158281 - SR103527 (2 Tbsp.)Contains Milk, Egg.	140.00	15.00	2.50	0.00	10.00	230.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Condiment, Cheese Sauce Mix, Tuf - SR104943 (1/4 c.)Contains Milk, Soy.	45.00	1.50	1.00	0.00	0.00	400.00	7.00	0.00	2.00	1.00	0.00	80.00	0.00	0.00	(M)	(M)
Condiment, Condiment Recipe Reading SD - SR103869 (2 oz.)	139.92	9.98	1.26	0.05(M)	6.14(M)	416.99	13.06	0.05(M)	11.28(M)	0.47	0.14(M)	20.41(M)	105.86 (M)	1.08(M)	16.32(M)	0.75(M)
Condiment, Dressing, Ranch Buttermilk, Gal, Plasti - SR103086 (2 tsp.)Contains Milk, Egg.	120.00	10.00	1.50	0.00	10.00	280.00	2.00	0.00	1.00	1.00	0.00	0.00	100.00	0.00	(M)	(M)
Condiment, Fancy Tomato Ketchup, 7 lbs 3 oz - SR102521 (1 Tbsp.)	15.00	0.00	0.00	0.00	0.00	190.00	4.00	0.00	4.00	0.00	0.00	0.00	300.00	0.00	(M)	(M)
Condiment, Frank's RedHot, Original Cayenne Pepper - SR102985 (1 tsp.)	0.00	0.00	0.00	0.00	0.00	190.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	(M)	(M)
Condiment, Glaze for Cini Mini - SR105426 (1 Tbsp.)	32.42	0.00	0.00	(M)	0.00	0.24	8.31	0.00	0.00(M)	0.00	0.01	0.16	0.00	0.00	2.48	0.00
Condiment, Gravy, Brown, Scratch - SR106834 (2 Tbsp.)	21.99	1.49	0.93	(M)	3.81	94.37	1.83	0.07	0.08	0.32	0.11	2.35	44.33	0.02	32.01	0.30

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, Heinz BBQ Sauce Portion Pac - SR100988 (1 packet)	15.00	0.00	0.00	0.00	0.00	85.00	4.00	0.00	2.00	0.00	0.36	0.00	0.00	1.20	(M)	(M)
Condiment, Honey Mustard Sauce - SR103866 (1 oz.)	99.30	0.12	0.01	0.00(M)	0.00	34.49	26.45	0.16	26.22	0.22	0.18	3.74	2.07	0.20	9.62	0.17
Condiment, Hot Sauce, Louisiana Original Recipe, T - SR103494 (3 tsp.)	0.00	0.00	0.00	0.00	(M)	116.44	0.00	(M)	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Condiment, Italian Dressing, Cambria County - SR104936 (2 oz.)	163.52	18.24	2.71	0.00(M)	0.00	229.42	0.19	0.01	0.00(M)	0.08	0.04	1.55	0.43	0.01	9.35(M)	0.61(M)
Condiment, Jellies, Assorted, Commodity, 19300 - SR103306 (1 c.)	893.76	0.07	0.02	(M)	0.00	100.80	235.03	3.36	(M)	0.50	0.64	23.52	16.80	3.02	100.03	0.40
Condiment, JH Condiment Bar - SR103865 (1 oz.)	45.70	1.13	0.13	0.00(M)	0.78	302.10	8.50	0.12	7.00	0.43	0.15	5.54	173.06	1.29	22.66	1.04
Condiment, Light Mayonnaise, Gallon, Cains, 59110 - SR101231 (1 Tbsp.)Contains Egg, Soy.	50.00	4.50	0.50	0.00	5.00	125.00	2.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Condiment, Mayonaise Dressing - SR103863 (1 gal.)	28175.28	2528.30	296.15	0.00(M)	2013.12	24923.80	1421.71	1.69	1347.15	74.81	17.90	2006.09	10109.34	13.19	685.81	73.14
Condiment, Mayonnaise, Lite, Blue Mountain Valley, - SR102848 (1 tsp.)	16.69	1.67	0.33	0.00	3.34	26.71	0.33	(M)	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Condiment, Mayonnaise, PC, Cains, 02250 - SR101102 (1 ea.)Contains Egg, Soy.	90.00	10.00	1.50	0.00	10.00	75.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Condiment, Mayonnaise, Reduced Calorie, Cholestero - SR102795 (1 Tbsp.)	40.00	4.00	0.50	0.00	0.00	70.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Condiment, Miracle Whip, Kraft, 2100064511 - SR100863 (1 Tbsp.)Contains Egg.	35.00	3.00	0.00	0.00	0.00	100.00	2.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Condiment, Miracle Whip, Kraft, 7/16 oz Pouch, 200 ct, 00210006637100, - SR106327 (1 pouch)Contains Egg, Soy.	35.00	3.00	0.00	0.00	0.00	85.00	2.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Condiment, Mustard Salad Yellow Prepared, Katy's K - SR101379 (1 teaspoon, whole)	0.00	0.00	0.00	0.00	0.00	80.00	0.00	(M)	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Condiment, Mustard, Bulk, Monarch, 250065 - SR100787 (1 individual packet)	5.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Condiment, Real Mayonnaise, SS Packet, Hellmanns - SR100289 (1 serving packet)Contains Egg, Soy.	70.00	8.00	1.00	0.00	0.00	70.00	0.00	0.00	0.00	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, Salad Dressing, Katy's Kitchen - SR104928 (1 Tbsp.)Contains Egg, Soy.	50.00	5.00	1.00	0.00	10.00	15.00	3.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Condiment, Salsa, Canned, #10, Veg-RO - SR101321 (2 Tbsp.)	4.00	0.00	0.00	0.00	0.00	35.00	1.00	0.00	1.00	0.00	0.00	0.00	100.00	3.60	(M)	(M)
Condiment, Sauce, Red Hot Pepper, Original, Franks - SR106989 (1 tsp.)	0.00	0.00	0.00	0.00	0.00	190.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Condiment, Sauce, Taco, Ortega - SR106992 (1 serv.)	5.33	0.00	0.00	(M)	0.00	122.67	1.07	0.00	1.07	0.00	0.00	0.00	666.67	0.00	90.99	2.35
Condiment, SH Condiment Bar - SR103864 (1 oz.)	60.45	2.42	0.27	0.00(M)	1.73	336.64	9.30	0.14	7.63	0.48	0.17	6.28	195.33	1.39	24.84	1.14
Condiment, Sour Cream Pouch - SR103271 (1 pouch)Contains Milk.	60.00	5.00	3.00	0.00	20.00	50.00	2.00	0.00	2.00	1.00	0.00	40.00	200.00	0.00	(M)	(M)
Condiment, Sour Cream, Glennview Farms - SR100954 (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)
Condiments, Barbecue Sauce, Mild, Marzetti, 83030 - SR101570 (2 Tbsp.)	35.00	0.00	0.00	0.00	0.00	450.00	8.00	0.00	6.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Condiments, Italian Dressing, Golden, Light, Class - SR101341 (2 Tbsp.)	10.00	0.00	0.00	0.00	0.00	500.00	1.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Condiments, Ketchup, 9 gram Single Serve, 1000ct Case, Heinz, 984800 - SR100997 (1 pack (9 gm package))	10.00	0.00	0.00	0.00	0.00	85.00	3.00	0.00	2.00	0.00	0.00	0.00	100.00	0.00	(M)	(M)
Condiments, Margarine & Jelly - SR106795 (1 ea.)	74.77	4.05	0.76	0.75(M)	0.00	42.03	9.68	0.15	0.00(M)	0.06	0.07	2.95	178.85	1.24	5.09	0.13
Condiments, Syrup Americana, Portion Pac 1.5oz, Heinz - SR106671 (1 ea.)	120.00	0.00	0.00	0.00	0.00	0.00	31.00	0.00	19.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Conventional Oven; Frozen: In a 425F oven bake for 5 minutes; turn and bake 5 - SR103904 (3 stick.)Contains Milk, Egg, Wheat, Soy.	250.00	8.00	1.00	0.00	5.00	340.00	42.00	3.00	13.00	5.00	1.08	60.00	0.00	0.00	(M)	(M)
Cookie Dough, Cookie Chocolate Chip Gourmet Frozen, Davids Cookies, 50011, Non-WG - SR101923 (1 1/2 ounces) Contains Milk, Egg, Wheat, Soy.	199.98	6.00	2.50	0.00	15.00	259.97	22.00	1.00	10.00	3.00	1.44	59.99	0.00	0.00	(M)	(M)
Cookie, Animal Crackers, 150/1 oz, Keebler, WG - SR105778 (1 oz.)	444.00	13.60	4.30	0.20	0.00	382.00	73.80	6.50	(M)	6.60	3.70	443.20	6.00	0.00	(M)	(M)
Cookie, Animal Crackers, Original, Stauffer Biscui - SR102826 (1 oz package)	110.00	1.50	0.00	0.00	0.00	95.00	23.00	0.99	6.00	2.00	1.08	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)
Cookie, Chocolate Chip Frozen Dough, 1oz, Rich's, 11851 Non-WG - SR106711 (1 ea.)Contains Milk, Egg, Wheat, Soy.	160.00	8.00	3.50	0.00	5.00	135.00	20.00	0.65	11.00	1.00	0.72	20.00	100.00	0.00	(M)	(M)
Cookie, Classic Reduced Fat, Chocolate Chip, Frozen, 1.3 oz, Bonzers, 51301, Non-WG - SR104126 (1 cookie)Contains Milk, Egg, Wheat, Soy. Processed in a facility that also processes Tree nuts, Peanuts, Gluten.	150.00	5.60	1.40	0.00	5.00	180.00	25.00	1.00	12.00	2.00	0.72	0.00	100.00	0.00	(M)	(M)
Cookie, Classic Reduced Fat, Oatmeal Raisin, Frozen, 1 oz, Bonzers, 51305, Non-WG - SR104125 (1 cookie)Contains Milk, Egg, Wheat, Soy. Processed in a facility that also processes Tree nuts, Peanuts, Gluten.	149.00	5.50	1.40	0.00	5.00	160.00	25.00	1.00	12.00	1.00	0.72	0.00	100.00	0.00	(M)	(M)
Cookie, Classic Reduced Fat, Vanilla Sugar, 1.3 oz, Bonzers, 51321, Non-WG - SR104132 (1 cookie)Contains Milk, Egg, Wheat, Soy. Processed in a facility that also processes Tree nuts, Peanuts, Gluten.	149.00	5.50	1.40	0.00	5.00	160.00	25.00	1.00	12.00	1.00	0.72	0.00	100.00	0.00	(M)	(M)
Cookie, Classic Reduced Fat, White Chocolate Chip, Frozen, 1.3oz, Bonzers, 51307, Non-WG - SR104122 (1 cookie)Contains Milk, Egg, Wheat, Soy. Processed in a facility that also processes Tree nuts, Peanuts, Gluten.	154.00	5.60	1.40	0.00	5.00	180.00	25.00	1.00	12.00	2.00	0.72	0.00	100.00	0.00	(M)	(M)
Cookie, Gourmet Reduced Fat Carnival, Frozen, 1 oz, Bonzers, 91035, WG - SR104817 (1 cookie)Contains Milk, Egg, Wheat, Soy. Processed in a facility that also processes Tree nuts, Peanuts.	115.00	3.70	1.30	0.00	5.00	70.00	18.50	1.00	8.50	2.00	0.36	0.00	0.00	0.00	(M)	(M)
Cookie, Gourmet Reduced Fat Chocolate Chip Cookie, 1 oz, Bonzers, 91001, WG - SR104814 (1 cookie)Contains Milk, Egg, Wheat, Soy. Processed in a facility that also processes Tree nuts, Peanuts, Gluten.	119.00	4.00	1.30	0.00	5.00	70.00	18.50	1.00	8.50	2.00	0.36	0.00	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)
Cookie, Gourmet Reduced Fat Vanilla Sugar, Frozen, 1oz, Bonzers, 91021, WG - SR104816 (1 cookie)Contains Milk, Egg, Wheat, Soy. Processed in a facility that also processes Tree nuts, Peanuts.	109.00	3.40	1.00	0.00	5.00	70.00	18.00	1.00	8.50	1.50	0.36	0.00	100.00	0.00	(M)	(M)
Cookie, Gourmet Reduced Fat White Chocolate Chip, Frozen, 1 oz, Bonzers, 91007, WG - SR104815 (1 cookie)Contains Milk, Egg, Wheat, Soy. Processed in a facility that also processes Tree nuts, Peanuts.	119.00	4.00	1.30	0.00	5.00	70.00	18.50	1.00	8.50	2.00	0.36	0.00	100.00	0.00	(M)	(M)
Cookie, Gourmet Reduced Oatmeal Raisin, Frozen, 1.0 oz, Bonzers, 91085, WG - SR104818 (1 cookie)Contains Milk, Egg, Wheat, Soy. Processed in a facility that also processes Tree nuts, Peanuts.	108.00	3.10	0.90	0.00	5.00	70.00	18.50	1.00	8.50	1.50	0.36	0.00	100.00	0.00	(M)	(M)
Cookie, RF Chocolate Chip Frozen Dough, 1oz, Otis Spunkmeyer, 55310, Non-WG - SR106708 (1 ea.)Contains Milk, Egg, Wheat, Soy.	110.00	3.50	1.00	0.00	5.00	85.00	19.00	0.99	9.00	1.00	0.72	20.00	100.00	0.00	(M)	(M)
Cookie, RF Sugar Frozen Dough, 1oz, Otis Spunkmeyer, 55314, Non-WG - SR106709 (1 ea.) Contains Milk, Egg, Wheat, Soy.	110.00	3.50	1.00	0.00	5.00	85.00	19.00	0.99	9.00	1.00	0.72	0.00	100.00	0.00	(M)	(M)
Cookie, Sugar Frozen Dough, 1.2oz, Rich's, 11895 Non-WG - SR106712 (1 ea.)Contains Milk, Egg, Wheat, Soy.	150.00	8.00	1.50	3.00	0.00	150.00	19.00	0.30	9.00	1.00	0.60	20.00	100.00	0.00	(M)	(M)
Cookie, Sugar Frozen Dough, 1oz, Rich's, 08176 Non-WG - SR106710 (1 ea.)Contains Milk, Egg, Wheat, Soy.	130.00	6.00	2.50	0.00	5.00	130.00	16.00	0.25	8.00	1.00	0.72	20.00	100.00	0.00	(M)	(M)
Cookies, 100 Calorie Cookie Crisps, Lorna Doone, Nabisco, 4400001413, Non-WG - SR101325 (1 ea.)Contains Wheat, Soy.	100.00	3.00	1.50	0.00	0.00	120.00	16.00	0.00	6.00	1.00	0.36	0.00	0.00	0.00	(M)	(M)
Cookies, Animal Crackers, 36/2 oz, Austin, Non WG - SR105787 (2 oz.)	1602.72	27.22	7.94	0.38	0.00	631.26	314.50	7.56	(M)	29.11	13.23	85.43	0.00	0.00	(M)	(M)
Cookies, Chessmen, 100 calorie pack, Pepperidge Farms, 18216, Non-WG - SR106524 (1 pkg.) Contains Milk, Egg, Wheat.	100.00	3.50	2.00	0.00	10.00	70.00	15.00	1.00	5.00	1.00	0.72	0.00	5000.00	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)
Cookies, Chips Deluxe Right Bites, 36/0.74 oz, Keebler, Non WG - SR105839 (3/4 oz.)	9482.51	279.02	111.19	4.20	0.00	9251.74	1630.07	65.03	(M)	98.60	67.13	373.43	83.92	0.00	(M)	(M)
Cookies, Chocolate Chip 2 pack, Grandma's, Non-WG - SR106520 (2 cookies)Contains Milk, Egg, Wheat, Soy.	340.00	17.00	6.00	0.50	10.00	220.00	44.00	2.00	22.00	4.00	1.80	20.00	0.00	0.00	(M)	(M)
Cookies, Chocolate Chip, 60/2 oz, Famous Amos, Non WG - SR105830 (2 oz.)	28520.10	1366.47	544.32	17.01	453.60	20355.30	3838.59	158.76	(M)	255.15	68.04	1122.66	3005.10	56.70	(M)	(M)
Cookies, Chocolate Chip, 60/3 oz, Famous Amos, Non WG - SR105832 (3 oz.)	10695.04	512.43	204.12	6.38	170.10	7633.24	1439.47	59.53	(M)	95.68	25.52	421.00	1126.91	21.26	(M)	(M)
Cookies, Chocolate Chip, 96/2 oz, Famous Amos, Non WG - SR105831 (2 oz.)	28520.10	1366.47	544.32	17.01	453.60	20355.30	3838.59	158.76	(M)	255.15	68.04	1122.66	3005.10	56.70	(M)	(M)
Cookies, Chocolate Chip, Hope's Country Fresh Cook - SR101311 (1 ea.)Contains Milk, Egg, Wheat, Soy. May contain Tree nuts, Peanuts.	178.01	7.91	4.95	0.00	19.78	138.45	26.70	0.99	16.81	1.98	1.07	0.00	197.79	0.00	(M)	(M)
Cookies, Chocolate Chunk, Hope's Country Fresh Cookies, 26108, Non-WG - SR106713 (1 ea.)Contains Milk, Egg, Wheat, Soy. May contain Tree nuts, Peanuts.	360.00	16.00	10.00	0.00	40.00	270.00	54.00	2.00	34.00	3.00	1.80	20.00	400.00	0.00	(M)	(M)
Cookies, Chocolate Sandwich Creme, 60/2.2 oz, Famous Amos, Non WG - SR105833 (2 1/4 oz.)	9854.46	397.09	133.06	6.24	0.00	8731.80	1503.12	45.74	(M)	89.40	70.69	715.18	207.90	0.00	(M)	(M)
Cookies, Cinnamon Graham Crackers, Keebler Bug Bites, Kellogg's, 210/1 oz., 55644, WGR - SR106517 (1 pkg.) Contains Wheat, Soy.	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	2.00	0.72	100.00	500.00	0.00	(M)	(M)
Cookies, Dark Chocolate Chunk, 100 calorie pack, Pepperidge Farms, 18218, Non-WG - SR106523 (1 pkg.)Contains Milk, Egg, Wheat, Soy.	100.00	3.50	2.00	0.00	10.00	55.00	15.00	1.00	9.00	1.00	0.36	0.00	0.00	0.00	(M)	(M)
Cookies, Elf Graham Crackers, Chocolate Chip, 150/1 oz, Keebler, Non WG - SR105728 (1 oz.)	13267.80	532.98	201.28	5.67	0.00	9157.05	2004.35	87.89	(M)	167.26	99.22	10123.78	0.00	0.00	(M)	(M)
Cookies, Elf Graham Crackers, Chocolate, 150/1 oz, Keebler, WG - SR105729 (1 oz.)	12388.95	411.07	107.73	5.67	0.00	12700.80	2049.70	170.10	(M)	226.80	110.56	10123.78	50633.10	0.00	(M)	(M)
Cookies, Fudge Shoppe Fudge Stripes, 144/2.2 oz, Keebler, Non WG - SR105822 (2 1/4 oz.)	31185.00	1465.69	923.08	31.18	62.37	21704.76	4278.58	118.50	(M)	255.72	68.61	2301.45	2744.28	62.37	(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)
Cookies, Fudge Shoppe Mini Fudge Stripes Right Bites, 100/0.74 oz, Keebler, Non WG - SR105840 (3/4 oz.)	9860.13	373.43	270.63	8.39	20.98	6587.41	1558.74	39.86	(M)	83.92	23.08	633.57	923.08	20.98	(M)	(M)
Cookies, Fudge Shoppe Mini Fudge Stripes, 60/2 oz, Keebler, Non WG - SR105821 (2 oz.)	28179.90	1309.77	782.46	28.35	56.70	20808.90	3895.29	107.73	(M)	238.14	56.70	2063.88	2664.90	113.40	(M)	(M)
Cookies, Gourmet Triple Chocolate, Hope's Country - SR101318 (1 ea.)Contains Milk, Egg, Wheat, Soy. May contain Tree nuts, Peanuts.	187.90	8.90	5.93	0.00	24.72	118.67	27.69	1.98	16.81	2.97	1.07	19.78	197.79	0.00	(M)	(M)
Cookies, Graham Crackers, Honey with Fiber, Keebler, 150/3 ct. - SR105622 (21 g.)	398.00	12.20	1.00	0.30	0.00	434.00	75.90	11.00	(M)	6.30	4.30	457.20	2174.00	0.00	(M)	(M)
Cookies, Graham Crackers, Original, 200/2 ct., Keebler, WG - SR105735 (14 g.)	6048.00	187.60	42.00	8.40	0.00	6496.00	1050.00	65.80	(M)	93.80	54.60	6666.80	33334.00	0.00	(M)	(M)
Cookies, Gripz graham crackers, cinnamon, 150/0.9 oz., Keebler WG, - SR104207 (25 g.)	103.75	3.23	1.02	0.05	0.00	81.00	18.90	2.60	(M)	1.85	0.95	100.00	750.00	0.00	(M)	(M)
Cookies, Homestyle Chocolate Chip, Benton's, Non-WG - SR105418 (1 cookie)	140.00	6.00	2.00	0.00	4.99	80.00	19.00	0.99	10.00	1.00	0.72	0.00	0.00	0.00	(M)	(M)
Cookies, Honey Graham Crackers, 2/200 ct., Keebler, WG - SR105734 (31 g.)	13206.00	378.20	83.70	18.60	0.00	13795.00	2362.20	145.70	(M)	207.70	120.90	14762.20	73811.00	0.00	(M)	(M)
Cookies, Milano, .75oz portion pack, Pepperidge farms, Non-WG - SR106522 (3/4 oz.)	110.00	6.00	2.00	(M)	5.00	50.00	13.00	1.00	(M)	1.00	0.72	0.00	0.00	0.00	(M)	(M)
Cookies, Mini Treats, Alphabet, Packs 1.1 oz, Bake Crafters, 574, Non-WG - SR105769 (1 pkg.) Contains Wheat, Soy.	132.00	4.00	1.00	0.00	0.00	110.00	22.00	1.00	8.00	2.00	0.90	20.00	0.00	0.60	(M)	(M)
Cookies, Oatmeal Raisin, 85/2 oz, Famous Amos, Non WG - SR105834 (2 oz.)	27216.00	1162.35	425.25	17.01	567.00	25061.40	3934.98	187.11	(M)	311.85	136.08	1547.91	907.20	0.00	(M)	(M)
Cookies, Oatmeal Raisin, Hope's Country Fresh Cook - SR101314 (1 ea.)Contains Egg, Wheat, Soy. May contain Milk, Tree nuts, Peanuts.	111.38	3.54	1.01	0.00	5.06	86.06	18.23	1.01	8.10	2.02	0.73	0.00	0.00	0.00	(M)	(M)
Cookies, Peanut Butter 2 pack, Grandma's, Non-WG - SR106521 (2 cookies)Contains Egg, Wheat, Peanuts.	340.00	17.00	6.00	0.50	10.00	220.00	44.00	2.00	22.00	4.00	1.80	20.00	0.00	0.00	(M)	(M)
Cookies, Pecan Sandies Bite Size, 60/1.75 oz, Keebler, Non WG - SR105823 (1 3/4 oz.)	27138.04	1617.37	471.32	19.84	248.06	16520.96	2912.25	79.38	(M)	248.06	124.03	620.16	446.51	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)
Cookies, Soft Batch Chocolate Chip, 72/2.2 oz, Keebler, Non WG - SR105824 (2 1/4 oz.)	14875.25	689.19	280.67	9.36	0.00	10914.75	2064.45	53.02	(M)	112.27	65.49	689.19	0.00	0.00	(M)	(M)
Cookies, Sugar Free Cookies Chocolate Chip, 2 ct, Murray, Non WG - SR105825 (21 g.)	9849.00	567.00	220.50	6.30	147.00	8631.00	1335.60	100.80	(M)	117.60	67.20	350.70	189.00	0.00	(M)	(M)
Cookies, Sugar Free Cookies Chocolate Sandwich, 3 ct., Murray, Non WG - SR105826 (28 g.)	13020.00	694.40	232.40	11.20	28.00	9212.00	1845.20	126.00	(M)	148.40	98.00	758.80	28.00	0.00	(M)	(M)
Cookies, Sugar Free Cookies Lemon Sandwich, 3 ct., Murray, Non WG - SR105827 (28 g.)	13132.00	669.20	218.40	11.20	0.00	5292.00	1912.40	92.40	(M)	137.20	61.60	257.60	0.00	0.00	(M)	(M)
Cookies, Sugar Free Cookies, Chocolate Sandwich, 12/6.5 oz, Murray, Non WG - SR105852 (6 1/2 oz.)	28562.63	1523.34	509.83	24.57	61.42	20208.83	4047.91	276.41	(M)	325.55	214.99	1664.62	61.42	0.00	(M)	(M)
Cookies, Sugar Free Cookies, Lemon Sandwich, 12/6.5 oz, Murray, Non WG - SR105853 (6 1/2 oz.)	28808.33	1468.06	479.12	24.57	0.00	11609.33	4195.33	202.70	(M)	300.98	135.13	565.11	0.00	0.00	(M)	(M)
Cookies, Sugar Free Cookies, Shortbread, 12/6 oz, Murray, Non WG - SR105850 (6 oz.)	9164.14	378.47	121.20	6.38	21.26	10120.95	1522.39	121.20	(M)	148.84	65.91	289.17	0.00	0.00	(M)	(M)
Cookies, Sugar Free Cookies, Vanilla Sandwich, 12/6.5 oz, Murray, Non WG - SR105851 (6 1/2 oz.)	28685.47	1418.92	460.69	24.57	0.00	11793.60	4299.75	208.84	(M)	300.98	135.13	571.25	0.00	0.00	(M)	(M)
Cookies, Sugar Free Shortbread, 8 ct., Murray, Non WG - SR105828 (30 g.)	12930.00	534.00	171.00	9.00	30.00	14280.00	2148.00	171.00	(M)	210.00	93.00	408.00	0.00	0.00	(M)	(M)
Cookies, Sugar Free Vanilla Creme Sandwich, 3 ct., Murray, Non WG - SR105829 (21 g.)	9807.00	485.10	157.50	8.40	0.00	4032.00	1470.00	71.40	(M)	102.90	46.20	195.30	0.00	0.00	(M)	(M)
Cookies, Zoo Animal Crackers, 100/1 oz, Austin, Kelloggs, Non-WG - SR106515 (1 pkg.) Contains Milk, Wheat, Soy.	120.00	1.50	0.00	0.00	0.00	70.00	24.00	1.00	8.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Cookies; Austin Animal Crackers, 80/2 oz - SR105815 (2 oz.)	1576.26	21.92	3.02	0.00	0.00	960.12	320.17	7.18	(M)	24.19	12.47	81.27	275.94	0.00	(M)	(M)
Cookies; Elf Graham Crackers, Cinnamon, 150/1 oz, Keebler, WG - SR105730 (1 oz.)	12417.30	391.23	124.74	5.67	0.00	10517.85	2120.58	138.91	(M)	206.96	73.71	10123.78	50633.10	0.00	(M)	(M)
Cookies; Elf Graham Crackers, Original, 150/1 oz, Keebler, WG - SR105727 (1 oz.)	12417.30	391.23	124.74	5.67	0.00	10517.85	2117.74	133.25	(M)	206.96	73.71	10123.78	50633.10	0.00	(M)	(M)
Cookies; Gripz Graham Crackers, Chocolate Chip, 150/0.9 oz, Keebler WG - SR105719 (1 oz.)	11048.00	329.14	122.47	2.55	0.00	7373.84	1928.93	280.67	(M)	188.81	94.41	10206.00	51030.00	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)
Cookies; Keebler Graham Crackers, Honey, 150/3 ct. - SR100263 (21 g.)	8946.00	256.20	56.70	12.60	0.00	9345.00	1600.20	98.70	(M)	140.70	81.90	10000.20	50001.00	0.00	(M)	(M)
Cooking Macaroni, Noodles, and Spaghetti - SR100080 (1/2 c.)	87.00	0.38	0.07	0.00(M)	0.00	385.45	18.58	3.20	0.00(M)	3.73	0.75	21.61	2.00	0.00	378.82 (M)	1.34(M)
Cooking Spray, Garlic, Buttermist - SR106322 (1 tsp.)Contains Milk.	1.98	0.20	0.03	0.00	0.00	0.15	0.05	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Corn Dog, Chicken Low Fat, IW, 4 oz, Foster Farms, 94124, MMA, WG - SR106548 (1 ea.)Contains Egg, Wheat, Soy, Gluten.	240.00	8.00	2.50	0.00	40.00	390.00	30.00	5.00	5.00	9.00	1.80	80.00	0.00	0.00	(M)	(M)
Corn Dog, CN Mini Whole Grain, Frozen, Cooked, House of Raeford, 20420, MMA, WG - SR104765 (6 corndog mini) Contains Egg, Wheat, Soy.	254.76	9.39	1.34	0.00	13.41	630.19	30.84	1.34	8.04	10.73	3.62	0.00	0.00	0.00	(M)	(M)
Corn Dog, Jumbo Beef, State Fair, Frozen, 4 oz, Sara Lee Corp, 04481, MMA, Non-WG - SR104065 (1 ea.)Contains Milk, Egg, Wheat, Soy.	341.20	18.06	7.03	0.00	35.12	913.22	31.11	1.00	10.04	9.03	1.81	0.00	451.59	2.41	(M)	(M)
Corn Dog, Turkey Corn Dog with Ketchup, Non-WG, MM - SR103751 (1 ea.)Contains Milk, Egg, Wheat, Soy.	351.15	17.65	4.12	0.00	58.82	1096.67	38.29	1.18	12.59	11.76	2.12	94.11	0.00	1.41	(M)	(M)
Corn Dog, Turkey Mini Nugget .67oz, Frozen, Reinha - SR103633 (6 ea.)Contains Milk, Egg, Wheat, Soy.	250.00	11.00	2.50	0.00	50.00	640.00	27.00	1.00	5.00	10.00	1.44	40.00	100.00	18.00	(M)	(M)
Corn Dog, Turkey, 4 oz, Sara Lee / State Fair, 094 - SR101612 (1 ea.)Contains Milk, Egg, Wheat, Soy.	290.00	15.00	3.50	0.00	50.00	860.00	30.00	1.00	9.00	10.00	1.80	80.00	0.00	1.20	(M)	(M)
Corn Dog, Whole Grain, Turkey, State Fair/Sara Lee - SR103290 (1 corndog)Contains Milk, Egg, Wheat, Soy.	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, Buttered, Veg-S - SR106793 (1/2 c.)	89.30	2.44	0.44	0.34(M)	0.00	19.29	17.52	2.21	0.00(M)	2.32	0.44	3.42	261.53	3.22	38.26(M)	0.08(M)
Corn, Corn Salad, Veg-S - SR102673 (1/2 cup, diced) Contains Egg, Soy.	173.84	9.13	1.04	0.00(M)	9.45	251.61	23.02	2.46	3.61(M)	2.39	0.48	8.72	180.21	10.97	33.21(M)	0.14(M)
Corn, Corn: Frozen, Yellow, Veg-S - SR100854 (1/2 cup (1/2 cup ladle))	139.82	3.70	1.39	0.00(M)	0.00	182.70	27.36	3.40	4.35(M)	3.62	0.67	4.35	407.08	4.96	109.19 (M)	1.02(M)
Corn, Golden or Yellow, frozen, w/ Margarine, Veg- - SR102296 (1/2 cup serving)	111.52	2.99	1.13	0.00	0.00	22.65	21.89	2.77	0.00(M)	2.89	0.54	2.77	326.66	4.01	(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)
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130] - SR105269 (1/2 c.)	66.00	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, Seasoned Corn Elementary, H-SCE, Veg-S - SR103835 (1/2 c.)	91.27	0.76	0.11	0.00(M)	0.00	1.38	21.89	2.77	(M)	2.89	0.54	2.77	225.41	4.01	(M)	(M)
Corn, Seasoned Corn With Margarine, Veg-S - SR100224 (1/2 Cup (8 oz ladle))	98.12	4.11	1.70	0.00	0.00	35.02	15.76	1.99	0.00(M)	2.08	0.39	1.99	324.29	2.89	(M)	(M)
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt - SR105270 (1 c.)	133.65	1.11	0.17	(M)	0.00	1.65	31.84	3.96	5.07	4.21	0.78	4.95	328.35	5.78	127.10	0.73
Corn, Whole Kernal Cut, Veg-S - SR100577 (2/3 c.)	80.00	1.00	0.00	0.00	0.00	10.00	19.00	1.00	5.00	3.00	0.00	0.00	0.00	2.40	(M)	(M)
Corn, whole-kernel, canned, low-sodium, with water (liquid pack), sugar and salt may be added [100313, A110] - SR105271 (1/2 c.)	66.00	0.82	0.13	0.00	0.00	140.00	15.24	1.60	(M)	2.15	0.71	4.00	66.00	7.00	(M)	(M)
Cornstarch - SR103674 (1 c.)	487.68	0.06	0.01	(M)	0.00	11.52	116.83	1.15	(M)	0.33	0.60	2.56	0.00	0.00	10.65	0.12
Cottage Cheese, Creamed, Schneider-Valley Farms, M - SR101903 (1 cup (1/2 cup scoop))	110.00	5.00	3.00	0.00	25.00	410.00	5.00	0.00	5.00	11.00	0.00	80.00	0.00	0.00	(M)	(M)
Country Mashed Potatoes, Veg-S - SR105381 (1/2 c.)	15.78	0.19	0.06	(M)	0.00	60.54	3.08	0.27	(M)	0.33	0.06	4.34	0.00	0.75	99.69(M)	0.10(M)
Cracker, Cheese, 6 Count, Austin/U.S. Foodservice, - SR101340 (1 pouch)	190.00	10.00	2.50	0.00	0.00	350.00	23.00	1.00	5.00	3.00	1.08	60.00	0.00	0.00	(M)	(M)
Cracker, Goldfish Snack Crackers, Cheddar, .5 oz P - SR100998 (1/2 Ounce Bag) Contains Milk, Wheat, Soy, Gluten.	70.00	3.00	0.50	0.00	0.00	115.00	9.00	0.00	0.00	2.00	0.36	0.00	0.00	0.00	(M)	(M)
Cracker, Goldfish, Pretzel, Whole Grain, Pouch, Campbell's Foodservice, 14396, WG - SR105870 (1 pouch)	90.00	1.50	0.00	0.00	0.00	250.00	16.00	1.00	0.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Cracker, Original Mini Animal Crackers, ES Foods, 16191, Non-WG - SR104772 (1 pkg.)	100.00	1.50	0.30	0.00	0.00	80.00	20.00	0.60	6.00	2.00	0.85	0.00	0.00	0.00	(M)	(M)
Cracker, Saltine Salted, 2 Each Packet, Nabisco, 2 - SR103088 (1 individual packet)	26.67	0.50	0.00	0.00	0.00	90.00	4.33	0.33	0.00	0.67	0.24	6.67	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)
Cracker, Saltine Whole Grain, 2 Each Packet, Lance, WG - SR105923 (3 individual packet) Contains Wheat.	72.00	1.80	0.00	0.00	0.00	192.00	13.20	0.00	0.00	1.20	0.86	0.00	0.00	0.00	(M)	(M)
Cracker, Wheatsworth Stone Ground Wheat, Nabisco, 4400000118, Non-WG - SR105050 (2 pkg.)Contains Wheat.	60.00	2.50	0.00	0.00	0.00	140.00	8.00	0.00	0.00	0.00	0.72	(M)	(M)	(M)	(M)	(M)
Crackers, Cafe Crackers, 300/2 ct., Keebler Non WG - SR105770 (7 g.)	3332.00	135.10	11.90	1.40	6.30	5173.00	473.20	13.30	(M)	56.70	24.50	0.70	63.00	63.00	(M)	(M)
Crackers, Cheese Crackers with Cheddar Cheese, 1296/1.38 oz, Austin, Non WG - SR105816 (1 3/8 oz.)	19326.76	974.16	238.65	11.74	129.11	35210.70	2347.38	50.86	(M)	293.42	125.19	6259.68	1173.69	0.00	(M)	(M)
Crackers, Cheese Crackers with Cheddar Cheese, 144/1.8 oz, Keebler, Non WG - SR105779 (1 7/8 oz.)	502.00	25.90	6.40	0.70	4.00	760.00	59.50	1.30	(M)	8.10	3.20	159.00	40.00	0.00	(M)	(M)
Crackers, Cheese Crackers with Peanut Butter, 1296/1.38 oz, Austin, Non WG - SR105817 (1 3/8 oz.)	19248.52	958.51	144.75	7.83	0.00	32980.69	2308.26	125.19	(M)	422.53	136.93	1956.15	0.00	0.00	(M)	(M)
Crackers, Cheese Crackers with Peanut Butter, 144/1.8 oz, Keebler, Non WG - SR105780 (1 7/8 oz.)	492.00	24.50	3.70	0.20	0.00	843.00	59.00	3.20	(M)	10.80	3.50	50.00	0.00	0.00	(M)	(M)
Crackers, Cheese Crackers with Peanut Butter, 768/0.93 oz, Austin, Non WG - SR105819 (1 oz.)	12971.83	645.96	97.55	5.27	0.00	22226.12	1555.57	84.37	(M)	284.75	92.28	1318.28	0.00	0.00	(M)	(M)
Crackers, Cheese Crackers with Peanut Butter, 96/1.38 oz, Keebler, Non WG - SR105783 (1 3/8 oz.)	492.00	24.50	3.70	0.20	0.00	843.00	59.00	3.20	(M)	10.80	3.50	50.00	0.00	0.00	(M)	(M)
Crackers, Cheez-It Crackers Hot & Spicy Tabasco, 48/1.5 oz, Non WG - SR105760 (1 1/2 oz.)	21815.33	1109.90	267.91	11.91	0.00	31808.70	2602.53	123.32	(M)	352.96	204.12	2296.35	54389.47	1403.33	(M)	(M)
Crackers, Cheez-It Crackers Hot & Spicy Tabasco, 60/1.5 oz, Non WG - SR105764 (1 1/2 oz.)	21815.33	1109.90	267.91	11.91	0.00	31808.70	2602.53	123.32	(M)	352.96	204.12	2296.35	54389.47	1403.33	(M)	(M)
Crackers, Cheez-It Crackers Original, 48/1.5 oz, Non WG - SR105761 (1 1/2 oz.)	21560.17	1118.41	259.40	12.76	42.52	32021.33	2440.93	102.06	(M)	484.79	165.85	6263.93	14203.35	0.00	(M)	(M)
Crackers, Cheez-It Crackers Original, 60/1.5 oz, Non WG - SR105768 (1 1/2 oz.)	21560.17	1118.41	259.40	12.76	42.52	32021.33	2440.93	102.06	(M)	484.79	165.85	6263.93	14203.35	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)
Crackers, Cheez-It Crackers Original, 60/2 oz, Non WG - SR105765 (2 oz.)	28746.90	1491.21	345.87	17.01	56.70	42695.10	3254.58	136.08	(M)	646.38	221.13	8351.91	18937.80	0.00	(M)	(M)
Crackers, Cheez-It Crackers Reduced Fat, 60/1.5 oz, Non WG - SR105762 (1 1/2 oz.)	19093.72	616.61	148.84	6.38	42.52	34998.07	2849.18	93.56	(M)	565.58	187.11	5834.43	16287.08	0.00	(M)	(M)
Crackers, Cheez-It Crackers White Cheddar, 60/1.5 oz, Non WG - SR105763 (1 1/2 oz.)	21390.08	1063.13	255.15	12.76	246.65	29554.88	2645.05	93.56	(M)	357.21	170.10	2007.18	807.98	0.00	(M)	(M)
Crackers, Cheez-It Crackers White Cheddar, 60/2 oz - SR105767 (2 oz.)	28520.10	1417.50	340.20	17.01	340.20	39406.50	3526.74	124.74	(M)	476.28	226.80	2676.24	1077.30	0.00	(M)	(M)
Crackers, Cheez-It made with Whole Grain, 0.75 oz, Sunshine, Kellogg's, 24100-79263, WGR - SR106005 (1 pouch)Contains Milk, Wheat, Soy.	100.00	3.50	1.00	0.00	4.99	150.00	14.00	1.00	0.00	2.00	0.72	100.00	500.00	0.00	(M)	(M)
Crackers, Cheez-it Original Scrabble Junior, 175/0.75 oz, Non WG - SR105766 (3/4 oz.)	9908.33	367.84	95.68	2.13	255.15	13012.65	1443.72	55.28	(M)	231.76	97.81	956.81	8313.64	0.00	(M)	(M)
Crackers, Cinnamon Mini Animal Grahams, Whole Grain, ES Foods, 16192, WG - SR104771 (1 pkg.)	100.00	3.00	1.00	0.00	0.00	140.00	18.00	1.10	6.00	1.00	1.80	20.00	300.00	3.60	(M)	(M)
Crackers, Club Crackers with Cheddar Cheese, 144/1.8 oz, Keebler, Non WG - SR105781 (1 7/8 oz.)	494.00	24.00	6.10	0.60	4.00	756.00	61.30	1.30	(M)	8.40	3.20	155.00	35.00	0.00	(M)	(M)
Crackers, Club Crackers with Cheddar Cheese, 96/1.38 oz, Keebler, Non WG - SR105784 (1 3/8 oz.)	494.00	24.00	6.10	0.60	4.00	756.00	61.30	1.30	(M)	8.40	3.20	155.00	35.00	0.00	(M)	(M)
Crackers, Club Crackers, 12/16 oz, Keebler, Non WG - SR105774 (14 g.)	1701.00	77.35	12.60	0.70	0.00	3181.50	231.70	6.65	(M)	19.25	3.15	136.50	259.00	0.00	(M)	(M)
Crackers, Club Crackers, 12/5.25 oz, Keebler Non WG - SR105771 (5 1/4 oz.)	18083.76	822.33	133.95	7.44	0.00	33823.32	2463.26	70.70	(M)	204.65	33.49	1451.17	2753.49	0.00	(M)	(M)
Crackers, Club Crackers, 300/2 ct., Keebler, Non WG - SR105772 (7 g.)	3332.00	135.10	11.90	1.40	6.30	5173.00	473.20	13.30	(M)	56.70	24.50	0.70	63.00	63.00	(M)	(M)
Crackers, Club Crackers, 500/2 ct., Keebler, Non WG - SR105773 (7 g.)	3332.00	135.10	11.90	1.40	6.30	5173.00	473.20	13.30	(M)	56.70	24.50	0.70	63.00	63.00	(M)	(M)
Crackers, Goldfish Giant Grahams, Chocolate, 0.9 oz, Campbell's Foodservice, 15263, WGR - SR101347 (1 oz.)Contains Wheat, Soy.	107.95	3.44	0.98	0.00	0.00	117.76	18.65	0.98	5.89	1.96	1.06	98.14	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)
Crackers, Goldfish Snack Cheddar, 0.75 oz, Pepperidge Farm, 14367, WG - SR101342 (1 pouch)	100.00	3.50	0.50	0.00	5.00	180.00	14.00	0.99	0.00	2.00	0.72	20.00	0.00	0.00	(M)	(M)
Crackers, Goldfish, Baked Cheddar Snack Crackers, - SR101315 (55 piece)	140.00	5.00	1.00	0.00	1.00	250.00	20.00	4.00	(M)	4.00	0.36	40.00	0.00	0.00	(M)	(M)
Crackers, Goldfish, Flavor Blasted, Xtra Cheddar, - SR102524 (51 pieces)	140.00	5.00	1.00	0.00	4.99	270.00	19.00	0.99	0.99	4.00	1.08	40.00	0.00	0.00	(M)	(M)
Crackers, Harvest Mill Wheat, 300/2 ct., Keebler, Non WG - SR105776 (7 g.)	3241.00	125.30	23.10	1.40	6.30	4865.00	448.00	30.80	(M)	79.10	17.50	1050.00	63.00	63.00	(M)	(M)
Crackers, HiHo Crackers, 300/2 ct., Keebler, Non WG - SR105777 (7 g.)	3731.00	186.90	46.90	0.00	0.00	6300.00	420.00	16.80	(M)	46.90	0.00	410.90	0.00	0.00	(M)	(M)
Crackers, Honey Graham Belly Bears, 1 oz, J&J, 056071, WGR - SR106516 (1 pkg.)Contains Wheat.	130.00	4.00	0.00	0.00	0.00	100.00	20.00	1.00	8.00	2.00	1.08	100.00	0.00	0.00	(M)	(M)
Crackers, Jungle, Pre-Packaged, J&J Snack Foods, 39080, Non-WG - SR105791 (1 Bag)Contains Milk, Wheat, Soy.	120.00	3.00	0.00	0.00	0.00	60.00	22.00	0.00	7.00	2.00	0.72	100.00	0.00	0.00	(M)	(M)
Crackers, Matzos, Manischewitz, Non-WG - SR105415 (1 ea.)	130.00	0.00	0.00	0.00	0.00	0.00	27.00	0.00	0.00	3.00	0.36	0.00	0.00	0.00	(M)	(M)
Crackers, saltines (includes oyster, soda, soup) - SR105272 (2 cracker square)	25.26	0.53	0.12	0.03	0.00	61.26	4.46	0.17	(M)	0.57	0.31	1.26	0.06	0.00	0.24	0.20
Crackers, Saltines 2 pk, Hilltop Hearth, 048191, Non-WG - SR106417 (1 pkg.)Contains Wheat.	80.00	1.50	0.00	0.00	0.00	200.00	14.00	1.00	0.00	1.00	0.72	40.00	0.00	1.20	(M)	(M)
Crackers, Saltines, Premium, Unsalted Tops, Nabisc - SR102843 (1 cracker)	13.02	0.35	0.09	(M)	0.00	22.98	2.15	0.09	(M)	0.28	0.16	3.57	0.00	0.00	0.12	0.10
Crackers, saltines, whole wheat (includes multi-grain) - SR105273 (1 serv.)	55.72	1.50	0.00	0.00	0.00	169.96	9.55	0.00	0.00	1.00	0.72	0.00	0.00	0.00	1.38	0.57
Crackers, Toasty Crackers with Peanut Butter, 1296/1.38 oz, Austin, Non WG - SR105818 (1 3/8 oz.)	19131.15	931.13	140.84	3.91	0.00	30202.96	2355.20	125.19	(M)	414.70	129.11	2112.64	0.00	0.00	(M)	(M)
Crackers, Toasty Crackers with Peanut Butter, 144/1.8 oz, Keebler, Non WG - SR105782 (1 7/8 oz.)	489.00	23.80	3.60	0.10	0.00	772.00	60.20	3.20	(M)	10.60	3.30	54.00	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)
Crackers, Toasty Crackers with Peanut Butter, 768/0.93 oz, Austin, Non WG - SR105820 (1 oz.)	12892.73	627.50	94.92	2.64	0.00	20354.17	1587.20	84.37	(M)	279.47	87.01	1423.74	0.00	0.00	(M)	(M)
Crackers, Toasty Crackers with Peanut Butter, 96/1.38 oz, Keebler, Non WG - SR105785 (1 3/8 oz.)	489.00	23.80	3.60	0.10	0.00	772.00	60.20	3.20	(M)	10.60	3.30	54.00	0.00	0.00	(M)	(M)
Crackers, Wheat Crackers, 300/2 ct., Keebler, Non WG - SR105775 (7 g.)	3332.00	114.80	21.70	0.63	6.30	5838.00	457.10	40.60	(M)	63.70	28.00	1036.00	63.00	6.30	(M)	(M)
Crackers, Zesta Saltines, 300/2 ct., Non WG - SR105844 (6 g.)	2466.00	55.80	9.60	0.60	0.00	8040.00	456.60	15.60	(M)	51.60	30.00	126.00	0.00	0.00	(M)	(M)
Crackers; Krispy Saltines, 300/2 ct., Sunshine, Non WG - SR105848 (5 5/8 g.)	2301.60	52.08	8.96	0.56	0.00	7504.00	426.16	14.56	(M)	48.16	28.00	117.60	0.00	0.00	(M)	(M)
Crackers; Krispy Saltines, 300/4 ct., Sunshine, Non WG - SR105849 (11 1/4 g.)	4603.20	104.16	17.92	1.12	0.00	15008.00	852.32	29.12	(M)	96.32	56.00	235.20	0.00	0.00	(M)	(M)
Crackers; Krispy Saltines, 500/2 ct., Non WG - SR105847 (5 5/8 g.)	2301.60	52.08	8.96	0.56	0.00	7504.00	426.16	14.56	(M)	48.16	28.00	117.60	0.00	0.00	(M)	(M)
Crackers; Wheat Crackers, Keebler, WG - SR105021 (7 g.)	33.32	1.15	0.22	0.01	0.06	58.38	4.57	0.41	(M)	0.64	0.28	10.36	0.63	0.06	(M)	(M)
Cranberry sauce, canned, strained, with added sweetener such as high fructose corn syrup/corn sweetener [100214, A288] - SR105275 (1/4 c.)	104.00	0.10	0.01	0.00	0.00	20.00	26.84	0.70	(M)	0.14	0.15	3.00	1.00	1.40	(M)	(M)
Cranberry, Craisin Sweetened, Dried, Ocean Spray C - SR101204 (1/4 cup serving)	77.35	0.00	0.00	0.00	0.00	0.00	19.64	1.19	15.47	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Cranberry, Dried Infused Sweetened, Monarch, 88002 - SR100718 (1/4 cup serving)	106.05	0.76	0.00	0.00	0.00	0.00	25.75	1.51	22.73	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Cream Cheese, Cheese Cream Garden Vegetable - SR101410 (1 Container)Contains Milk.	80.00	7.00	4.50	0.00	30.00	150.00	2.00	0.00	1.00	1.00	0.00	20.00	300.00	0.00	(M)	(M)
Cream Cheese, Cheese Cream Light - SR101411 (3/4 ounces) Contains Milk.	45.00	4.00	2.50	0.00	15.00	95.00	1.00	0.00	1.00	2.00	0.00	20.00	300.00	0.00	(M)	(M)
Cream Cheese, Cheese Cream Strawberry Spread - SR101408 (1 Container)Contains Milk.	80.00	7.00	4.00	0.00	25.00	100.00	4.00	0.00	4.00	1.00	0.00	20.00	200.00	0.00	(M)	(M)
Cream Cheese, Plain, Single Serve, Glenview Farms, - SR101947 (1 ea.)	99.18	9.93	5.59	0.00	31.90	93.09	1.18	0.00	0.93	1.71	0.11	28.42	386.43	0.00	(M)	(M)
Cream, Sour, Reduced Fat, Cultured - SR104016 (1 c.)	326.70	29.04	18.08	(M)	94.38	215.38	10.31	0.00	(M)	7.12	0.17	251.68	900.24	2.18	193.94	1.60

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)
Croissant, Margarine, FC Sliced, 1.5 Oz, Bake Crafters, 113, Non-WG - SR101562 (1 ea.)Contains Milk, Egg, Wheat, Soy.	138.45	5.93	0.99	1.98	0.00	187.90	17.80	0.99	1.98	2.97	1.07	39.56	0.00	0.00	(M)	(M)
Croissant, Sandwich Sliced, Sara Lee, 2.25 oz., 04399, Non-WG - SR106012 (1 ea.)Contains Milk, Egg, Wheat, Soy.	230.00	10.00	4.50	0.00	0.99	470.00	30.00	0.99	4.00	5.00	1.80	40.00	500.00	0.00	(M)	(M)
Croissant, Unsliced All-Butter 3.0 oz, Sara Lee, 05702, Non-WG - SR106719 (1 Croissant)Contains Milk, Egg, Wheat, Soy.	300.00	17.00	10.00	0.00	50.00	310.00	32.00	1.00	5.00	5.00	1.80	0.00	750.00	0.00	(M)	(M)
Croissant, Whole Grain Fully Curved Margarine Croi - SR100448 (1 croissant, medium) Contains Milk, Egg, Wheat, Soy.	160.00	6.00	3.00	0.00	0.00	220.00	22.00	2.00	2.00	4.00	1.08	40.00	100.00	3.60	(M)	(M)
Croissant, Whole Grain, Margarine, 2.2 oz., Hadley Farms, 139, WG - SR104887 (1 roll.)Contains Milk, Egg, Wheat, Soy.	190.00	8.00	3.50	0.00	5.00	270.00	26.00	2.00	3.00	5.00	1.44	60.00	300.00	1.20	(M)	(M)
Crouton, Cubed, Seasoned, TFF Bulk, Monarch, 35537 - SR103951 (2 Tbsp.)	30.00	1.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	1.00	0.36	0.00	0.00	0.00	(M)	(M)
Crouton, Herb Seasoned, GFS, 748490, Non-WG - SR100385 (22 pieces)	30.00	1.00	0.00	0.00	0.00	75.00	5.00	0.00	0.00	1.00	0.36	0.00	0.00	0.00	(M)	(M)
Crouton, Seasoned, Hmsty Ztf, Sysco, 7762329, Non- - SR104168 (6 croutons)Contains Milk, Wheat. Processed in a facility that also processes Tree nuts.	30.00	1.00	0.00	0.00	0.00	90.00	5.00	0.00	0.00	1.00	0.36	0.00	0.00	0.00	(M)	(M)
Croutons, Cube Seasoned SS, Monarch, 355381, Non-W - SR101093 (1 Serving (0.7 oz = 1 Non-WG))Contains Wheat, Gluten.	85.71	2.86	0.00	(M)	0.00	285.71	14.29	0.00	0.00	2.86	1.03	(M)	(M)	(M)	(M)	(M)
Croutons, Fresh Gourmet Cube Seasoned Croutons, Sugar Foods Corporation, 74465, Non-WG - SR101313 (2 Tbsp.)Contains Milk, Wheat. Processed in a facility that also processes Tree nuts.	30.00	1.00	0.00	0.00	0.00	100.00	5.00	0.00	0.00	1.00	0.36	0.00	0.00	0.00	(M)	(M)
Croutons, Homestyle Seasoned Croutons, Monarch, 355290 - SR103806 (4 cubes)Contains Wheat, Gluten.	4.29	0.14	0.00	0.00	0.00	13.57	0.71	0.00	0.00	0.14	0.05	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)
Croutons, Italian Seasoned, Sugar Foods Corporatio - SR101690 (6 pieces)Contains Milk, Wheat, Soy.	30.00	1.00	0.00	0.00	0.00	100.00	5.00	0.00	0.00	1.00	0.36	0.00	0.00	0.00	(M)	(M)
Croutons, Plain Crouton Cubes, 4000725, Non-WG - SR102583 (17 croutons)	35.00	1.00	0.00	0.00	0.00	55.00	5.00	0.00	0.00	0.99	0.00	0.00	0.00	0.00	(M)	(M)
Croutons, seasoned - SR105278 (20 cubes)	23.25	0.92	0.26	(M)	0.35	54.45	3.17	0.25	0.22	0.54	0.14	4.80	1.60	0.00	0.18	0.19
Croutons, Seasoned, Commodity, Non-WG - SR103717 (1 oz.)	132.06	5.20	1.49	(M)	1.99	309.28	18.03	1.42	(M)	3.07	0.80	27.26	9.09	0.00	1.02	1.08
Crust, Pizza 12X16" Parbaked, Frozen, K B Pizza Inc, 20001, Non-WG - SR104821 (1 Pizza Crust)Contains Wheat, Soy.	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Crust, Pizza, Parbaked, Frozen, 16 inch, K.B. Pizz - SR104062 (1/8 crust)	148.80	1.24	0.31	0.00	0.00	285.20	27.90	1.24	0.62	4.34	1.67	0.00	620.00	0.00	(M)	(M)
Cucumber, peeled, raw - SR105279 (1 cup sliced)	14.28	0.19	0.02	(M)	0.00	2.38	2.57	0.83	1.64	0.70	0.26	16.66	85.68	3.81	115.11	0.43
Cucumber, with peel, raw - SR105245 (1 cup slices)	15.60	0.11	0.04	(M)	0.00	2.08	3.77	0.52	1.74	0.68	0.29	16.64	109.20	2.91	99.04	0.40
Cupcake, 1.5 oz 30-10-30 Whole Grain Happy Birthday Chocolate Cupcake/Icing, Super Bakery, 9478, WG - SR105708 (1 piece)	140.00	3.00	1.00	0.00	20.00	200.00	26.00	6.00	8.00	2.00	1.80	100.00	0.00	0.00	(M)	(M)
Cupcake, 1.5 oz 30-10-30 Whole Grain Happy Birthday Vanilla Cake/Icing, Super Bakery, 9489, WG - SR105710 (1 piece) Contains Milk, Egg, Wheat, Soy.	140.00	2.50	0.50	0.00	20.00	170.00	27.00	6.00	7.00	2.00	0.72	100.00	0.00	0.00	(M)	(M)
Cupcake, 1.5 oz 30-10-30 Whole Grain Let's Celebrate Chocolate Cupcake/Icing, Super Bakery, 9488, WGR - SR105717 (1 piece)Contains Milk, Egg, Wheat, Soy.	140.00	3.00	1.00	0.00	20.00	200.00	26.00	6.00	8.00	2.00	1.80	100.00	0.00	0.00	(M)	(M)
Cupcake, 1.5oz. 30-10-30 Chocolate Cupcake/Icing, Super Bakery, 9486, Non-WG - SR105713 (1 piece)	90.00	2.00	1.00	0.00	0.00	120.00	17.00	0.00	7.00	1.00	1.08	100.00	0.00	0.00	(M)	(M)
Cupcake, 1.5oz. 30-10-30 Vanilla Cupcake/Icing, Super Bakery, 9487, Non-WG - SR105715 (1 piece)	90.00	2.00	1.00	0.00	0.00	120.00	17.00	0.00	7.00	1.00	0.36	100.00	0.00	0.00	(M)	(M)
Cupcake, 1.8oz. Happy Birthday Vanilla Cake/Icing, Super Bakery, 9481, Non-WG - SR105712 (1 piece)	90.00	2.00	1.00	0.00	0.00	120.00	17.00	0.00	7.00	1.00	0.36	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)
Cupcake, 2.0oz. Happy Birthday Chocolate Cupcake/Icing, Super Bakery, 9480, Non-WG - SR105711 (1 piece)	90.00	2.00	1.00	0.00	0.00	120.00	17.00	0.00	7.00	1.00	0.72	150.00	0.00	0.00	(M)	(M)
Cutie Pie, Peach, 3.75 oz, Cutie Pie, WG, F - SR102028 (1 ea.)	302.00	9.10	2.60	(M)	0.00	335.00	53.50	3.30	27.80	3.20	1.80	20.00	100.00	24.00	(M)	(M)
Danish, Apple Danish (70g), Super Bakery, 6025, Non-WG - SR105644 (1 piece)	240.00	9.00	3.50	0.00	0.00	310.00	38.00	1.00	22.00	3.00	1.08	100.00	300.00	0.00	(M)	(M)
Danish, Apple Demi Danish, Sara Lee, 08917, Non-WG - SR105721 (1 ea.)Contains Milk, Egg, Wheat, Soy.	110.00	4.50	2.00	0.00	5.00	130.00	17.00	0.99	8.00	1.00	0.72	0.00	100.00	0.00	(M)	(M)
Danish, Apple Orchard, Sara Lee, 08356, Non-WG - SR103687 (1 roll.)Contains Milk, Egg, Wheat, Soy.	340.00	15.00	3.00	(M)	10.00	300.00	45.00	1.00	21.00	5.00	1.08	100.00	0.00	0.00	(M)	(M)
Danish, Assorted, Demi Pack, Frozen, Otis, #832029 - SR104310 (1 ea.)	130.00	7.00	3.50	0.00	5.00	95.00	16.00	0.00	0.00	1.00	0.36	20.00	0.00	0.00	(M)	(M)
Danish, Cheese Danish (70g), Super Bakery, 6025, Non-WG - SR105646 (1 piece)	240.00	10.00	4.00	0.00	0.00	310.00	36.00	1.00	19.00	3.00	1.08	100.00	300.00	0.00	(M)	(M)
Danish, Cheese Demi Danish, Sara Lee, 08918, Non-WG - SR105722 (1 ea.)Contains Milk, Egg, Wheat, Soy.	130.00	6.00	3.00	0.00	10.00	150.00	16.00	0.00	8.00	2.00	0.72	0.00	300.00	0.00	(M)	(M)
Danish, Cherry Danish (70g), Super Bakery, 6025, Non-WG - SR105645 (1 piece)	250.00	9.00	3.50	0.00	0.00	310.00	39.00	1.00	23.00	3.00	1.08	100.00	300.00	0.00	(M)	(M)
Danish, Cinnamon Raisin Demi Danish, Sara Lee, 08920, Non-WG - SR105724 (1 ea.)Contains Milk, Egg, Wheat, Soy.	110.00	4.50	2.00	0.00	5.00	130.00	17.00	0.99	8.00	1.00	0.72	0.00	100.00	0.00	(M)	(M)
Danish, Cinnamon Raisin, Sara Lee, 08358, Non-WG - SR103688 (1 roll.)Contains Milk, Egg, Wheat, Soy.	370.00	18.00	4.00	(M)	10.00	290.00	47.00	3.00	22.00	5.00	1.80	100.00	0.00	0.00	(M)	(M)
Danish, Raspberry Demi Danish, Sara Lee, 08919, Non-WG - SR105723 (1 ea.)Contains Milk, Egg, Wheat, Soy.	130.00	5.00	2.50	0.00	5.00	150.00	19.00	0.00	10.00	1.00	0.72	0.00	200.00	0.00	(M)	(M)
Danish, Raspberry, Sara Lee, 08355, Non-WG - SR103691 (1 roll.)Contains Milk, Egg, Wheat, Soy.	350.00	14.00	6.00	0.00	10.00	330.00	50.00	0.99	24.00	4.00	1.80	40.00	500.00	0.00	(M)	(M)
Deli Items, Bologna, Turkey, Berks, 3400, MMA - SR102796 (2 ounces)Contains Soy.	120.00	9.00	2.50	0.00	35.00	530.00	3.00	0.00	2.00	6.00	0.72	20.00	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)
Deli Meat, Bologna, Pork and Beef, Berks, 3322, MM - SR101866 (2 ounces)	160.00	14.00	3.50	0.00	25.00	630.00	4.00	0.00	3.00	6.00	0.36	0.00	0.00	0.00	(M)	(M)
Deli Meat, Capicola, Margherita - SR104338 (2 ounces, dry)	110.00	7.00	3.00	(M)	30.00	590.00	2.00	0.00	1.00	10.00	1.08	0.00	0.00	0.00	(M)	(M)
Deli Meat, Italian Combo, Kunzler, MMA - SR104493 (3 oz.)	182.25	13.16	4.56	0.00	45.56	1083.38	2.02	0.00	1.01	14.18	0.73	0.00	0.00	0.00	(M)	(M)
Deli Meat, Pepperoni, Sandwich Style, Roseli/ U.S. - SR101739 (1 ounces)	130.00	12.00	5.00	0.00	30.00	530.00	0.00	0.00	0.00	6.00	(M)	(M)	(M)	(M)	(M)	(M)
Deli Meat, Pepperoni, Thin Sliced, Reduced Fat, Re - SR102813 (16 slices,each)Contains Soy.	110.00	9.00	3.00	0.00	20.00	240.00	1.00	0.00	0.00	6.00	2.00	2.00	0.00	0.00	(M)	(M)
Deli Meat, Salami, Cooked, Pork and Beef, Berks, 3 - SR101853 (2 ounces)	130.00	11.00	3.50	0.00	45.00	600.00	2.00	(M)	2.00	7.00	1.08	20.00	0.00	0.00	(M)	(M)
Dessert Cup, Chocolate Cookies N Creme, Dessert Cup, 150 Calorie, Sara Lee, 08173 - SR102166 (1 cup serving) Contains Milk, Egg, Wheat, Soy.	150.00	5.00	4.00	0.00	5.00	120.00	19.00	0.99	13.00	1.00	0.72	20.00	0.00	0.00	(M)	(M)
Dessert Cup, Triple Chocolate, 150 Calorie Dessert Cup, Sara Lee, 08171 - SR102170 (1 cup serving)Contains Milk, Egg, Wheat, Soy.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Dessert, Apple Crisp, C-02, Non-WG, F - SR103637 (1 ea.)	167.59	7.58	4.70	0.00(M)	19.50	29.74	25.20	1.67	14.54(M)	1.30	25.93	12.34	250.61	0.85	5.95(M)	0.10(M)
Dessert, Apple Crisp, Dessert #1, F, Non-WG - SR106099 (1 portion)	163.52	4.03	0.76	0.68(M)	0.00	61.24	31.26	1.80	20.75(M)	1.56	0.72	20.45	185.28	1.84	34.53(M)	0.29(M)
Dessert, Apple Crisp, Non-WG, F - SR103566 (1 ea.)	169.58	7.50	4.68	0.00(M)	19.50	31.65	25.39	0.83	14.21(M)	0.87	1.62	17.63	249.72	0.57	6.06(M)	0.14(M)
Dessert, Baked Apple Slices, Fruit - SR102645 (4 ounces)	45.85	0.00	0.00	0.00(M)	0.00	5.45	11.54	1.17	1.67(M)	0.01	1.57	1.65	0.48	1.30	0.02(M)	0.01(M)
Dessert, Baked Apple Slices, Middle School, Fruit - SR102646 (4 ounces)	43.11	0.00	0.00	0.00(M)	0.00	5.24	10.86	1.15	1.34(M)	0.01	1.51	2.10	0.61	1.25	0.02(M)	0.01(M)
Dessert, Banana Bread Squares, Non-WG - SR103568 (1 ea.)	146.09	4.30	1.48	0.00(M)	13.06	159.33	25.09	0.59	11.31(M)	1.95	1.25	5.73	30.89	1.08	15.19(M)	0.26(M)
Dessert, Beanie Brownie, WGR - SR106968 (1 ea.)	252.89	10.86	2.76	0.03(M)	0.00	271.89	35.15	5.07	15.64(M)	5.82	1.76	30.57	33.35	1.20	13.91(M)	0.64(M)
Dessert, Carrot Cake, Dessert #4, Non-WG - SR106100 (1 portion)	67.55	2.11	0.34	0.01(M)	11.90	85.97	11.24	0.35	6.67(M)	0.97	0.32	8.40	906.18	0.36	7.19(M)	0.28(M)
Dessert, Chocolate Chip Cookie, Non-WG - SR103854 (1 cookie)	137.81	4.31	1.46	0.10(M)	11.45	134.12	23.18	0.62	12.00	2.05	0.90	21.25	318.22	0.01	8.54	0.52

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)
Dessert, Chocolate Chip Cookie. Cathedral Preparat - SR103342 (1 cookie)	126.67	6.65	3.40	(M)	18.88	60.12	15.78	0.42	7.38(M)	1.36	0.57	8.59	96.20	0.00	3.96	0.31
Dessert, Chocolate Chip Cookies, Dessert #5, WG - SR105496 (1 cookie)	184.18	9.43	2.59	1.27(M)	12.68	164.22	24.38	1.25	15.08(M)	2.13	0.79	13.39	331.52	0.02	1.66(M)	0.44(M)
Dessert, Chocolate Chip Cookies-Doubled, Non-WG - SR103855 (1 cookie)	137.81	4.31	1.46	0.10(M)	11.45	134.12	23.18	0.62	12.00	2.05	0.90	21.25	318.22	0.01	8.54	0.52
Dessert, Chocolate Cookie, Non-WG - SR103558 (1 ea.)	100.96	3.53	2.08	0.00(M)	15.30	179.99	16.98	0.99	9.16(M)	1.61	0.76	35.18	103.64	0.04	4.67(M)	0.68(M)
Dessert, Cinnamon Roll Frosting - SR107103 (1 portion)Contains Milk, Soy.	67.55	2.85	1.43	0.00(M)	0.09	32.92	10.50	0.00	1.88(M)	0.08	0.02	4.50	145.59	0.02	2.15(M)	0.03(M)
Dessert, Cinnamon Rolls, Non-WG - SR106145 (1 roll.)	194.77	4.45	0.64	0.06(M)	0.24	208.39	35.22	2.00	10.79(M)	4.17	1.50	21.75	211.05	0.01	31.00(M)	0.68(M)
Dessert, Coffee Crumb Cake, WGR - SR107105 (1 piece) Contains Milk, Soy.	633.43	35.47	17.69	0.00(M)	3.57	734.78	75.51	2.47	53.17(M)	5.10	1.64	77.45	1790.98	0.35	41.11(M)	0.78(M)
Dessert, Crisp Oatmeal Cookies, Non-WG - SR103837 (1 cookie)	108.63	3.38	1.24	0.08(M)	9.92	157.18	18.47	0.56	11.89(M)	1.38	0.51	16.02	281.79	0.01	7.00(M)	0.50(M)
Dessert, Dutch Waffle 51% Whole Grain, 5", J&J Snack Foods, 4521, WGR - SR106967 (1 ea.)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)
Dessert, Dutch Waffle, 5" TFF IW Frozen, J&J Snack Foods, 4520, Non-WG - SR101998 (1 ea.) Contains Milk, Egg, Wheat, Soy.	280.00	9.00	4.00	0.00	30.00	360.00	45.00	1.00	15.00	5.00	1.80	40.00	0.00	0.00	(M)	(M)
Dessert, Fruit Juice Gelatin, F - SR103760 (4 oz.)	74.20	0.08	0.01	(M)	0.00	61.63	17.86	0.13	6.17(M)	0.98	0.10	6.95	0.64	32.06	105.70	0.28
Dessert, Fruited Gelatin Cup, F - SR103753 (4 ounces)	104.79	0.04	0.01	(M)	0.00	88.68	25.12	0.61	23.73	1.63	0.20	7.03	124.03	1.15	146.74	0.37
Dessert, Monster Cookies, Dessert #9, WG, MMA - SR106146 (1 1/4 oz.)	146.64	6.11	1.71	0.40(M)	17.71	90.05	20.03	1.56	12.33(M)	3.40	0.79	15.76	122.38	0.01	4.28(M)	0.35(M)
Dessert, Monster Cookies, WGR - SR106970 (1 ea.)Contains Milk, Soy.	178.69	9.64	4.16	0.00(M)	17.71	132.61	20.01	1.56	10.13(M)	3.39	0.79	15.67	311.43	0.00	3.83(M)	0.30(M)
Dessert, No Bake Cookies - SR103834 (1 cookie)Contains Milk.	132.35	4.76	1.07	0.06(M)	0.20	53.37	20.94	1.07	16.83(M)	2.38	0.42	12.03	206.04	0.05	3.37(M)	0.29(M)
Dessert, Oatmeal Cookie, Non-WG - SR103352 (1 cookie)	170.74	8.93	4.02	0.00(M)	22.57	103.99	21.18	0.74	9.40(M)	1.88	0.69	12.74	115.68	0.11	4.18(M)	0.29(M)
Dessert, Peanut Butter Balls, MMA - SR103028 (1 ounce ball) Contains Milk.	140.97	12.50	4.11	0.00(M)	8.11	87.03	11.27	1.13	9.16(M)	4.75	0.36	8.53	108.51	0.00	0.42(M)	0.60(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)
Dessert, Peanut Butter Cookie - SR103860 (1 cookie)	72.43	3.76	0.80	0.03(M)	3.88	77.98	8.40	0.43	4.82	1.90	0.32	8.38	110.07	0.00	2.85	0.34
Dessert, Pumpkin Bar, MMA, Non-WG - SR103852 (1 Bar) Contains Milk.	199.73	6.37	1.12	0.11(M)	20.53	173.09	32.40	0.98	18.09(M)	4.05	1.14	58.87	590.39	0.35	12.81(M)	0.79(M)
Dessert, Pumpkin Cookies, Non-WG - SR103846 (1 cookie) Contains Milk.	354.46	5.34	1.29	0.15(M)	31.06	334.50	73.12	0.91	49.34(M)	4.31	1.81	114.81	933.68	0.29	20.39(M)	1.73(M)
Dessert, Rice Krispy Treats, Hyndman, Non-WG - SR104515 (1 piece)	114.63	1.44	0.26	0.00(M)	0.00	106.42	24.10	0.02	10.75(M)	0.67	2.30	0.70	187.34	1.50	4.74(M)	0.06(M)
Dessert, Royal Brownies, Whole Wheat, WG - SR105039 (1 ea.)	132.21	3.91	0.78	0.00(M)	0.00	87.95	24.48	2.29	14.82(M)	2.57	0.83	8.25	4.02	0.13	5.95(M)	0.34(M)
Dessert, Strawberry Crisp, WG, F - SR104521 (1 serv.)	295.15	4.11	0.72	0.00(M)	0.00	44.44	65.64	3.63	50.09(M)	2.70	1.49	28.59	189.16	50.68	90.87(M)	0.45(M)
Dessert, Sugar Cookie, No Roll, Non-WG - SR103851 (1 cookie)	185.43	5.41	1.26	0.18(M)	12.75	139.60	31.53	0.52	16.37	2.49	0.98	5.84	578.64	0.01	12.97	0.52
Dessert, Toll House Cookies, Non-WG - SR103841 (1 cookie)	148.99	5.23	1.98	0.10(M)	11.63	122.90	25.06	0.68	16.78	1.74	0.80	22.97	330.22	0.01	9.32	0.51
Dessert, Wacky Cake, Non-WG - SR103815 (1 slice)	308.36	10.29	1.61	0.00(M)	0.00	641.83	51.54	1.77	26.89	3.69	1.87	9.76	0.00	0.00	27.89	1.78
Dessert, Whole Wheat Sugar Cookie, WG - SR103554 (1 ea.) Contains Milk.	172.61	6.07	1.42	1.46(M)	14.96	213.94	27.84	2.09	15.73(M)	2.82	0.73	11.98	270.36	0.03	3.21(M)	0.28(M)
Desserts, Sherbet, Luigi's, All Flavors, J&J Snack Foods, F - SR104907 (1 c.)	120.00	1.50	1.00	0.00	5.00	35.00	27.00	0.00	25.00	0.00	0.36	20.00	0.00	60.00	(M)	(M)
Dip, Creamy for Fresh Vegetables - SR104608 (2 Tbsp.)	69.45	6.14	0.92	(M)	0.65	253.02	2.45	0.04	1.86(M)	0.98	0.04	28.57	30.97	0.26	16.68(M)	1.02(M)
Dip, Sour Cream Veggie Dip - SR102420 (2 tsp.)Contains Milk, Egg, Soy.	80.42	7.00	2.25	0.00(M)	15.00	163.85	2.56	0.01	1.50(M)	0.50	0.00	20.21	100.07	0.05	0.00(M)	0.08(M)
Donut, Cake Hole Plain .4oz, Frozen, Rich Products - SR104731 (5 piece)	250.00	15.00	7.00	0.00	10.00	380.00	26.00	1.00	9.00	3.00	1.08	0.00	0.00	0.00	(M)	(M)
Donut, Cake, Plain, Frozen, 2.5 oz., IW, Bake Crafters - SR104311 (1 ea.)Contains Milk, Egg, Wheat, Soy. May contain Tree nuts.	280.00	17.00	8.00	0.00	0.00	280.00	30.00	75.00	11.00	5.00	4.50	100.00	2250.00	0.00	(M)	(M)
Donut, Chocolate Enrobed - CF (62g), Super Bakery, 6009, Non-WG - SR105592 (1 piece)	280.00	17.00	7.00	0.00	10.00	270.00	29.00	1.00	14.00	3.00	1.08	20.00	0.00	0.00	(M)	(M)
Donut, Glazed Dunkin Stix (62g), Super Bakery, 6008, Non-WG - SR105591 (1 piece)	290.00	19.00	6.00	0.00	10.00	260.00	29.00	1.00	15.00	3.00	1.08	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)
Donut, Mini Choc. Enrobed Donut 6pk (85g), Super Bakery, 6686, Non-WG - SR105593 (1 piece)	300.00	13.00	8.00	0.00	0.00	290.00	39.00	3.00	20.00	5.00	0.01	0.20	0.00	0.00	(M)	(M)
Donut, Mini Powdered Donut 6pk (85g), Super Bakery, 6687, Non-WG - SR105594 (1 piece)	280.00	10.00	3.50	0.00	10.00	290.00	42.00	2.00	22.00	5.00	0.01	0.20	0.00	0.00	(M)	(M)
Donut, MVP Breakfast (62g), Super Bakery, 6122, Non-WG - SR105582 (1 piece)	200.00	6.00	2.00	0.00	0.00	270.00	31.00	1.00	12.00	5.00	8.10	200.00	1500.00	24.00	(M)	(M)
Donut, MVP Breakfast Plus (85g), Super Bakery, 6302, Non-WG - SR105583 (1 piece)	280.00	9.00	2.50	0.00	0.00	370.00	43.00	2.00	16.00	7.00	10.80	250.00	2000.00	27.00	(M)	(M)
Donut, Original Super Donut (62g), Super Bakery, 6001, Non-WG - SR103295 (1 ea.)Contains Milk, Egg, Wheat, Soy.	250.00	11.00	3.00	0.00	5.00	250.00	29.00	0.00	15.00	5.00	5.40	200.00	2000.00	30.00	(M)	(M)
Donut, RF Super Donut (62g), Super Bakery, 9022, Non-WG - SR105584 (1 piece)	200.00	6.00	2.00	0.00	0.00	270.00	31.00	1.00	12.00	5.00	8.10	200.00	1500.00	24.00	(M)	(M)
Donut, RF Super Donut Plus (85g), Super Bakery, 9302, Non-WG - SR105587 (1 piece)	280.00	9.00	2.50	0.00	0.00	370.00	43.00	2.00	16.00	7.00	10.80	250.00	2000.00	27.00	(M)	(M)
Donut, Super Chocolate Donut (62g)., Super Bakery, 6099, Non-WG - SR102038 (1 ea.)Contains Milk, Egg, Wheat, Soy.	221.31	9.05	3.02	0.00	5.03	261.55	31.18	1.01	14.08	5.03	5.43	201.19	201.19	30.18	(M)	(M)
Donut, Super Chocolate Plus (85g), Super Bakery, 9399, Non-WG - SR105588 (1 piece)	310.00	12.00	4.00	0.00	10.00	360.00	42.00	2.00	19.00	6.00	7.20	250.00	200.00	30.00	(M)	(M)
Donut, Super Donut Plus (85g), Super Bakery, 9301, Non-WG - SR105586 (1 piece)	320.00	15.00	4.50	0.00	10.00	350.00	40.00	1.00	20.00	6.00	7.20	250.00	2000.00	30.00	(M)	(M)
Donut, Super Honey Wheat (62g), Super Bakery, 6098, Non-WG - SR105634 (1 piece)	250.00	14.00	4.50	0.00	5.00	260.00	29.00	1.00	13.00	4.00	4.50	150.00	1750.00	15.00	(M)	(M)
Donut, Whole Grain GoodyRing 2.5 oz, Super Bakery, 18400, WGR - SR105602 (1 piece) Contains Milk, Egg, Wheat, Soy.	229.59	10.98	3.99	0.00	0.00	259.54	28.95	2.00	5.99	4.99	1.44	99.82	0.00	5.99	(M)	(M)
Donut, Whole Grain MVP Breakfast (54g), Super Bakery, 18300, WG - SR105589 (1 piece)	150.00	5.00	1.50	0.00	0.00	190.00	23.00	1.00	12.00	4.00	6.30	200.00	2500.00	30.00	(M)	(M)
Donut, Whole Grain Super Donut (54g), Super Bakery, 18350, WG - SR105590 (1 piece)	150.00	5.00	1.50	0.00	0.00	190.00	23.00	1.00	12.00	4.00	6.30	200.00	2500.00	30.00	(M)	(M)
Donut, Whole Grain Super Stars - Powdered (37g), Super Bakery, 9202, WG - SR105598 (1 piece)	100.00	2.50	0.50	0.00	0.00	150.00	17.00	1.00	7.00	3.00	0.72	20.00	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)
Donut, Whole Grain Super Stars - Cinnamon (37g), Frozen, Super Bakery, 9201, WG - SR101967 (1 ea.)Contains Milk, Egg, Wheat, Soy.	100.00	2.50	0.50	0.00	0.00	150.00	17.00	1.00	7.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
Donut, Whole Grain Super Stars - Glazed (37g), Super Bakery, 9200, WG - SR101970 (1 ea.) Contains Milk, Egg, Wheat, Soy.	100.00	2.50	0.50	0.00	0.00	150.00	17.00	1.00	7.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
Donut, Whole Grain Ultra Power Cocoa Breakfast (54g), Super Bakery, 18200, WG - SR105600 (1 piece)	140.00	4.50	1.50	0.00	0.00	170.00	22.00	1.00	11.00	4.00	6.30	150.00	0.00	24.00	(M)	(M)
Donuts, Capt'n Gregory's Fort, IW 80/2.5 oz, Bake - SR102881 (1 ea.)Contains Milk, Egg, Wheat, Soy. Processed in a facility that also processes Tree nuts.	280.00	17.00	8.00	0.00	0.00	280.00	30.00	1.00	11.00	5.00	4.50	100.00	2250.00	0.00	(M)	(M)
Dough, 16" White Wheat Crust, Rich's, 04648, WG - SR104919 (1/8 crust)Contains Milk, Soy.	211.15	3.96	0.56	0.00	0.00	382.89	37.42	4.04	1.74	6.82	1.83	12.48	0.01	0.00	(M)	(M)
Dough, Biscuit, Whole Grain, 2.51 oz, Pillsbury, 94562-32267, WG - SR106410 (1 biscuit) Contains Milk, Wheat.	175.72	7.53	3.77	0.00	0.00	418.38	23.43	1.67	2.51	4.18	0.90	83.67	0.00	0.00	(M)	(M)
Dough, Petite Cinnamon Roll Dough, Rich's Foodservice, 03480, Non-WG - SR105296 (2 roll.)Contains Egg, Wheat.	190.00	3.50	1.00	0.00	5.00	200.00	35.00	1.00	8.00	5.00	(M)	(M)	(M)	(M)	(M)	(M)
Dough, Pizza Crust 12X16, Frozen, Rich's Foodservice, 35300, Non-WG - SR101404 (1/8 crust)May contain Milk, Egg, Soy.	160.00	1.50	0.00	0.00	0.00	320.00	30.00	1.00	1.00	6.00	1.80	0.00	0.00	0.00	(M)	(M)
Dough, Pizza Crust 16" Sheeted Oven Rising, Frozen, Rich Products Corporation, 03604, Non-WG - SR104820 (1 sheet dough)Contains Wheat. May contain Egg, Soy.	160.00	3.00	1.50	0.00	0.00	360.00	28.00	1.00	1.00	6.00	1.80	0.00	0.00	0.00	(M)	(M)
Dough, Pizza Crust Whole Grain 14" Sheeted Unproofed Frozen , Rich's, 11568, WG - SR101417 (1 Slice (1/8th of Pizza))Contains Wheat. May contain Milk, Egg, Soy.	1.48	0.02	0.00	0.00	0.00	2.16	0.28	0.02	0.01	0.06	0.01	0.11	0.00	0.00	(M)	(M)
Dough, Roll Wheat Dinner Frozen, Rich's, 6017313, - SR101397 (1 ea.)Contains Wheat. 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)
Dough, Roll, Dinner, White Wheat, 1oz., TFF Frozen - SR104105 (1 roll.)	70.00	1.00	0.00	0.00	0.00	130.00	14.00	1.00	2.00	2.00	0.72	20.00	0.00	0.00	(M)	(M)
Dough-Wrapped Entrees, Hot Pockets, Ham 'N Cheese, - SR104648 (4 oz.)Contains Milk, Egg, Wheat, Soy.	279.99	10.00	5.00	(M)	39.99	709.99	35.00	2.00	(M)	10.99	3.00	200.00	0.00	0.00	53.00	3.00
Dough-Wrapped Entrees-Frozen, Hot Pockets Brkfst E - SR103491 (2 1/4 oz.)	160.00	6.00	2.50	(M)	40.00	318.00	18.00	1.00	(M)	7.00	1.20	143.00	0.00	0.00	(M)	(M)
Dough-Wrapped Entrees-Frozen; Hot pockets(r) peppe - SR104490 (1 hot pocket (1 NLEA serving))	379.99	17.00	8.00	(M)	45.00	919.99	45.99	3.00	(M)	12.00	3.99	254.99	0.00	0.00	(M)	(M)
Dressing, Ybm American French - SR103829 (1 1/3 oz.)	182.77	17.80	4.61	(M)	0.00(M)	128.71	5.90	0.06(M)	2.41(M)	0.04	0.01(M)	0.97(M)	15.58	0.19	2.10(M)	0.01(M)
Dressing, 1.5 oz, Light Ranch Dressing, Cains, 52230 - SR101133 (2 tsp.)May contain Milk, Egg, Soy.	83.72	6.28	1.05	0.00	6.98	300.00	6.28	0.00	1.40	0.70	0.00	13.95	0.00	0.00	(M)	(M)
Dressing, Bleu Cheese, Naturally Fresh, 1489 & 430 - SR105878 (1 1/2 ounces)Contains Milk, Egg.	150.00	16.00	3.00	0.00	15.00	105.00	1.00	0.00	1.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
Dressing, Blue Cheese TFF, Harvest Value, 252805 - SR100717 (2 tsp.)Contains Milk, Egg.	160.00	17.00	3.00	0.00	10.00	350.00	2.00	0.00	1.00	1.00	0.00	20.00	0.00	0.00	(M)	(M)
Dressing, Buttermilk Ranch, 1 oz Cup, Heinz, 00229 - SR101544 (1 Package/Box/Case/Bag) Contains Milk, Egg.	150.00	16.00	2.50	0.00	10.00	230.00	1.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Buttermilk Ranch, Gallon, Cains, 52210 - SR101539 (2 Tbsp.)Contains Milk, Egg, Soy.	180.00	19.00	3.00	0.00	5.00	270.00	1.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Buttermilk Ranch, Light Reduced Calorie, - SR101100 (1 serving (2 tbsp))Contains Milk, Egg, Soy.	90.00	7.00	1.00	0.00	5.00	290.00	6.00	0.00	1.00	0.00	0.00	20.00	0.00	0.00	(M)	(M)
Dressing, Buttermilk Ranch, Sauers Single Serve Sh - SR101924 (1 packet)Contains Milk, Egg.	60.00	6.00	1.00	0.00	5.00	90.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Caesar Creamy Light, Ken's Foods Inc, KE - SR100711 (2 tsp.)	70.00	6.00	1.00	0.00	0.00	550.00	3.00	0.00	2.00	1.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Caesar Creamy, Kraft, 00210007050600 - SR104165 (2 Tbsp.)Contains Milk, Egg, Soy.	130.00	13.00	2.50	0.00	15.00	330.00	2.00	0.00	1.00	2.00	0.00	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)
Dressing, Caesar, Fat Free, 1 Gal., Kens, 880 - SR102838 (2 tsp.)	20.00	0.00	0.00	0.00	0.00	590.00	3.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Caesar, Lite, 1.5 oz Pouch, Cains, 02100 - SR101526 (1 pouch)Contains Milk, Egg, Fish.	100.00	8.00	1.50	0.00	10.00	700.00	7.00	0.00	3.00	1.00	0.36	40.00	0.00	0.00	(M)	(M)
Dressing, Caesar, Naturally Fresh, 422 - SR104044 (1 1/2 ounces)Contains Milk, Egg, Fish, Soy.	182.01	19.21	3.54	0.00	40.45	242.68	0.00	0.00	0.00	1.01	0.36	20.22	0.00	0.00	(M)	(M)
Dressing, Cains Light Italian Dressing Gallon, Cai - SR101132 (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 - SR103803 (2 tsp.)	80.00	6.00	0.00	0.00	0.00	310.00	7.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, California French Dressing, Fat Free, Marzetti, 80089 - SR104988 (2 Tbsp.)	35.00	0.00	0.00	0.00	0.00	210.00	8.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Classic Caesar, Naturally Fresh, 114 - SR102375 (2 Tbsp.)Contains Milk, Egg, Fish, Soy.	170.00	18.00	3.00	0.00	20.00	300.00	1.00	0.00	0.00	1.00	0.36	40.00	0.00	0.00	(M)	(M)
Dressing, Classic Ranch 1.5oz, Naturally Fresh, 1493 - SR105876 (1 1/2 ounces) Contains Milk, Egg.	150.00	16.00	2.50	0.00	10.00	240.00	1.00	0.00	1.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
Dressing, Coleslaw, Kraft, 00210006438200 - SR104783 (2 Tbsp.)	120.00	9.00	1.50	0.00	5.00	400.00	9.00	0.00	9.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Country French W Orange Blossom Honey, K - SR103329 (1 pouch)Contains Soy.	190.00	15.00	2.50	0.00	0.00	300.00	13.00	0.00	12.00	0.00	0.36	0.00	200.00	0.00	(M)	(M)
Dressing, Creamy Caesar, Ken's, Condiment - SR104436 (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, Creamy French Dressing Gallon - SR101369 (2 tsp.)Contains Soy.	100.00	10.00	1.50	0.00	0.00	360.00	4.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Creamy Italian Dressing Gallon, Cains, 57940 - SR106048 (2 tsp.)Contains Milk, Egg, Fish, Soy.	120.00	10.00	1.50	0.00	0.00	250.00	7.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Creamy Italian, Naturally Fresh, 434 - SR104043 (1 1/2 ounces)Contains Egg.	182.01	19.21	3.03	0.00	15.17	192.12	2.02	0.00	1.01	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)
Dressing, Dijon, Fat Free Honey Dijon, Ken's, 4133 - SR100964 (2 Tbsp.)	45.00	0.00	0.00	0.00	0.00	280.00	9.00	0.99	5.00	1.00	0.00	20.00	0.00	0.00	(M)	(M)
Dressing, Extra Creamy Caesar Dressing Gallon, Cains, 59060 - SR106045 (2 tsp.)Contains Milk, Egg, Fish, Soy.	160.00	16.00	2.50	0.00	5.00	200.00	3.00	0.00	1.00	1.00	0.00	40.00	0.00	0.00	(M)	(M)
Dressing, Fat Free Italian, Cains Foods - SR101218 (2 Tbsp.)	15.00	0.00	0.00	0.00	0.00	490.00	4.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Fat Free Ranch Dressing, 1.5 oz Pouch, K - SR102895 (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, Fat Free Raspberry Vinaigrette, Naturall - SR104045 (1 1/2 ounces)	35.39	0.00	0.00	0.00	0.00	252.79	10.11	0.00	8.09	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, French Country Light, 1.5 oz Pouch, Ken' - SR101528 (43 grams)	120.00	8.00	0.50	(M)	0.00	300.00	13.00	0.00	12.00	0.00	0.36	0.00	100.00	0.00	(M)	(M)
Dressing, French Creamy, 4/1 Gallon, Ken's Foods, K812 - SR106102 (2 Tbsp.)Contains Soy.	130.00	12.00	2.00	0.00	0.00	150.00	6.00	0.00	5.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, French Fat-Free Pouch Shelf Stable, Ken' - SR104736 (1 1/2 ounces)	45.00	0.00	0.00	0.00	0.00	440.00	12.00	1.00	8.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, French Honey, Naturally Fresh, 310 - SR100237 (1 container (mean weight over brands))Contains Soy.	120.00	11.00	1.50	0.00	0.00	310.00	5.00	0.00	5.00	0.00	0.00	0.00	0.00	0.02	(M)	(M)
Dressing, French, 1.5 oz PC Pouch, Cains, 02660 - SR101530 (1 pouch)	168.12	15.82	2.47	0.00	0.00	237.35	8.90	0.00	4.95	0.00	0.00	0.00	197.79	0.00	(M)	(M)
Dressing, French, 200/9g; As Purchased - SR103919 (1 piece)	35.66	3.17	0.48	(M)	0.01	53.85	1.78	0.02	(M)	0.03	0.01	0.43	3.82	0.01	3.86	0.03
Dressing, French, Country with Honey, Ken's, 748, - SR106386 (2 Tbsp.)	130.00	12.00	2.00	0.00	0.00	210.00	7.00	0.00	6.00	0.00	0.00	0.00	100.00	0.00	(M)	(M)
Dressing, French, Fat Free, Kraft Free, 6496000 - SR103297 (1 pouch)	15.00	0.00	0.00	0.00	0.00	105.00	4.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, French, Low Calorie, Red, SS Pouch, 43 g - SR103035 (1 pouch)	70.00	1.50	0.00	0.00	0.00	510.00	13.00	0.00	7.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Dressing, Garden Italian, 1 Gallon, Culinary Secre - SR102510 (2 Tbsp.)Contains Milk.	110.00	12.00	2.00	0.00	0.00	330.00	2.00	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)
Dressing, Golden, Italian, Bulk, Mountain Valley, - SR104437 (2 Tbsp.)	140.00	14.00	2.00	0.00	0.00	310.00	3.00	0.00	1.00	0.00	0.00	0.00	0.00	1.20	(M)	(M)
Dressing, Honey Dijon Fat-Free SS Pouch Shelf Stab - SR101910 (43 grams)Contains Milk, Egg.	60.00	0.00	0.00	0.00	0.00	400.00	13.00	1.00	8.00	1.00	0.00	20.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard Cups 1.5 oz, Cains, 02830 - SR102764 (1 Cup (Prepared))Contains Egg, Soy.	178.01	16.81	2.47	0.00	9.89	296.69	5.93	0.00	5.93	0.99	0.36	0.00	98.89	0.00	(M)	(M)
Dressing, Honey Mustard Dijon, TFF, Plastic Btl., - SR102845 (1 Tbsp.)	130.00	11.00	1.50	0.00	15.00	180.00	7.00	0.00	6.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard Dispenser, Heinz,980450 - SR101508 (2 tsp.)Contains Egg, Soy.	170.00	17.00	3.00	0.00	10.00	135.00	5.00	0.00	5.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard Dressing, 1 gallon - SR101281 (2 tsp.)	160.00	15.00	2.50	0.00	15.00	290.00	4.00	0.99	3.00	1.00	0.36	0.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard Light, Diamond Crystal Brands, 1oz packet, 70807 - SR106676 (1 individual packet)Contains Egg.	80.00	6.00	1.00	0.00	10.00	125.00	7.00	0.00	5.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Honey Mustard Sauce, French's Foodservice, 41500-82345 - SR105486 (2 Tbsp.)	60.00	0.50	0.00	0.00	0.00	250.00	12.00	0.99	7.00	0.99	0.36	(M)	(M)	(M)	(M)	(M)
Dressing, Honey Mustard, Naturally Fresh, Bay Valley Foods, 357 - SR100236 (1 container (mean weight over brands))Contains Egg, Soy.	130.00	10.00	1.50	0.00	10.00	90.00	9.00	0.00	7.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Italian Dressing, Lite Reduced Calorie - SR104869 (2 Tbsp.)	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, Italian Fat Free, 1.5oz, Naturally Fresh, 441 - SR105934 (1 container (mean weight over brands))	10.71	0.00	0.00	0.00	0.00	492.86	2.14	0.00	1.07	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Italian Golden, Plastic Shelf Stable, Kr - SR103182 (2 tsp.)	70.00	7.00	1.00	0.00	0.00	310.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Italian Light TFF, Monarch, 191952 - SR100713 (2 tsp.)	40.00	3.50	0.50	0.00	0.00	270.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Italian Light, 1.5 oz Pouch, Cains, 0224 - SR101536 (1 pouch)Contains Milk, Soy.	70.00	5.00	1.00	0.00	0.00	590.00	6.00	0.00	3.00	0.00	0.00	20.00	100.00	3.60	(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)
Dressing, Italian Light, Diamond Crystal Brands, 1oz packet, 70804 - SR106674 (1 individual packet)	20.00	0.00	0.00	0.00	0.00	135.00	4.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Italian Light, Naturally Light, 340 - SR100235 (1 container (mean weight over brands))	10.00	0.00	0.00	0.00	0.00	460.00	2.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Italian Lite, Ken's School Food Service - SR100996 (2 tsp.)	40.00	3.50	0.50	0.00	0.00	270.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Italian Mix, Dry, Good Seasons - SR102429 (1 3/4 grams)	0.00	0.00	0.00	0.00	0.00	200.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Italian Mix, with Vinegar and Oil 2, Goo - SR104021 (1 oz.)	120.44	13.63	3.53	0.00(M)	0.00	200.00	1.00	0.00	0.00(M)	0.00	0.00	0.37	0.00	0.00	0.00(M)	0.00(M)
Dressing, Italian Reduced Fat TFF, Kraft Foods Inc - SR101507 (2 tsp.)	40.00	3.00	0.50	0.00	0.00	270.00	3.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Italian, 72 fl. oz., Wish-Bone - SR101275 (2 tsp.)	80.00	7.00	1.00	(M)	0.00	340.00	4.00	0.00	4.00	0.00	0.00	0.00	0.00	3.60	(M)	(M)
Dressing, Italian, E-15 - SR104660 (2 Tbsp.)	184.50	20.45	1.27	0.00(M)	0.00	109.26	0.78	0.09	0.51(M)	0.06	0.10	3.55	2.89	0.32	3.55(M)	0.31(M)
Dressing, Italian, Heinz, 200/12g pouches - SR101921 (1 packet)	10.00	0.50	0.00	0.00	0.00	110.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Italian, Lite, Nutri Gold, 801 - SR105884 (2 Tbsp.)	35.00	2.50	0.00	0.00	0.00	300.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Italian, Low Calorie, 200/12g, Heinz, 00 - SR101836 (1 Tbsp.)	5.00	0.00	0.00	0.00	0.00	90.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Italian, Low Calorie, SS Pouch, 30 grams - SR103034 (1 pouch)	30.00	1.00	0.00	0.00	0.00	360.00	5.00	0.00	2.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Dressing, Italian, Reduced Calorie, Lite, Blue Mountain Valley Farms, 111582810 - SR105009 (2 Tbsp.)	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, Jalapeno Ranch Light, Diamond Crystal Brands, 1oz packet, 70802 - SR106673 (1 individual packet)Contains Milk, Egg.	70.00	6.00	1.00	0.00	5.00	130.00	5.00	0.00	3.00	0.00	0.00	20.00	100.00	0.00	(M)	(M)
Dressing, Light French, Cains Foods - SR101220 (2 tsp.)	80.00	5.00	1.00	0.00	0.00	170.00	10.00	0.00	6.00	0.00	0.00	0.00	1000.00	0.00	(M)	(M)
Dressing, Light Honey Mustard, Ken's Foods - SR104611 (2 Tbsp.)Contains Egg.	80.00	5.00	0.50	0.00	5.00	190.00	9.00	0.00	8.00	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)
Dressing, Light Italian w/ Olive Oil Dressing, 1.5 oz Cains, 03790 - SR106678 (1 pouch) May contain Soy.	70.00	6.00	1.00	0.00	0.00	410.00	5.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Light Italian w/ Olive Oil Dressing, 12g, Cains, 03050 - SR106669 (1/2 ounces)May contain Soy.	20.02	1.50	0.00	0.00	0.00	120.14	1.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Light Italian w/ Olive Oil Dressing, Bulk Cains, 66690 - SR106687 (2 Tbsp.)May contain Soy.	50.00	4.00	0.50	0.00	0.00	290.00	3.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Light Ranch Dressing, 12g, Cains, 03060 - SR106668 (1/2 ounces)May contain Milk, Soy.	40.05	3.50	0.50	0.00	0.00	95.11	2.00	0.00	1.00	0.00	0.00	20.02	0.00	0.00	(M)	(M)
Dressing, Light Ranch, 1.5 oz Cup, Cains, 02900 - SR102184 (1 cup serving)Contains Milk, Egg, Soy.	120.00	9.00	1.50	0.00	10.00	440.00	9.00	0.00	2.00	1.00	0.00	20.00	0.00	0.00	(M)	(M)
Dressing, Light Ranch, Portmann's - SR103257 (2 tsp.) Contains Milk, Egg, Soy.	80.00	7.00	1.00	0.00	0.00	340.00	3.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Light, Caeser, Cains, Condiments - SR104702 (2 Tbsp.)	70.00	6.00	1.00	0.00	5.00	490.00	5.00	0.00	2.00	1.00	0.00	20.00	0.00	0.00	(M)	(M)
Dressing, Lite Caesar Dressing Gallon, Cains, 5227 - SR102766 (2 tsp.)Contains Milk, Egg, Fish, Soy.	70.00	6.00	1.00	0.00	5.00	490.00	5.00	0.00	2.00	1.00	0.00	20.00	0.00	0.00	(M)	(M)
Dressing, Lite Italian, Naturally Fresh, 141 - SR104050 (2 tsp.)	15.00	1.00	0.00	0.00	0.00	470.00	2.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Lite Ranch, 1.5oz, Naturally Fresh, 490 - SR105877 (1 packet)Contains Milk, Egg, Soy.	90.00	8.00	1.50	0.00	5.00	250.00	2.00	0.00	1.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
Dressing, Lite Ranch, Ken's - SR100270 (1 packet)	140.00	13.00	2.00	0.00	10.00	380.00	7.00	0.00	2.00	0.00	0.00	20.00	0.00	0.00	(M)	(M)
Dressing, Lite Ranch, Ken's, 4133507081 - SR100965 (2 Tbsp.)	80.00	7.00	1.00	0.00	5.00	310.00	3.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Lite Ranch, Naturally Fresh, 242 - SR104042 (2 tsp.) Contains Milk, Egg.	60.00	6.00	1.00	0.00	5.00	220.00	1.00	0.00	1.00	1.00	0.00	20.00	0.00	0.00	(M)	(M)
Dressing, Low Fat Hidden Valley Ranch Dressing, Cheswick - SR104989 (1 oz.)Contains Milk, Egg, Soy.	43.47	3.39	0.55	0.00	4.09	90.17	2.25	0.00	1.69	0.82	0.00	28.13	46.88	0.23	(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)
Dressing, Lt. Caesar, 1.5 oz PC Pouch, Cains, 02100 - SR106050 (1 pouch)Contains Milk, Egg, Fish.	98.89	7.91	1.48	0.00	9.89	692.27	6.92	0.00	2.97	0.99	0.36	39.56	0.00	0.00	(M)	(M)
Dressing, Mayonnaise, Reduced-Calorie or Diet, Cho - SR103787 (1 c.)	769.23	76.92	10.67	(M)	0.00	1693.23	15.48	0.00	(M)	2.08	0.00	0.00	0.00	0.00	129.36	7.16
Dressing, Metropolitan Select Balsamic Vinaigrette - SR100963 (2 Tbsp.)	110.00	12.00	1.50	0.00	0.00	280.00	1.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Oriental Sesame, Ken's Foods Inc, KE0619 - SR100714 (2 tsp.)	90.00	4.50	0.50	0.00	0.00	320.00	12.00	0.00	9.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Ranch Dressing, Sauces Seasonings #10 - SR106090 (2 Tbsp.)	53.47	4.10	1.00	0.00(M)	6.48	78.30	3.92	0.00	0.77(M)	0.45	0.01	14.98	28.59	0.11	20.03(M)	0.41(M)
Dressing, Ranch Dressing, Sauer, 06377 - SR105068 (1 1/2 fl. oz.)	210.00	22.00	3.50	0.00	20.00	310.00	3.00	0.00	1.00	1.00	0.00	40.00	0.00	0.00	(M)	(M)
Dressing, Ranch Fat- Free Plastic, Ken's Foods Inc - SR100710 (2 tsp.)	30.00	0.00	0.00	0.00	0.00	390.00	8.00	1.00	3.00	0.00	0.00	20.00	0.00	0.00	(M)	(M)
Dressing, Ranch Jalapeño, Naturally Fresh, 448 - SR100234 (1 container (mean weight over brands))Contains Milk, Egg, Soy.	120.00	12.00	2.00	0.00	10.00	280.00	1.00	0.00	1.00	1.00	0.00	20.00	0.00	0.00	(M)	(M)
Dressing, Ranch Light, House Blend, Diamond Crystal Brands, 1oz packet, 70808 - SR106675 (1 individual packet)Contains Milk, Egg.	70.00	6.00	1.00	0.00	5.00	115.00	5.00	0.00	3.00	0.00	0.00	20.00	100.00	0.00	(M)	(M)
Dressing, Ranch Light, Naturally Fresh, 342 - SR100233 (1 ounces)Contains Milk, Egg, Wheat, Soy, Gluten.	40.00	3.50	0.50	0.00	2.50	115.00	1.00	0.00	0.50	0.50	0.00	0.10	0.00	0.00	(M)	(M)
Dressing, Ranch, 1 oz PC Cup, Cains, 03860 - SR106677 (1 ea.)Contains Milk, Egg.	130.00	14.00	2.50	0.00	10.00	210.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Ranch, 1.5 oz PC Pouch, Cains, 03850 - SR106051 (1 pouch)Contains Milk, Egg, Soy.	197.79	21.76	3.46	0.00	9.89	316.46	0.99	0.00	0.99	0.00	0.00	19.78	0.00	0.00	(M)	(M)
Dressing, Ranch, 1.5 oz Pouch, Cains, 02600 - SR101540 (1 pouch)Contains Milk, Egg, Soy.	197.79	21.76	3.46	0.00	9.89	326.36	0.99	0.00	0.99	0.00	0.00	19.78	0.00	0.00	(M)	(M)
Dressing, Ranch, Buttermilk, Pouch, Sauer's, 43494 - SR100172 (1 pouch)	60.00	6.00	1.00	(M)	5.00	90.00	2.00	0.00	0.00	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)
Dressing, Ranch, Buttermilk, Prepared Mix, Hidden Valley - SR105485 (2 Tbsp.)	110.00	11.00	2.00	0.00	6.00	240.00	3.00	0.00	0.00	0.00	0.00	20.00	0.00	0.00	(M)	(M)
Dressing, Ranch, Homemade - SR106988 (1 oz.)	78.77	8.07	1.40	0.00(M)	8.35	206.36	1.02	0.00	0.27	0.43	0.01	14.10	33.88	0.05	19.50(M)	0.46(M)
Dressing, Ranch, Kraft, Plastic Jug, 4/1G, 00210006435400, non creditable - SR106350 (2 Tbsp.)	160.00	17.00	2.50	0.00	10.00	250.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Ranch, Light, 1.5 oz Pouch, Cains, 02230 - SR101546 (1 pouch)Contains Milk, Egg, Soy.	120.00	9.00	1.50	0.00	10.00	440.00	9.00	0.00	2.00	1.00	0.00	20.00	0.00	0.00	(M)	(M)
Dressing, Ranch, Low Fat, TFF, Pouch, Shelf Stable, Heinz, 980460 - SR103937 (2 Tbsp.)	50.00	2.50	0.50	0.00	0.00	320.00	8.00	1.00	5.00	0.00	0.00	20.00	0.00	0.00	(M)	(M)
Dressing, Raspberry Vinaigrette FF SS, Ken's, KE06 - SR101824 (1 portion)	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, Salad Dressings, Lite Varieties - SR103730 (1 pouch) Contains Milk, Egg, Fish.	100.39	8.16	1.13	0.00(M)	5.03	413.56	7.27	0.00	4.76	0.25	0.18	15.06	25.00	0.00	(M)	(M)
Dressing, Tally Ho Dressing - SR102586 (1 ounces)	91.49(M)	6.14(M)	0.94(M)	0.04(M)	0.00(M)	261.34 (M)	9.39(M)	0.33(M)	5.63(M)	0.26(M)	0.09(M)	2.29(M)	149.67 (M)	0.13(M)	1.60(M)	0.26(M)
Dressing, Thousand Island Dressing, Ken's, 4133508 - SR100962 (2 Tbsp.)	140.00	13.00	2.00	0.00	15.00	260.00	4.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Thousand Island Fat Free, Pouch, Kraft Foods, 00210006675200 - SR106784 (1 pouch)	50.00	0.00	0.00	0.00	0.00	350.00	12.00	0.00	6.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Thousand Island, Naturally Fresh, 420 - SR103958 (1 1/2 ounces)Contains Egg.	182.01	17.19	2.53	0.00	15.17	192.12	5.06	0.00	5.06	0.00	0.36	0.00	0.00	2.43	(M)	(M)
Dressing, Vinaigrette Balsamic TFF, Monrach 253136 - SR100712 (2 tsp.)	60.00	5.00	5.00	0.00	0.00	190.00	4.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Dressing, Vinaigrette Balsamic, 4/1 gal., Ken's, K - SR101433 (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)
Dressing, Ybm Thousand Island Salad Dressing, Cond - SR104170 (1 1/3 oz.)Contains Egg, Soy.	144.37	11.76	1.31	0.00(M)	13.06	431.10	8.65	0.04	5.30	0.02	0.01	0.38	69.61	1.80	2.12(M)	0.01(M)
Dressing,Catalina, Kraft, Condiment - SR104438 (2 Tbsp.)	130.00	11.00	1.50	0.00	0.00	420.00	8.00	0.00	8.00	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)
Dressings, Salad Dressings, Sauces Seasonings #11 - SR106091 (1 oz.)	42.12	2.75	0.63	0.00(M)	4.05	211.50	4.39	0.13	1.71(M)	0.28	0.00	9.36	17.87	0.29	12.52(M)	0.25(M)
Drink, Apple Pie Smoothie, F, MMA, Veg-RO - SR102438 (8 ounces)Contains Milk.	417.45	1.88	0.92	0.00(M)	7.53	317.50	91.17	7.87	59.95(M)	8.97	0.98	279.35	5642.97	11.55	92.60(M)	1.15(M)
Duck Sauce, Sweet and Pungent, Ambrosia - SR105348 (1 Tbsp.)	15.00	0.00	0.00	0.00	0.00	70.00	4.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Edamame, Whole pod, Frozen, Simplot, 03236, Veg-B - SR105995 (3 ounces)Contains Soy.	120.00	6.00	0.50	0.00	0.00	15.00	9.00	4.00	3.00	11.00	2.70	150.00	200.00	24.00	(M)	(M)
Egg Noodle - SR100066 (2 ounces)Contains Egg, Wheat, Gluten.	220.00	3.00	1.00	0.00	55.00	15.00	40.00	1.00	2.00	8.00	1.80	0.00	0.00	0.00	(M)	(M)
Egg Roll, Whole Grain Chicken Egg Roll, 1 MMA, 1.2 - SR100607 (1 egg roll)Contains Milk, Egg, Wheat, Soy.	160.00	5.00	1.00	0.00	30.00	400.00	20.00	3.00	3.00	10.00	1.80	40.00	750.00	4.80	(M)	(M)
Egg, Diced, Premium, Pre-cooked frozen, 4/5# bag, Sunny Fresh, 40005, MMA - SR103773 (1 oz.) Contains Egg.	45.00	3.00	1.00	0.00	120.00	70.00	1.00	0.00	0.00	3.00	0.38	17.00	159.00	0.00	74.00	(M)
Egg, Egg Salad, MMA - SR101179 (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)
Egg, Egg Salad, WYO C-1, MMA - SR103526 (1/3 cup serving) Contains Egg, Soy.	99.81	7.29	1.84	0.00(M)	188.80	146.30	1.50	0.02	0.75(M)	6.30	0.88	28.27	270.33	0.01	38.46(M)	0.55(M)
Egg, Eggstravaganza Chorizo Flavored Turkey Sausage, Frozen, Sunny Fresh, 40829, MMA - SR104845 (2 ounces) Contains Milk, Egg.	90.00	6.00	2.00	0.00	200.00	180.00	2.00	0.00	0.00	7.00	0.72	40.00	400.00	0.00	(M)	(M)
Egg, Fresh, Shell, Large, Grade AA, Glenview Farms - SR100630 (100 grams)Contains Egg.	143.00	9.94	3.10	0.00	423.00	140.00	0.78	0.00	77.00	12.60	1.83	53.00	487.00	0.00	(M)	(M)
Egg, Hard Cooked, Dry Pack Michael Foods, 46025-85018, MMA - SR106631 (1/4 c.) Contains Egg.	89.60	6.16	1.96	0.00	210.00	70.00	0.56	0.00	0.56	7.28	0.67	28.00	291.20	0.00	(M)	(M)
Egg, Hard Cooked, Frozen, Diced, Michael Foods, 46025-64102, MMA - SR105872 (1/4 c.) Contains Egg.	89.60	6.16	1.96	0.00	235.20	78.40	0.56	0.00	0.56	7.28	0.62	22.40	280.00	0.00	(M)	(M)
Egg, Hard Cooked, Peeled, Whole Dry Pack, Papetti' - SR103248 (1 egg)	90.72	6.24	1.99	0.00	238.14	79.38	0.57	0.00	0.57	7.37	0.61	22.68	283.50	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)
Egg, Hardcooked, Diced Whole, Frozen, Glenview Far - SR100490 (1 egg)	80.00	5.50	1.75	0.00	210.00	70.00	0.50	0.00	0.50	6.50	0.54	20.00	250.00	0.00	(M)	(M)
Egg, Liquid Mix Frozen, 6/5 lb, Papettis, 6052055, - SR103041 (3 5/8 ounces)Contains Egg.	80.00	2.50	1.00	0.00	110.00	210.00	1.00	0.00	0.00	11.00	0.36	20.00	1250.00	0.00	(M)	(M)
Egg, Liquid Mix W/Milk Cook-In-Bag Frozen, MMA - SR101859 (110 grams)Contains Milk, Egg.	130.00	8.00	2.50	0.00	350.00	140.00	3.00	0.00	2.00	11.00	1.44	60.00	400.00	0.00	(M)	(M)
Egg, Liquid Scrambled, Frozen, Michael Foods, 54246, MMA - SR105867 (1/4 c.)Contains Milk, Egg.	67.20	4.48	1.40	0.00	168.00	72.80	1.12	0.00	1.12	5.60	0.80	35.06	243.60	0.03	(M)	(M)
Egg, Liquid Scrambled, Refrigerated, Michael Foods - SR103174 (3 Tbsp.)Contains Milk, Egg.	60.00	4.00	3.00	(M)	175.00	60.00	0.99	0.00	0.00	5.00	0.72	20.00	300.00	0.00	(M)	(M)
Egg, Liquid Whole Egg, Refrigerated, Michael Foods, 15111, MMA - SR105866 (1/4 c.) Contains Egg.	78.40	5.04	1.68	0.00	207.20	78.40	0.56	0.00	0.00	7.28	0.98	31.25	301.56	0.00	(M)	(M)
Egg, Lq Scrmbld, M/A Trad w/ Ctracd Fz, 6/5 lb, Pa - SR101823 (100 grams)Contains Egg.	130.00	8.00	2.50	0.00	340.00	135.00	2.00	0.00	1.00	10.00	1.44	60.00	400.00	0.00	(M)	(M)
Egg, Omelet Cheddar Cheese, Frozen, Michael Foods, 46025-85037, MMA - SR105874 (1 omelet)	136.08	10.77	3.40	0.00	172.94	283.50	1.70	0.00	0.57	7.37	0.78	70.59	317.83	0.00	(M)	(M)
Egg, Omelet Plain Folded, Frozen, Michael Foods, 4 - SR103080 (1 piece)Contains Egg.	130.00	9.00	3.00	(M)	270.00	240.00	3.00	0.00	3.00	8.00	1.26	60.00	400.00	0.00	(M)	(M)
Egg, Patty Scrambled 1 oz Square 2.5", Michael Foods, 46025-61688, MMA - SR105871 (1 oz 1 serving)Contains Milk, Egg.	36.40	2.52	0.70	0.00	100.80	39.20	0.56	0.00	0.28	3.08	0.40	16.80	112.00	0.00	(M)	(M)
Egg, Patty Scrambled 1.25 oz Round IQF, Frozen/Gri - SR101978 (1 1/4 ounces) Contains Egg.	70.87	6.08	1.52	0.00	111.37	111.37	1.01	0.00	0.00	3.04	48.60	18.23	105.30	0.00	(M)	(M)
Egg, Patty, 1.75 oz., Round, Frozen, IQF, Michael - SR104688 (1 patty)Contains Milk, Egg, Soy.	170.00	13.00	3.00	0.00	300.00	350.00	3.00	0.00	1.00	9.00	0.26	600.00	15000.00	0.00	(M)	(M)
Egg, Patty, Round, 3.5" Fz, 1.5 oz, Micheal Foods, - SR101822 (1 patty)Contains Egg, Soy.	85.05	6.80	1.49	0.00	131.83	131.83	1.28	(M)	(M)	3.83	0.61	25.52	170.10	0.00	(M)	(M)
Egg, Patty, Scrambled, 1.25 Oz, Echo Lake Foods, MF 3062, MMA - SR105477 (1 patty)Contains Milk, Egg.	45.00	2.50	1.00	0.00	105.00	170.00	1.00	0.00	0.00	4.00	0.36	20.00	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)
Egg, Patty, Scrambled, Cooked, Frozen, 1.5 oz, Sunny Fresh, 40635, MMA - SR101548 (1 patty)Contains Egg, Soy.	60.00	3.50	1.50	0.00	175.00	135.00	1.00	0.00	0.00	5.00	0.60	20.00	260.00	0.00	(M)	(M)
Egg, Scrambled Patty Frozen Cooked 1.25 oz, Sunny - SR103383 (1 1/4 oz.)Contains Egg.	45.00	3.50	1.00	(M)	115.00	120.00	1.00	0.00	(M)	3.00	0.40	20.00	275.00	0.00	(M)	(M)
Egg, whole, cooked, hard-boiled - SR105280 (1 large)	77.50	5.30	1.63	(M)	186.50	62.00	0.56	0.00	0.56	6.29	0.60	25.00	260.00	0.00	37.31	0.54
Eggs Scrambled, MMA - SR103224 (2 ounces)Contains Milk, Egg.	63.47	1.84	0.74	0.00(M)	81.08	161.29	1.39	0.00	0.60(M)	8.51	0.27	29.74	946.36	0.10	(M)	(M)
Eggs, Cheese Eggs, MMA - SR103685 (4 oz.)Contains Egg.	224.00	16.11	6.95	0.00(M)	418.33	468.50	0.72	0.00	0.00(M)	15.61	1.44	425.74	1171.75	0.00	0.00(M)	0.00(M)
Eggs, Cheese Omelet, MMA - SR102086 (2 egg)Contains Milk.	180.84 (M)	12.87(M)	5.75(M)	0.00(M)	342.36 (M)	229.96 (M)	1.13(M)	0.00(M)	0.33(M)	14.55(M)	1.72(M)	149.28 (M)	675.20 (M)	0.00(M)	67.01(M)	0.93(M)
Eggs, Cheesy Eggs, MMA - SR102054 (3 ounces)Contains Milk, Egg.	115.94	7.52	3.93	0.00(M)	79.86	244.32	1.09	0.00	0.00(M)	9.99	0.39	111.79	1022.46	0.00	0.80(M)	0.04(M)
Eggs, Eggs Deviled, MMA - SR102455 (1/2 ea.)	57.41	3.96	1.04	0.00(M)	94.88	69.11	2.13	0.00	1.32	3.17	0.30	12.54	130.00	0.00	23.12(M)	0.46(M)
Eggs, Frozen Egg Product, Schoolhouse Blend Scambe - SR102849 (1 Ounce serving) Contains Milk, Egg.	35.00	2.50	1.00	0.00	110.00	35.00	1.00	0.00	0.00	3.00	0.37	17.30	162.00	0.00	(M)	(M)
Eggs, Omelet, Colby Cheese, Skillet, Sunny Fresh, - SR102451 (1 omelet)Contains Milk, Egg, Soy.	110.86	8.06	3.02	0.00	196.52	211.64	1.01	0.00	0.00	8.06	0.67	84.66	376.92	0.00	(M)	(M)
Eggs, Pasteurized Homogenized Liquid Whole Eggs Wi - SR103484 (3 Tbsp.)Contains Egg.	70.00	4.50	1.50	0.00	200.00	65.00	0.00	0.00	0.00	6.00	0.72	20.00	200.00	0.00	(M)	(M)
Eggs, Red Beet Eggs, Spring Glen, 20800, MMA, Veg-RO - SR104866 (1 ea.)Contains Egg.	80.00	3.50	1.00	0.00	140.00	190.00	6.00	0.00	6.00	4.00	0.36	20.00	200.00	0.00	(M)	(M)
Eggs, Scrambled Egg, MMA - SR101606 (1 1/8 ounces)	36.77	2.38	0.78	(M)	93.05	49.66	0.34	0.00	0.24(M)	3.23	0.44	17.38	140.62	0.11	21.93(M)	0.32(M)
Eggs, Scrambled Eggs With Cheese, MMA - SR103284 (1/2 c.)	209.65	15.92	11.00	0.00(M)	298.75	401.48	1.26	0.00	(M)	16.16	1.10	236.72	684.44	0.00	73.44(M)	(M)
Eggs, Scrambled, Elem, MMA - SR101935 (1/2 Cup (8 oz ladle)) Contains Milk.	78.15	4.55	1.50	0.00(M)	176.09	188.99	2.66	0.18	0.33(M)	6.23	0.87	33.60	350.29	0.07	18.28(M)	0.33(M)
Eggs, Scrambled, Milton Eisner Yeshva HS, MMA - SR103880 (2 1 Large Egg, Scrambled, 1/4 Cup)Contains Milk.	246.83	13.79	4.80	0.00(M)	376.59	176.40	15.20	0.48	14.12(M)	14.64	1.83	144.21	645.08	0.65	148.44 (M)	1.17(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)
Eggs, Scrambled, MMA - SR101931 (1/2 cup serving) Contains Milk.	119.92	7.05	2.53	0.00(M)	219.97	305.99	5.17	0.30	1.35(M)	8.46	1.10	66.81	566.48	0.12	15.23(M)	0.33(M)
Eggs, Sunny Fresh Patty Scrambled Frozen Cooked 1.5 oz, Cargill Kitchen, 40635, MMA - SR105938 (1 ea.)Contains Egg.	59.99	3.50	1.50	0.00	174.98	134.98	1.00	0.00	0.00	5.00	0.59	20.20	259.97	0.00	(M)	(M)
Eggs, Sunny Fresh Patty Scrambled Frozen Cooked 30 - SR100653 (1 1/4 ounces) Contains Milk, Egg, Soy.	45.00	3.50	1.00	0.00	115.00	115.00	1.00	0.00	0.00	3.00	0.36	20.00	200.00	0.00	(M)	(M)
Eggs, Whole, Scrambled From Frozen, Pasteurized, C - SR102118 (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)
Eggs, whole, scrambled from frozen, pasteurized, homogenized, with color stabilizer [100045, A569] - SR105281 (1/4 c.)	82.00	5.18	1.61	0.00	218.00	147.00	1.48	0.00	(M)	6.20	0.94	54.00	305.00	0.20	(M)	(M)
Eggs, Ybm Omelette, MMA - SR103895 (1 egg)	181.32	13.13	5.68	0.00(M)	380.83	345.28	1.44	0.01	0.00(M)	12.69	1.57	126.55	697.06	0.00	3.57(M)	0.22(M)
Empanada, Black Bean w/ Whole Grain Crust, Giorgio Foods, 4502,. MMA, WGR - SR107012 (4 ea.)Contains Milk, Wheat, Soy.	270.00	9.00	4.50	0.00	25.00	480.00	31.00	3.00	2.00	16.00	2.70	200.00	300.00	1.20	(M)	(M)
English Muffin, Whole Grain Sliced 3.5", Frozen, Bake Crafters, 802, WGR - SR103590 (1 muffin)Contains Wheat, Soy.	120.00	1.50	1.50	0.00	0.00	250.00	24.00	2.00	1.00	5.00	1.08	80.00	0.00	0.00	(M)	(M)
English Muffins, Thomas' 100% Whole Wheat, Bimbo Bakeries, 512287, WG - SR101549 (1 muffin)Contains Soy.	120.00	1.00	0.00	0.00	0.00	220.00	23.00	3.00	2.00	6.00	1.44	60.00	0.00	0.00	(M)	(M)
Entree, Bagel Sandwich, MMA, Non-WG - SR105371 (1 sandwich)Contains Egg.	238.66	8.35	3.53	0.00(M)	127.66	568.33	30.66	1.00	2.00(M)	10.83	1.57	168.33	435.48	0.00	(M)	(M)
Entree, Baked Chicken and Roll, MMA, WG - SR104679 (1 serv.) Contains Wheat, Soy.	312.34	16.83	4.33	0.06(M)	92.28	412.42	19.17	2.00	2.00(M)	20.24	1.76	48.93	97.24	0.20	66.78(M)	0.80(M)
Entree, Baked Chicken Supreme, MMA, Veg-O - SR105292 (1 serv.)	187.81	6.94	2.33	0.00(M)	87.00(M)	694.10	8.54	1.62(M)	2.08(M)	22.43	1.45(M)	120.94 (M)	518.49 (M)	38.53(M)	43.67(M)	0.18(M)
Entree, Beef and Noodles, MMA, Non-WG - SR104606 (3/4 c.)	232.80	5.75	2.07	0.24(M)	80.90	419.83	22.05	1.04	0.63(M)	22.95	3.02	25.01	21.34	0.11	212.68 (M)	2.24(M)
Entree, Beef Fajita, MMA, WG - SR106828 (1 ea.)Contains Wheat, Gluten.	318.51	9.08	3.71	0.21(M)	58.01	718.01	35.49	4.42	0.80(M)	25.33	3.81	193.93	508.57	1.41	62.11(M)	1.39(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)
Entree, Beef Nachos, 27A, MMA, Non-WG - SR105885 (1 serv.) Contains Milk, Wheat, Soy. Processed in a facility that also processes Peanuts.	451.52	18.81	6.53	0.00(M)	60.75	1675.99	45.11	2.98	6.09(M)	24.41	3.78	239.68	960.00	1.15	18.94(M)	0.02(M)
Entree, Beef Rancher's Pie, Campbell's Perfect Ten, MMA, Veg-S, Veg-O - SR105467 (1 piece)	298.67	12.97	4.36	0.05(M)	52.53	547.92	23.70	3.77	2.32(M)	20.81	2.50	126.97	2649.97	13.76	128.42 (M)	1.91(M)
Entree, Beef Stir Fry, MMA, Veg-O, Veg-DG, Veg-RO - SR106831 (1 serv.)	195.80	7.68	2.76	0.00(M)	54.40	402.56	12.07	3.42	6.29(M)	20.32	1.92	66.27	4987.09	62.63	208.39 (M)	2.83(M)
Entree, Beef Teriyaki Nuggets & Rolls, Cheswick, MMA, WG - SR105044 (1 serv.)Contains Wheat, Soy.	290.00	10.00	3.50	0.00	35.00	640.00	32.00	5.00	8.00	18.00	3.24	60.00	100.00	0.00	(M)	(M)
Entree, Beef Teriyaki Nuggets w/Dinner Roll, 7-12, MMA, WG - SR105024 (1 serv.)Contains Wheat, Soy.	365.00	14.00	5.25	0.00	52.50	850.00	35.00	5.50	10.00	24.00	4.14	70.00	150.00	0.00	(M)	(M)
Entree, Beef Teriyaki Nuggets w/Dinner Roll, K-6, MMA, WG - SR105023 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	360.00	15.00	4.50	0.00	35.00	760.00	37.00	3.00	6.00	19.00	3.24	40.00	100.00	0.00	(M)	(M)
Entree, Beef-Turkey Loaf, MMA, WG, Non-WG - SR103561 (4 oz.)	203.49	10.77	3.70	0.25(M)	97.56	471.90	13.12	1.71	1.77(M)	12.92	2.25	63.79	192.64	2.13	42.06(M)	1.11(M)
Entree, Bosco Stick and Pizza Sauce, MMA, Veg-RO - SR106564 (1 serv.)Contains Milk, Wheat.	472.71	14.00	6.00	0.00	30.00	808.98	62.54	7.09	8.36	25.09	3.99	421.81	836.15	2.62	(M)	(M)
Entree, Bosco Sticks with Dipping Sauce, MMA, WG, - SR102732 (1 ea.)Contains Milk, Wheat.	335.00	10.75	5.00	0.00	30.00	750.00	40.00	5.00	3.50	21.00	2.88	420.00	775.00	4.50	(M)	(M)
Entree, Breaded Mozzarella Cheese Sticks, Elems, M - SR100738 (1 portion)Contains Milk, Wheat.	266.50	8.00	2.33	0.00(M)	10.00	745.57	33.97	4.66	5.32	15.33	1.71	271.30	888.35	6.46	(M)	(M)
Entree, Breaded Mozzarella Cheese Sticks, HS, MMA, - SR100726 (1 portion)Contains Milk, Wheat.	373.17	12.00	3.50	0.00(M)	15.00	952.24	46.30	5.99	5.99	21.99	2.21	400.30	1083.36	6.70	(M)	(M)
Entree, Breakfast Burrito, MMA, Non-WG - SR105391 (1 serv.) Contains Egg, Wheat.	158.36	8.10	3.38	0.00(M)	78.58	449.49	12.97	0.67	0.33(M)	8.65	1.04	172.69	297.98	0.27	(M)	(M)
Entree, Breakfast, Egg, MMA - SR106796 (1 serv.)	75.94	5.00	1.55	0.00(M)	192.13	97.68	0.95	0.00	0.28(M)	5.96	0.72	36.99	268.34	0.09	18.66(M)	0.27(M)
Entree, Buffalo Cheese Cruncher, Farm Rich, 65224, MMA, WG - SR104910 (4 piece)Contains Milk, Wheat.	400.00	19.00	8.00	0.00	0.00	640.00	43.00	5.00	3.00	19.00	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)
Entree, Cabbage & Noodle, Cambria County, Non-WG, Veg-O - SR104938 (4 oz.)Contains Egg, Wheat, Gluten.	515.71	17.48	4.52	0.00(M)	111.10	301.76	71.72	4.34	7.21(M)	18.27	3.78	46.44	593.53	39.89	105.55 (M)	0.91(M)
Entree, Cereal Meal, WG, MMA - SR106882 (1 serv.)Contains Milk, Egg, Wheat, Soy.	216.00	4.33	2.08	0.00	23.81	284.44	36.63	2.31	18.88	8.11	3.46	302.50	281.88	3.90	(M)	(M)
Entree, Cheese Quesadilla, MMA, WG, Veg-RO - SR104727 (1 each quesadilla)Contains Wheat.	313.08	15.18	8.62	0.00	38.07	1111.30	29.68	4.08	4.08(M)	11.62	2.19	957.37	2671.55	12.48	(M)	(M)
Entree, Cheeseburger on Bun, 23A, MMA, WG - SR105958 (1 ea.)Contains Wheat, Soy.	335.00	15.10	6.45	0.68	67.50	563.00	24.23	2.00	3.00(M)	24.43	3.12	153.00	136.00	0.00	(M)	(M)
Entree, Cheesy Chicken & Rice Quesadillas, Campbell's Perfect Ten, MMA, WG, Veg-RO - SR105461 (2 pieces)	380.88	11.40	3.88	0.01(M)	62.32	517.59	41.55	5.65	0.25(M)	28.93	3.88	197.79	968.97	5.06	62.12(M)	0.54(M)
Entree, Chicken & Biscuits, Blessed Sacrament, MMA, WG - SR105097 (1 serv.)	339.69	14.56	9.56	0.00(M)	66.38	560.74	28.70	2.18	2.36(M)	24.38	1.69	154.91	285.68	0.31	0.96(M)	0.04(M)
Entree, Chicken Burger on Bun with Platter Fries, - SR102737 (1 ea.)Contains Wheat, Soy.	431.01	16.53	3.50	0.00	45.00	882.89	51.18	5.02	2.00	20.02	2.52	40.00	0.00	2.42	(M)	(M)
Entree, Chicken Fajita on Steak Roll, MMA, WG - SR103127 (1 fajita)Contains Milk, Wheat, Soy.	275.37	3.95	0.50	0.00	35.12	806.58	39.98	3.00	6.00	18.73	2.78	114.63	71.22	0.00	(M)	(M)
Entree, Chicken Fajita Pizza, Campbell's Perfect Ten, MMA, WG, Veg-O - SR105460 (1 slice) Contains Wheat. May contain Milk, Egg, Soy.	199.60	10.66	5.64	0.00(M)	48.78	583.45	8.21	1.20	2.22(M)	18.84	0.62	418.69	870.05	32.19	82.31(M)	0.59(M)
Entree, Chicken Fajita, MMA, WG - SR101051 (1 ea.)Contains Wheat, Gluten.	206.58	5.32	1.64	0.01(M)	46.14	579.47	21.39	2.80	0.57(M)	19.21	1.46	113.50	286.43	11.33	77.56(M)	1.64(M)
Entree, Chicken Fajita, Northern Lebanon, MMA, WG - SR104239 (1 fajita)Contains Milk, Soy. Processed in a facility that also processes Wheat.	235.37	5.95	0.50	0.00	35.12	706.58	28.98	1.00	0.00	14.73	2.78	74.63	71.22	0.00	(M)	(M)
Entree, Chicken Fajita, TVASD, MMA, Non-WG - SR104963 (1 serv.)	399.22	14.12	7.02	0.00(M)	67.03	1091.53	39.28	1.00	0.00(M)	26.03	2.67	457.80	267.30	9.72	(M)	(M)
Entree, Chicken Fajitas over Rice, MMA, Veg-O, WG - SR106781 (1 serv.)	337.02	10.02	4.59	0.00(M)	62.86	542.92	38.52	3.58	1.94(M)	23.34	1.42	320.98	265.13	30.34	60.88(M)	1.42(M)
Entree, Chicken Fajitas, MMA, Non-WG - SR105400 (1 serv.) Contains Wheat.	364.06	13.62	5.66	0.00(M)	65.75	758.49	36.09	3.45	2.54(M)	24.61	2.79	194.01	564.45	22.30	56.20(M)	0.23(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)
Entree, Chicken in Wing Sauce, MMA, Veg-RO - SR105338 (1/2 c.)Contains Soy.	140.16	5.67	1.52	0.51	46.98	432.31	10.86	0.40	8.25(M)	11.74	0.92	56.50	421.25	14.52	(M)	(M)
Entree, Chicken or Turkey a la King, D-16, MMA, Veg-RO, Veg-S - SR106810 (3/4 c.)	269.36	7.46	2.46	0.00(M)	56.66	253.49	29.93	5.55	1.25(M)	23.77	2.15	91.92	19857.37	5.31	100.88 (M)	0.80(M)
Entree, Chicken Pot Pie, #7, Non-WG, WG, MMA - SR106262 (1 serv.)	220.13	9.54	2.78	0.28(M)	24.48	1054.85	21.86	2.13	1.76(M)	12.05	1.28	15.34	983.12	1.41	108.02 (M)	2.12(M)
Entree, Chicken Stew, MMA, Veg-O, Veg-S, Non-WG - SR106826 (1 serv.)Contains Wheat, Soy.	228.05	7.60	3.49	0.00(M)	71.90	321.68	20.31	3.19	3.42(M)	21.85	1.73	38.11	4537.55	8.29	194.86 (M)	1.22(M)
Entree, Chicken Stir Fry with Brown Rice Pilaf, HS - SR100815 (1 portion)	587.19	15.70	3.14	0.03(M)	89.81	502.14	66.97	4.90	3.33(M)	43.95	2.62	69.61	10180.15	52.17	323.18 (M)	3.54(M)
Entree, Chicken Stir Fry with Brown Rice Pilaf, MS - SR100814 (1 portion)	445.79	14.02	2.73	0.03(M)	87.14	373.23	40.55	4.08	1.67(M)	39.43	1.68	59.07	10177.44	51.83	236.13 (M)	2.62(M)
Entree, Chicken Stir Fry, MMA, Veg-O, Veg-DG, Veg-RO - SR106835 (1 serv.)	157.19	2.61	0.56	0.01(M)	54.65	445.36	12.74	3.23	5.92(M)	21.16	1.10	54.95	4719.35	59.97	157.62 (M)	3.30(M)
Entree, Chicken Tenders, Hyndman, MMA - SR104553 (2 pieces)Contains Egg, Soy.	163.76	8.64	1.71	0.00(M)	19.63	447.89	14.05	0.87	0.67(M)	6.99	1.60	9.44	250.29	0.10	20.93(M)	1.38(M)
Entree, Chicken Tetrazzini, MMA, Non-WG - SR103053 (1 c.) Contains Milk.	286.40	10.12	4.37	0.00(M)	70.89	629.90	25.44	3.27(M)	1.41(M)	25.84	1.62(M)	157.50 (M)	537.09 (M)	0.11(M)	86.42(M)	0.66(M)
Entree, Chicken WG Patty on Flat Bread, MMA, WG - SR101635 (1 sandwich)Contains Wheat, Soy, Gluten.	330.00	14.00	2.00	0.00	20.00	660.00	38.00	8.00	3.00	17.00	2.88	80.00	0.00	0.00	(M)	(M)
Entree, Chili & Chips, Cheswick, MMA, WG, Veg-BP, Veg-RO - SR105042 (3/4 c.)	372.63	15.06	5.08	0.93(M)	67.89	459.33	31.55	6.13	13.36(M)	27.40	4.45	87.76	7822.73	88.79	41.70(M)	0.94(M)
Entree, Chili, Cheswick, MMA, Veg-BP, Veg-RO - SR104965 (1/2 c.)	244.71	9.89	3.34	0.61(M)	44.59	301.65	20.72	4.02	8.77(M)	17.99	2.92	57.63	5137.31	58.31	27.38(M)	0.62(M)
Entree, Chinese Takeout Chicken, HS-IU, MMA, WG - SR106049 (1 serv.)Contains Wheat, Soy.	229.60	6.20	0.94	0.00	22.80	217.80	33.03	2.56	2.28(M)	11.64	1.23	25.20	0.00	0.00	(M)	(M)
Entree, Chinese Takeout Chicken, K-8, MMA, WG - SR106047 (1 serv.)Contains Wheat, Soy.	199.20	4.87	0.75	0.00	17.10	164.60	30.37	2.37	1.71(M)	9.36	1.03	21.40	0.00	0.00	(M)	(M)
Entree, Chunky Chicken w/ Whipped Potatoes & Rolls, 7-12, MMA, WG, Veg-S - SR105047 (1 serv.)Contains Milk, Wheat, Soy.	371.65	6.94	1.23	0.00(M)	54.76	704.80	51.68	5.52	7.29(M)	26.62	2.44	118.37	105.26	7.34	0.00(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)
Entree, Chunky Chicken w/ Whipped Potatoes, 2 Rolls, K-6, MMA, Veg-S - SR105037 (1 serv.)Contains Milk, Wheat, Soy.	329.33	5.72	0.92	0.00(M)	37.21	557.61	49.54	5.52	7.29(M)	20.82	2.20	118.37	105.26	7.34	0.00(M)	0.00(M)
Entree, Chunky Chicken w/ Whipped Potatoes, 7-12, MMA, Veg-S - SR105017 (1 serv.) Contains Milk, Wheat, Soy.	231.65	4.94	1.23	0.00(M)	54.76	484.80	25.68	1.52	3.29(M)	20.62	1.00	78.37	105.26	7.34	0.00(M)	0.00(M)
Entree, Chunky Chicken w/ Whipped Potatoes, K-6, MMA, Veg-S - SR105016 (1 serv.) Contains Milk, Wheat, Soy.	259.33	4.72	0.92	0.00(M)	37.21	447.61	36.54	3.52	5.29(M)	17.82	1.48	98.37	105.26	7.34	0.00(M)	0.00(M)
Entree, Creamed Turkey Over Biscuits, Entree #11, MMA, Non-WG, WG - SR106131 (1 serv.)	380.59	13.93	3.12	1.69(M)	41.72	1563.28	44.29	3.07	1.47(M)	20.40	2.79	57.57	480.99	3.57	58.69(M)	1.72(M)
Entree, French Toast - Moribito, 685, MMA, WG - SR106809 (2 ea.)Contains Milk, Wheat, Soy.	264.99	6.93	1.62	0.00(M)	192.84	527.52	35.89	6.05	5.52	13.37	2.36	142.11	333.58	0.22	39.67(M)	0.55(M)
Entree, French Toast Sticks and Colby Cheese Omelet, WG, MMA - SR106878 (1 serv.)Contains Milk, Egg, Wheat, Soy.	410.86	20.06	4.52	0.00	196.52	571.64	44.51	3.00	9.00	15.56	3.59	252.66	694.92	5.82	(M)	(M)
Entree, French Toast Sticks and Egg Patty with American Cheese, WG, MMA - SR106879 (1 serv.) Contains Milk, Egg, Wheat, Soy.	395.00	20.00	5.00	0.00(M)	125.00	705.00	45.00	3.00	9.50(M)	13.00	3.32	283.00	743.00	5.82	(M)	(M)
Entree, French Toast Sticks w/ Syrup and Egg Patty, MMA, WG - SR105976 (1 serv.)Contains Egg, Wheat, Soy.	302.01	10.25	2.12	0.00(M)	115.00	304.87	48.14	1.50	15.13(M)	6.00	0.41(M)	21.27(M)	275.00 (M)	0.00(M)	16.15(M)	0.09(M)
Entree, French Toast Sticks w/ Syrup and Sausage, MMA, WG - SR105975 (1 serv.)Contains Wheat, Soy.	347.01	11.75	2.63	0.00(M)	35.00	424.87	48.14	1.50	15.13	13.00	0.73(M)	1.28(M)	0.00(M)	0.00(M)	16.15(M)	0.09(M)
Entree, Ham Noodle Casserole, MMA, WG - SR103995 (1 1/4 c.) Contains Egg, Wheat.	296.82	7.48	5.19	0.00(M)	50.96	860.83	39.56	5.17(M)	1.08(M)	21.05	4.34(M)	128.98 (M)	136.62 (M)	0.00(M)	20.90(M)	0.14(M)
Entree, Ham Pattie Sand Elem, MMA, WG - SR102379 (1 ea.) Contains Wheat, Soy.	285.20	17.00	6.00	0.00	40.00	989.89	21.30	2.00	4.04	11.00	1.44	40.00	26.00	0.31	(M)	(M)
Entree, Ham Pot Pie with Potatoes, Elem, MMA, Veg- - SR102377 (3/4 c.)	218.32	6.23	1.71	0.02(M)	129.69	1092.24	27.47	1.86	1.96(M)	12.78	2.89	46.30	145.65	10.97	707.63 (M)	2.05(M)
Entree, Ham Pot Pie with Potatoes, MMA, Veg-S, WG - SR102376 (1 c.)Contains Wheat, Soy.	363.02	8.20	1.97	0.03(M)	145.17	1054.86	52.14	3.92	3.98(M)	19.88	4.79	76.91	150.34	8.12	377.95 (M)	1.59(M)
Entree, Ham, Green Beans, and Potatoes, MMA, Veg-S - SR103004 (1 1/3 c.)	246.26	2.98	0.97	0.00(M)	52.18	2135.43	35.53	5.56(M)	5.88(M)	21.32	2.05(M)	64.67(M)	784.72 (M)	36.17(M)	495.45 (M)	2.28(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)
Entree, Hamburg in Gravy, Beef, MMA - SR103052 (1/2 c.) Contains Wheat, Soy.	329.97	24.17	10.27	0.00(M)	81.75	329.48	4.65	1.16	0.00	22.27	2.24	0.00	0.00	0.00	(M)	(M)
Entree, Hamburger on Bun, 23A, MMA, WG - SR105957 (1 ea.) Contains Wheat, Soy.	282.00	10.67	3.66	0.68	54.00	352.00	24.00	2.00	3.00(M)	21.29	3.09	75.00	0.00	0.00	(M)	(M)
Entree, Homestyle Breaded Chicken Nuggets and Roll, MMA, WG - SR105810 (1 serv.) Contains Egg, Wheat, Soy.	290.00	9.50	2.00	0.00	50.00	616.00	31.00	3.00	1.00	19.00	3.44	62.00	127.00	1.00	(M)	(M)
Entree, Hot Dog Bar, D-61, MMA, WG, Veg-DG, Veg-RO, Veg-O - SR106822 (1 serv.)Contains Milk, Wheat, Gluten. May contain Soy.	611.16	29.86	7.86	0.29(M)	122.58	2775.72	59.85	9.52	11.98(M)	30.41	4.37(M)	180.19 (M)	279.96 (M)	16.52(M)	113.71 (M)	1.95(M)
Entree, Hot Dog Day, Non-WG - SR103301 (2 buns with condiments)	334.65	3.97	0.82	0.00(M)	0.00	1262.88	64.89	2.79	23.30	9.89	3.51	166.70	502.59	4.67	101.31	4.53
Entree, Hot Dog on Bun, MMA, WG - SR105380 (1 ea.)Contains Wheat, Soy.	311.23	18.02	6.00	0.00(M)	30.00	936.18	24.92	3.05	3.07(M)	12.02	2.20	40.14	181.93	0.37	2.82(M)	0.09(M)
Entree, Hot Dog on Whole Wheat Roll, MMA, WG - SR105814 (1 hot dog)Contains Wheat.	310.00	19.00	6.00	0.00(M)	35.00	850.00	22.00	3.00	2.00	11.00	1.80	60.00	0.00	9.00	(M)	(M)
Entree, Hot Dog, Cheswick, WG, MMA - SR105007 (1 frankfurter) Contains Wheat.	290.00	14.00	3.00	0.50	50.00	950.00	29.00	3.00	7.00	13.00	2.52	120.00	0.00	0.00	(M)	(M)
Entree, Hot Egg and Muffin, MMA, WG - SR105393 (1 sandwich) Contains Egg, Wheat, Soy.	114.20	8.51	3.72	0.00(M)	136.08	422.82	1.81	0.00	0.00(M)	8.14	0.64	169.35	435.48	0.27	(M)	(M)
Entree, Hot Ham and Cheese, MMA, WG - SR105392 (1 sandwich)Contains Wheat, Soy.	98.13	5.47	2.91	0.00	34.89	593.02	2.88	0.00	0.00(M)	9.51	0.09	148.33	160.48	0.00	(M)	(M)
Entree, HS Pizza Station 1, PA-8, MMA, WG, Veg-RO - SR104624 (1 pizza)Contains Milk, Wheat, Soy.	349.20	14.66	8.32	0.00	35.00	661.40	33.82	2.70	5.02	20.68	3.56	383.00	434.00	6.50	(M)	(M)
Entree, HS Pizza Station 2, PA-9, MMA, WG, Veg-RO - SR104625 (1 pizza)Contains Milk, Wheat, Soy.	335.60	13.30	7.64	0.00	31.60	576.40	33.82	2.36	5.70	20.68	3.56	434.00	400.00	5.48	(M)	(M)
Entree, Italian Turkey Wrap, MMA, Veg-O, Veg-RO, WG - SR106773 (1 wrap)	353.44	17.48	7.19	0.00(M)	66.56	1332.42	25.31	3.22	1.36(M)	22.23	0.88	227.87	1192.82	22.60	17.21(M)	0.07(M)
Entree, Lancaster Cold Sandwich 2, MMA, WG, F, Veg - SR100173 (1 sandwich)Contains Egg, Wheat, Soy.	560.40	16.49	3.15	0.00(M)	63.82	1067.03	79.33	13.96	14.75(M)	30.73	4.95	189.08	1026.01	33.35	102.62 (M)	0.46(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)
Entree, Macaroni & Cheese, Fairmont Foods, 14437, - SR103540 (1 c.)Contains Milk, Wheat, Soy, Gluten.	279.18	11.96	6.65	0.00	33.23	864.12	29.25	1.32	3.99	13.29	0.96	132.94	398.82	0.00	(M)	(M)
Entree, Mandarin Chicken Rice Bowl, Campbell's Perfect Ten, MMA, WG, Veg-DG, Veg-RO - SR105463 (1 c.)	323.32	4.36	0.54	0.00(M)	69.30	1221.48	44.10	5.17	7.62(M)	30.78	2.61	53.72	3958.60	48.45	176.29 (M)	1.97(M)
Entree, Max Stick Whole Grain Pizza Stick with Pizza Sauce, MMA, WG, Veg-RO - SR106483 (3 ea.)Contains Milk, Wheat, Soy.	481.75	21.68	7.50	0.00	15.00(M)	1414.94	52.99	6.45	5.72	21.45	2.49	468.14	226.80	2.72	(M)	(M)
Entree, Max Sticks w/Sauce, MMA, Non-WG, Veg-RO - SR106721 (3 sticks)Contains Milk, Wheat, Soy.	498.73	19.99	6.22	0.00	15.00	1420.08	57.20	6.22	4.87	21.89	3.56	467.72	632.23	2.66	(M)	(M)
Entree, Meatball Sub, MMA, WGR, Veg-RO - SR107111 (1 ea.) Contains Milk, Wheat, Soy.	409.98	15.86	6.13	0.70(M)	59.27	1428.86	44.06	3.92	6.94(M)	20.91	3.72	205.83	404.16	7.79	46.30(M)	1.98(M)
Entree, Meatloaf with Gravy Elementary, D-MLGE, MM - SR103827 (1 slice)Contains Milk, Egg, Wheat, Soy.	153.00	7.00	3.00	0.00	30.00	550.50	9.60	1.00	1.00	12.00	1.44	20.00	0.00	1.20	(M)	(M)
Entree, Meatloaf, BCYC, MMA - SR106837 (1 serv.)	193.25	11.11	4.23	0.41(M)	83.80	337.77	5.47	0.59	1.96	17.39	1.75	31.95	1173.58	8.59	102.52	1.72
Entree, Mexican Chicken Melt, HS-IU, MMA, WG - SR106036 (1 ea.)Contains Milk, Wheat, Soy.	330.58	8.31	3.10	0.00	69.56	849.52	39.32	4.00	1.89	27.32	2.90	69.93	130.51	4.29	(M)	(M)
Entree, Mexican Chicken Melt, K-8, MMA, WG - SR106035 (1 ea.) Contains Milk, Wheat, Soy.	263.30	7.76	2.92	0.00	59.64	603.68	25.14	3.00	2.89	22.37	2.36	48.27	123.52	4.11	(M)	(M)
Entree, Mini WG Corn Dogs & Potatoes, MMA, WG - SR103425 (1 ea.)	347.00	14.70	4.20	0.00	47.60	1068.20	37.40	3.60	(M)	14.80	2.40	65.40	128.50	0.00	(M)	(M)
Entree, Mozzarella Sticks with Dipping Sauce and D - SR102912 (1 ea.)Contains Wheat, Soy.	525.00	23.25	8.00	0.00	30.00	1060.00	57.00	4.00	3.50	24.00	3.60	460.00	775.00	4.50	(M)	(M)
Entree, Mozzarella Sticks with Dipping Sauce, MMA, - SR102720 (1 ea.)	405.00	21.75	8.00	0.00	30.00	840.00	35.00	2.00	2.50	20.00	2.16	420.00	775.00	4.50	(M)	(M)
Entree, Nacho Bar, 7-12, MMA, WG, Veg-RO - SR105012 (1/2 c.) Contains Milk, Soy.	442.37	24.57	7.29	0.00(M)	19.58	860.46	49.52	3.27	2.38(M)	9.14	1.22	265.10	933.18	14.78	17.09(M)	0.09(M)
Entree, Nacho Bar, K-6, MMA, WG, Veg-RO - SR105011 (1/2 c.) Contains Milk, Soy.	300.62	17.48	6.27	0.00(M)	19.58	754.15	30.29	2.25	2.38(M)	7.11	0.85	224.59	933.18	14.78	17.09(M)	0.09(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)
Entree, Nachos with Cheese and Meat, MMA, WG - SR104331 (1 ea.)Contains Milk, Soy.	293.00	17.13	3.25	0.00	47.25	885.75	25.52	1.00	0.00	12.35	1.57	107.50	135.00	0.81	(M)	(M)
Entree, Nachos, MMA, WGR, Veg-RO - SR106902 (1 serv.) Contains Milk, Egg, Wheat, Soy, Gluten.	487.47	21.27	4.07	0.00(M)	56.11	1085.27	59.90	5.51	9.32(M)	21.79	2.87	85.72	969.40	11.00	64.57(M)	0.11(M)
Entree, Omelet Cheddar Cheese, MMA - SR102452 (1 ea.) Contains Milk, Egg, Soy.	144.21	8.06	3.02	0.00	196.52	478.46	9.35	0.00	6.67	8.06	0.67	84.66	543.69	2.00	(M)	(M)
Entree, Pancakes, Bais Menachem, Non-WG - SR105433 (4 pancakes)Contains Milk.	371.56	4.25	1.62	0.00(M)	98.00	604.91	68.50	1.69	7.69(M)	13.55	3.34	193.84	335.00	1.20	25.52(M)	0.36(M)
Entree, Pasta (Elbow) and Meatballs, MMA, WG, Veg-RO - SR106881 (1 serv.)Contains Milk, Egg, Wheat, Soy.	353.84	11.11	4.93	0.00(M)	33.82	544.37	46.50	5.00	3.00(M)	19.73	3.44	143.20	600.82	2.96	(M)	(M)
Entree, PB & J Combo, MMA, WG, F - SR105376 (1 serv.)Contains Milk, Wheat, Soy.	482.99	18.94	5.17	0.00(M)	10.13	668.82	61.94	8.20	26.58(M)	19.70	2.36	270.68	199.53	8.37	155.72 (M)	0.35(M)
Entree, Peanut Butter and Jelly and Vegetable Soup - SR102486 (1 portion)Contains Wheat, Soy, Gluten.	681.16	25.07	5.36	0.04(M)	16.48(M)	1621.71	95.95	8.08(M)	18.04(M)	24.91	5.56(M)	114.66 (M)	1081.75 (M)	16.99(M)	60.38(M)	2.84(M)
Entree, Peanut Butter and Jelly Elm Alt, MMA, WG - SR102381 (1 sandwich)Contains Wheat, Soy.	472.88	25.27	4.56	0.00(M)	0.00(M)	515.09	51.93	5.70(M)	17.18(M)	16.53	2.12(M)	65.50(M)	0.00(M)	0.00(M)	(M)	(M)
Entree, Pizza Burgers, MMA, WG - SR104558 (1 burger)Contains Milk, Wheat, Soy.	159.60	9.31	4.00	0.00(M)	45.94	509.15	2.31	0.43(M)	0.77(M)	15.44	0.91	135.43	179.29	0.79	14.10(M)	0.66(M)
Entree, Pizza Hut & Cheese Stick, Cheswick, MMA, Non-WG, Veg-O - SR105057 (1 serv.)	369.75	17.02	8.60	0.00(M)	34.09	920.33	36.10	2.52	(M)	19.67	2.75	421.95	202.50 (M)	2.10	43.55(M)	2.83(M)
Entree, PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust, MMA, Non-WG, Veg-O - SR105049 (1 slice)	288.75	10.94	5.05	(M)	18.90	707.70	35.09	2.52	(M)	12.58	2.75	219.45	(M)	2.10	43.55	2.83
Entree, Pizzaburger on Roll, MMA, WG - SR105339 (1 sandwich) Contains Wheat, Soy, Gluten.	287.97	10.15	4.52	0.00	42.59	574.05	24.25	3.00	4.00(M)	21.29	2.97	181.25	101.25	0.00	(M)	(M)
Entree, Pop Corn Shrimp and Mac-n-Cheese (Elementa - SR104488 (1 serv.)Contains Milk, Crustacean Shellfish, Wheat, Soy.	277.42	11.74	4.00	0.00	48.01	784.29	28.81	2.13	3.73	14.94	2.00	336.72	592.30	0.53	(M)	(M)
Entree, Pop Corn Shrimp and Mac-n-Cheese (Secondar - SR104482 (1 serv.)Contains Milk, Crustacean Shellfish, Wheat, Soy.	400.08	17.60	4.80	0.00	80.01	1045.62	40.54	3.73	4.27	21.34	3.22	353.25	650.97	1.07	(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)
Entree, Pork and Sauerkraut, 2-12 Grade, MMA - SR104002 (1 c.)	309.89	19.48	7.14	0.00(M)	104.98	697.00	2.37	1.61	0.00(M)	30.05	1.95(M)	32.17(M)	21.63(M)	8.53(M)	51.24(M)	1.19(M)
Entree, Pork and Sauerkraut, Pre-K through 1 grade - SR104003 (3/4 c.)	206.59	12.98	4.76	0.00(M)	69.98	464.67	1.58	1.07	0.00(M)	20.03	1.30(M)	21.45(M)	14.42(M)	5.69(M)	34.16(M)	0.79(M)
Entree, Pork BBQ on Wheat Roll, MMA, WG - SR106833 (1 ea.) Contains Milk, Wheat, Soy.	431.75	12.34	3.79	0.00(M)	55.58	919.71	56.02	4.16	16.59(M)	23.14	2.74	84.58	226.12	1.95	30.28(M)	1.57(M)
Entree, Pork Stir Fry, MMA, Veg-O, Veg-DG, Veg-RO - SR106836 (1 serv.)	210.28	10.14	3.66	0.00(M)	52.74	379.52	12.74	3.23	5.92(M)	17.91	1.36	58.50	4699.59	59.14	157.62 (M)	2.02(M)
Entree, Primavera w/ Chicken, MMA, Veg-DG, Veg-O, Veg-RO - SR106838 (1 serv.)Contains Milk.	261.86	9.24	4.70	0.01(M)	74.16	272.59	19.13	2.85	9.04	25.51	1.43	195.56	1307.78	68.70	159.44 (M)	2.73(M)
Entree, Red Thai Tomato Noodles with Chicken, Campbell's Perfect Ten, MMA, WG, Veg-RO, Veg-O - SR105473 (1 1/2 c.)	299.32	6.05	1.50	0.00(M)	94.77	345.61	28.32	4.37	5.22(M)	36.31	2.40	20.85	541.88	35.98	89.92(M)	0.82(M)
Entree, Salisbury Steak, MMA - SR106832 (1 serv.)Contains Milk, Wheat, Soy.	199.32	11.38	4.16	0.47(M)	85.74	214.33	4.97	0.48	0.49(M)	18.27	1.77	33.01	104.13	0.47	70.16(M)	1.17(M)
Entree, Sausage McMuffin, MMA, WG - SR105372 (1 sandwich) Contains Egg, Wheat, Soy.	488.66	35.35	14.03	0.00(M)	172.66	1038.33	26.66	2.00	1.00(M)	17.83	1.93	268.33	535.48	0.00	0.00(M)	0.00(M)
Entree, Savory Chicken Nuggets and Roll, MMA, WG - SR105813 (1 serv.)Contains Egg, Wheat, Soy.	237.44	7.52	1.00	0.00	42.16	581.34	24.01	2.00	2.00	19.06	2.44	55.06	95.35	1.00	(M)	(M)
Entree, Scrabmled Eggs, Breakfast, 680, MMA - SR106808 (2 oz.)Contains Milk.	73.72	4.76	1.56	0.00(M)	186.00	99.92	0.72	0.01	0.47	6.46	0.88	34.84	281.32	0.27	38.91(M)	0.60(M)
Entree, Seared Pork Chop and Cornbread, #18, MMA, WG - SR106562 (1 serv.)	368.19	12.42	3.34	0.75(M)	122.95	838.79	33.70	2.02	13.34(M)	31.29	2.02	42.08	310.27	0.09	89.97(M)	2.60(M)
Entree, Shepard's Pie, MMA, Veg-O, Veg-S - SR106830 (1 serv.) Contains Milk.	276.58	12.51	4.66	0.71(M)	57.81	398.91	21.30	3.44	2.29(M)	19.98	2.50	102.50	221.08	14.72	99.95(M)	1.81(M)
Entree, Shepherd's Pie & Rolls, Cheswick, 7-12, MMA, Veg-S - SR105048 (1 1/4 c.)Contains Milk, Wheat.	286.67	13.75	5.82	0.81(M)	65.50	376.95	17.24	0.96	6.25(M)	21.86	2.22	123.85	230.13	5.43	61.78(M)	1.01(M)
Entree, Shepherd's Pie, 2 Rolls, Cheswick, K-6, MMA, WG, Veg-S - SR105038 (1 c.)Contains Milk, Wheat.	238.89	11.46	4.85	0.68(M)	54.59	314.13	14.37	0.80	5.21(M)	18.21	1.85	103.21	191.77	4.53	51.48(M)	0.84(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)
Entree, Shepherd's Pie, Cheswick, 7-12, MMA, Veg-S - SR105014 (1 1/4 c.)Contains Milk.	282.67	13.69	5.82	0.81(M)	65.50	370.67	16.50	0.85	6.14(M)	21.68	2.17	122.71	230.13	5.43	61.78(M)	1.01(M)
Entree, Shepherd's Pie, Cheswick, K-6, MMA, Veg-S - SR104972 (1 c.)Contains Milk, Wheat.	237.23	11.43	4.85	0.68(M)	54.59	311.51	14.06	0.75	5.16(M)	18.14	1.83	102.73	191.77	4.53	51.48(M)	0.84(M)
Entree, Sicilian Sliders, Campbell's Perfect Ten, MMA, WG, Veg-RO, Veg-O - SR105471 (2 sandwich)Contains Milk, Wheat, Soy, Gluten.	384.26	15.88	6.63	0.47(M)	41.92	872.02	42.79	6.38	10.08(M)	20.64	3.32	284.11	4599.70	10.16	95.53(M)	2.46(M)
Entree, Sloppy Joe Sandwich, MMA, WG - SR102374 (1 sandwich)Contains Wheat, Soy.	321.77	9.83	3.36	0.00(M)	51.53	783.47	35.89	2.03	15.99(M)	21.02	2.79	54.80	274.34	3.52	0.04(M)	0.15(M)
Entree, Sloppy Joe with Bun, Sandwich #20, MMA, WG - SR106560 (1 ea.)Contains Wheat, Soy.	356.35	11.55	3.97	0.00(M)	60.75	685.44	37.30	2.18	14.77(M)	25.29	3.66	86.77	125.46	1.23	22.98(M)	1.75(M)
Entree, Sloppy Joe, HS, MMA, Veg-RO, WG - SR101632 (1 sandwich)Contains Wheat, Soy.	289.96	9.94	4.47	0.00	61.45	689.51	32.28	3.90	7.48	19.42	2.97	40.00	268.97	5.75	(M)	(M)
Entree, Sloppy Joe, MMA, Veg-RO - SR105120 (2 oz.)	290.23	11.69	4.67	0.00(M)	51.41	1125.30	31.13	0.55	25.11(M)	14.56	2.34	55.24	803.97	14.21	1.43(M)	0.01(M)
Entree, Sloppy Joe, on Bun, MMA, WG - SR103399 (1 sandwich) Contains Wheat, Gluten.	319.41	12.47	4.99	0.00	34.89	798.30	34.97	3.00	6.99	17.96	4.13	119.94	747.68	11.96	(M)	(M)
Entree, Stacked Taco Bake, Campbell's Perfect Ten, MMA, WG, Veg-RO - SR105474 (1 piece)	298.20	12.47	5.38	0.00(M)	45.93	488.08	25.06	3.74	3.08(M)	20.55	2.91	233.75	606.10	9.35	18.91(M)	0.16(M)
Entree, Stroganoff, MMA - SR106821 (4 1/4 oz.)Contains Milk, Wheat, Soy.	201.76	11.33	3.44	0.44(M)	59.54	270.92	6.33	0.61	2.16	17.64	1.57	69.25	109.07	0.64	37.17(M)	0.78(M)
Entree, Sunrise Flatbread, With Egg, General Mills, 131842000, MMA, WGR - SR104999 (1 serv.) Contains Milk, Egg, Wheat, Soy.	170.00	5.00	1.50	0.00	60.00	310.00	21.00	2.00	3.00	9.00	1.44	100.00	200.00	0.00	(M)	(M)
Entree, Sweet BBQ Glazed Chicken Nuggets and Roll, MMA, WG - SR105811 (1 serv.) Contains Milk, Egg, Wheat, Soy.	285.00	10.50	2.00	0.00	42.00	573.00	31.00	2.00	3.00	19.00	2.44	58.00	114.00	1.00	(M)	(M)
Entree, Sweet N' Savory Meatloaf, Campbell's Perfect Ten, MMA, Veg-RO - SR105470 (1 slice (3/4" thick))	239.87	11.73	3.65	0.01(M)	67.44	533.08	15.96	2.14	6.36(M)	17.36	2.26	32.41	5277.66	4.24	30.37(M)	0.74(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)
Entree, Taco Salad, Blessed Sacrament, MMA, Non-WG - SR105077 (1 serv.)Processed in a facility that also processes Peanuts.	345.57	17.22	6.05	0.00(M)	62.62	522.26	32.26	3.93	3.49(M)	18.59	2.93	141.04	1159.70	11.36	142.47 (M)	0.64(M)
Entree, Taco Wrap, F-46, MMA, WG - SR106814 (1 wrap) Contains Wheat.	311.37	14.18	5.68	0.00	43.44	505.25	33.32	7.00	2.01(M)	18.99	2.19	208.50	393.24	0.00	(M)	(M)
Entree, Teriyaki Chicken, TVASD, MMA - SR104957 (1 serv.) Contains Wheat, Soy.	126.02	3.50	1.00	0.00	50.00	1139.94	5.80	0.02	3.00(M)	16.07	1.03	13.80	0.00	1.20	12.18(M)	1.88(M)
Entree, Texas Beef and Rice, MMA, WG - SR104477 (1/3 c.)	224.28	9.88	3.58	0.61(M)	53.72	610.40	14.57	1.08	0.35(M)	18.29	1.95	25.39	132.72	4.83	48.08(M)	1.01(M)
Entree, Toasted Cheese Sandwich RF, MMA, WG - SR103479 (1 ea.)Contains Wheat, Soy.	342.50	19.22	10.13	0.00	50.63	1151.25	30.02	2.00	4.00(M)	16.13	1.44	1124.81	2169.65	0.00	(M)	(M)
Entree, Tomato Cheddar Elbow Macaroni, Campbell's Perfect Ten, MMA, WG, Veg-RO - SR105469 (1 c.)	401.83	11.84	7.04	0.00(M)	32.30	834.87	51.91	5.33	4.03(M)	25.00	2.02	579.37	1387.28	2.74	922.30 (M)	1.13(M)
Entree, Traditional Spaghetti and Meatballs, MMA, - SR104665 (1 serv.)Contains Milk.	528.90	15.38	5.21	0.09(M)	78.64	715.57	61.33	7.63	3.20(M)	36.51	4.00	145.10	1090.14	30.18	31.46(M)	0.57(M)
Entree, Trix Raspberry Rainbow Yogurt & 2 Rolls, MMA, WG - SR105036 (1 serv.)Contains Wheat.	340.00	3.00	1.00	0.00	10.00	320.00	66.00	4.00(M)	30.00	12.00	1.44(M)	240.00	1000.00	0.00(M)	(M)	(M)
Entree, Trix Raspberry Rainbow Yogurt & Roll, MMA, WG - SR105022 (1 serv.)Contains Wheat.	270.00	2.00	1.00	0.00	10.00	210.00	53.00	2.00(M)	28.00	9.00	0.72(M)	220.00	1000.00	0.00(M)	(M)	(M)
Entree, Tuna Noodle Casserole, MMA, Non-WG, Veg-O - SR105358 (1 c.)Contains Egg, Wheat, Gluten.	254.03	3.25	0.77	0.00(M)	87.39(M)	824.35	23.89	2.01(M)	1.04(M)	31.57	2.56(M)	70.13(M)	2746.29 (M)	1.97(M)	232.18 (M)	0.27(M)
Entree, Tuna Patty, Cake, MMA - SR103999 (1 patty)Contains Egg, Fish.	470.05	34.25	6.07	0.00(M)	90.75(M)	929.15	6.59	0.60(M)	3.39(M)	27.13	1.99(M)	41.69(M)	82.26(M)	0.98(M)	5.63(M)	0.32(M)
Entree, Turkey & Gravy for Biscuits, TVASD, MMA, Non-WG - SR104954 (5 oz.)Contains Milk, Wheat, Soy.	193.88	6.36	1.72	0.00(M)	86.91	329.93	7.45	0.14	0.00(M)	24.08	1.12	15.54	30.85	0.00	103.25 (M)	0.45(M)
Entree, Turkey & Provolone On Flat Bread, MMA, WG - SR101631 (1 sandwich)Contains Wheat, Soy.	180.21	4.78	2.42	0.00(M)	18.91	567.74	23.91	5.00	2.69	13.71	1.15	147.33	124.94	0.00	5.81(M)	0.67(M)
Entree, Turkey a la King, MMA, Veg-O, Veg-S - SR106820 (6 oz.)Contains Milk.	249.72	12.23	5.83	0.00(M)	67.20	854.17	10.29	2.04	3.37(M)	20.80	1.38	60.44	778.65	2.69	73.01(M)	1.17(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)
Entree, Turkey Sandwich and Vegetable Soup, MMA, W - SR102490 (1 portion)Contains Wheat, Soy.	397.20	10.12	2.74	0.02(M)	56.73	1770.88	51.72	5.36	10.32(M)	27.14	3.47	80.52	963.62	20.49	201.76 (M)	1.22(M)
Entree, Turkey Sandwich Elem Alt, MMA, WG - SR102383 (1 sandwich)Contains Wheat, Soy.	259.40	6.97	1.54	0.00(M)	45.90	1101.95	31.23	3.00	9.62(M)	19.78	1.83	52.50	179.44	5.93	5.62(M)	0.16(M)
Entree, Turkey Stew, MMA, Veg-O, Veg-S, Non-WG - SR106825 (1 serv.)Contains Milk, Soy.	281.86	11.03	4.63	0.00(M)	62.38	1426.42	21.51	3.21	2.53(M)	23.98	2.53	43.14	4577.99	8.28	248.94 (M)	2.85(M)
Entree, Twisted Chicken Broccoli Alfredo, Campbell's Perfect Ten, MMA, WG, Veg-DG - SR105465 (1 1/2 c.)	319.52	7.50	3.10	0.01(M)	55.36	541.35	37.61	6.09	3.26(M)	29.40	2.42	336.83	1282.79	42.36	700.83 (M)	4.73(M)
Entree, Veggie Wrap, F-VW-1, Non-WG, MMA, Veg-O, - SR103884 (1 wrap)Contains Milk, Egg, Soy.	533.60	31.82	13.68	0.00(M)	64.00	1619.01	43.58	2.66	4.44(M)	19.04	1.72	361.12	1542.02	10.36	59.12(M)	0.29(M)
Entree, Veggie Wrap, F-VWE, Non-WG, MMA, Veg-O - SR103881 (1 wrap)Contains Milk, Egg, Soy.	481.86	27.40	10.89	0.00(M)	50.50	1408.90	43.63	2.76	4.62(M)	15.98	1.73	284.74	1451.20	10.62	67.73(M)	0.33(M)
Entree, Waffles, WG - SR102453 (2 ea.)Contains Milk, Egg, Wheat, Soy.	271.81	6.03	1.00	0.00(M)	0.00	506.53	50.86	3.00	4.00(M)	5.00	3.62	101.36	0.00	0.00	8.16(M)	0.05(M)
Entree, Walking Taco, MMA, WG - SR102334 (1 ea.)Contains Wheat, Soy. May contain Milk, Egg.	441.82	16.62	5.92	0.28(M)	43.72(M)	902.45	49.89	5.54	3.53(M)	24.15	3.69	348.16 (M)	704.91	3.94(M)	16.98(M)	0.07(M)
Entree, Walking Tacos, WG, MMA, Veg-RO, Veg-O - SR106876 (1 ea.)Contains Milk, Soy, Gluten.	416.41	13.55	2.73	0.00(M)	56.11	962.40	54.78	5.31	1.95(M)	21.15	2.74	115.45	1083.08	9.59	83.80(M)	0.22(M)
Entree, Western Burger, MMA, Non-WG - SR104306 (1 HAMBURGER)Contains Wheat, Soy, Gluten.	385.05	14.00	4.75	0.00	36.00	1207.31	42.54	3.17	14.34	18.33	3.36	70.00	252.53	0.60	(M)	(M)
Entree, WG Pasta/Mozzarella Sticks HS, WG, Non-WG, MMA, Veg-RO - SR106770 (1 portion)	672.85	29.91	9.35	0.75	30.00	1479.55	65.63	6.50	12.00(M)	24.74	3.27	450.15	1330.85	6.01	0.83(M)	0.10(M)
Entree, Whole Grain Chicken Chunks with Roll, MMA, - SR102727 (1 ea.)Contains Wheat, Soy.	300.00	9.50	1.50	0.00	20.00	670.00	36.00	4.00	2.00	17.00	3.24	80.00	0.00	0.00	(M)	(M)
Entree, Whole Wheat Mac and Cheese with Dinner Rol - SR102892 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	410.00	14.50	8.00	0.00(M)	35.00	1100.00	48.00	4.00	3.00	21.00	2.52	440.00	500.00	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)
Entree, WW French Toast, Bais Menachem, WG - SR105436 (3 slice)Contains Milk, Wheat, Gluten.	391.63	9.02	2.31	0.00(M)	191.00	495.92	57.37	3.00	10.78(M)	19.29	1.98	198.42	470.00	1.20	44.55(M)	0.62(M)
Entree, Ybm Broccoli and Noodles, WG, Veg-DG, Veg- - SR104101 (1 serv.)	106.38	2.73	0.44	0.00(M)	0.00	135.31	18.62	3.60	1.89(M)	4.12	0.98	35.18	1019.48	37.98	70.57(M)	0.84(M)
Entree, Ybm Chicken, MMA, WG - SR104034 (1 piece)	370.30	17.10	4.66	0.00(M)	123.27 (M)	234.67	11.50	0.56(M)	0.63(M)	40.02	2.55(M)	39.17(M)	222.66	0.00	0.67(M)	0.29(M)
Entree, Ybm Cholent Stew, MMA, WG, Veg-BP, Veg-O, - SR104053 (8 oz.)	310.31	3.67	1.32	0.14(M)	36.52	231.83	50.51	10.92	2.63(M)	20.55	3.48	50.37	18.20	20.98	127.43 (M)	2.65(M)
Entree, Ybm Eggplant Parmesan, WG, MMA, Veg-O, Veg - SR103875 (7 1/2 oz.)Contains Milk.	853.50	77.20	9.61	0.26(M)	105.58	589.13	27.27	6.29	7.09(M)	15.78	1.57	264.56	253.40	1.89	102.92 (M)	1.15(M)
Entree, Ybm French Toast, MMA, WG - SR104107 (2 slices)	552.40	17.66	3.67	0.03(M)	350.45	838.70	75.51	8.72	7.52(M)	25.46	5.67	82.09	497.72	0.01	88.56(M)	2.91(M)
Entree, Ybm Lasagna, MMA, WG, Veg-RO - SR103885 (6 1/2 oz.) Contains Milk.	368.57	12.90	5.21	0.00	20.66	614.93	47.88	7.40	5.92	21.09	1.82	295.64	137.70	0.00	(M)	(M)
Entree, Ybm Noodles and Cabbage, WG, Veg-O - SR104334 (1 serv.)	99.57	2.54	0.39	0.00(M)	0.00	116.60	17.68	2.81	2.68(M)	3.49	0.70	39.72	187.13	22.44	72.45(M)	0.74(M)
Entree, Ybm Pizza, WG, MMA - SR103901 (1 slice)Contains Milk.	172.98	4.11	2.16	0.00(M)	8.86	392.59	25.81	3.13	0.92(M)	8.59	1.92	133.45	365.57	1.83	21.32(M)	0.65(M)
Entree, Ybm Potato Kugel, MMA, Veg-S - SR104159 (1 serving (4 oz))	122.43	6.15	1.69	(M)	52.73	187.46	13.85	1.82	1.21(M)	3.37	0.84	19.97	78.57	15.01	79.66(M)	0.97(M)
Entree, Ybm Tuna Casserole, WG, MMA, Veg-S - SR104171 (8 oz.) Contains Milk, Soy.	439.13	10.29	4.20	0.00(M)	27.02	471.29	62.38	6.96	7.32(M)	27.39	3.99	235.95	1327.24	5.34	50.10(M)	1.13(M)
Entree, Ybm Tuna Squares, MMA, non-WG, Veg-O, Veg- - SR104157 (2 4 oz serving) Contains Egg, Soy.	386.87	22.30	3.60	0.00(M)	208.63	912.53	30.60	3.91	9.39(M)	14.87	2.24	64.76	486.25	4.76	136.21 (M)	1.21(M)
Entree,Walking Taco Elem,MMA,G - SR101916 (1 ea.)Contains Wheat, Soy.	250.51	9.49	4.47	0.16(M)	33.52	726.04	23.74	3.40	4.11(M)	17.81	1.95	313.19	605.11	2.28	41.96(M)	1.38(M)
Fajita, Chicken Fajita - SR100057 (1 ea.)Contains Wheat.	406.05	14.68	2.63	0.03(M)	59.89	464.99	45.53	4.07	9.14(M)	23.48	2.33	166.78	121.63	6.45	81.00(M)	1.06(M)
Fajitas, Chicken, MMA, Non-WG, Veg-O - SR103673 (1 fajita) Contains Wheat.	292.30	12.61	2.97	0.02(M)	48.17(M)	421.35	27.40	1.69	9.00(M)	19.11	1.21	31.67(M)	413.42 (M)	7.76(M)	82.64(M)	1.32(M)
Falafel, Crispy Chick-P, Cooked, Frozen, American Bean Co., 290, MMA - SR106224 (3 pieces) Contains Wheat.	120.00	4.00	1.00	0.00	0.00	300.00	23.00	9.00	2.00	6.00	1.80	60.00	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)
Farms Raspberry, Non-Fat, Blended, 8 oz, Upstate N - SR101143 (1 ea.)Contains Milk.	180.00	0.00	0.00	0.00	5.00	150.00	39.00	0.00	32.00	6.00	0.00	600.00	0.00	2.40	(M)	(M)
Fats & Oils, Margarine Solid, Chef Mark, 00274 - SR101415 (1 tsp.)	100.00	11.00	2.50	3.00	0.00	110.00	0.00	0.00	0.00	0.00	0.00	0.00	500.00	0.00	(M)	(M)
Fiesta Dip w/Corn Chips, Refriend Beans and Ground - SR100828 (1 Serving (2 oz MMA, 1/2 Veg-BP w/8 chips, 1 Non-WG))	294.61	12.36	4.10	0.00(M)	72.39(M)	268.82	23.91	4.40	0.00(M)	21.30	3.19	56.43(M)	0.00(M)	4.10(M)	(M)	(M)
Filling, Apple Pie Filling, Can, Harvest Value, 28 - SR101113 (1/3 cup serving)	80.00	0.00	0.00	0.00	0.00	50.00	20.00	1.00	17.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Fish Fries, Potato Crunch Alaska Pollock 1.3 oz, American Pride, 53448, MMA, WG - SR106156 (3 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	260.00	16.00	1.50	0.00	35.00	180.00	14.00	1.00	0.00	12.00	0.36	0.00	0.00	0.00	(M)	(M)
Fish Fries, Southen Style Breaded Alaska Pollock 1.25 oz, American Pride, 53989, MMA, WG - SR106155 (3 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	180.00	8.00	0.50	0.00	50.00	350.00	15.00	1.00	0.00	13.00	0.72	0.00	0.00	0.00	(M)	(M)
Fish Portions, Breaded, Battered, Frozen,; Iceland - SR104202 (3 oz.)	180.00	7.00	1.00	(M)	45.00	379.99	14.00	0.60	(M)	13.00	1.39	141.99	25.00	0.00	(M)	(M)
Fish Stick, Nacho Breaded Alaska Pollock 1 oz, American Pride, 38118, MMA, Non-WG - SR106182 (4 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	210.00	10.00	1.50	0.00	35.00	470.00	18.00	1.00	1.00	11.00	0.72	20.00	100.00	0.00	(M)	(M)
Fish, 3 oz Par Fried Cod Portions, Samband Of Iceland, 10022055, MMA, G - SR105054 (1 portion)	190.00	9.00	1.50	0.00	20.00	260.00	16.00	0.00	0.00	11.00	1.44	0.00	0.00	1.20	(M)	(M)
Fish, Alaska Pollack Portions, Precooked Krispy Kr - SR102333 (1 portion)Contains Egg, Fish, Wheat, Gluten.	270.00	15.00	3.00	0.00	85.00	450.00	19.00	0.99	0.99	14.00	1.08	0.00	0.00	0.00	(M)	(M)
Fish, Alaska Pollock Fish Sticks, Krispy Krunchy, Viking Seafoods, 06791, MMA - SR104992 (2 pieces)Contains Egg, Fish, Wheat, Soy, Gluten.	130.00	6.00	1.50	0.00	25.00	220.00	11.00	0.53	0.36	7.00	0.36	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)
Fish, Alaska Pollock Nuggets, Oven Ready Crunchy Sweet Potato, American Pride Seafoods, 53368, MMA, Non-WG - SR105312 (3 pieces)Contains Fish, Wheat.	180.00	8.00	0.50	0.00	35.00	270.00	18.00	1.00	4.00	11.00	0.36	0.00	300.00	0.00	(M)	(M)
Fish, Breaded Pollock Nugget, 1oz, High Liner, 11026166, MMA, Non-WG - SR106549 (4 nuggets)Contains Fish, Wheat.	250.00	12.00	2.00	0.00	50.00	360.00	21.00	1.00	0.00	14.00	1.08	0.00	100.00	0.00	(M)	(M)
Fish, Breaded Pollock Portions, RF 3.6 oz, American Pride, 78010, MMA, WG - SR106168 (1 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	180.00	5.00	0.50	0.00	45.00	300.00	20.00	2.00	0.00	13.00	1.44	0.00	0.00	0.00	(M)	(M)
Fish, Breaded Pollock Strips, 1.5oz, High Liner, 11026168, MMA, Non-WG - SR106550 (2 ea.)Contains Fish, Wheat.	210.00	10.00	1.50	0.00	35.00	300.00	19.00	1.00	1.00	17.00	1.08	20.00	0.00	0.00	(M)	(M)
Fish, Catfish Strips Breaded Oven Ready IQF, Froze - SR104564 (2 ounces)Contains Fish.	103.00	4.56	0.86	0.00	25.65	134.00	7.41	0.00	0.57	7.41	0.00	0.00	0.00	0.00	(M)	(M)
Fish, Chunk Light Tuna, Skipjack Tuna in Water, Geisha, 0-71140-72209-1, MMA - SR105055 (1/4 c.)	58.00	0.50	0.00	0.00	30.00	310.00	0.00	0.00	0.00	13.00	0.72	10.00	100.00	0.00	(M)	(M)
Fish, Cod & Cheese Rectangles, Oven Ready 3.6oz, American Pride, 53166, MMA, WG - SR106157 (1 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	250.00	11.00	4.00	0.00	45.00	480.00	23.00	0.00	1.00	14.00	0.00	150.00	0.00	0.00	(M)	(M)
Fish, Cod Rectangles, 3.6 oz. Frozen Precooked Breaded, American Pride, 21365, MMA, Non-WG - SR106132 (1 piece) Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	170.00	8.00	1.00	0.00	30.00	170.00	15.00	1.00	0.00	11.00	0.72	0.00	0.00	0.00	(M)	(M)
Fish, Cod Rectangles, Oven Ready Breaded 3.6oz, American Pride, 51267, MMA, WG - SR106142 (1 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	220.00	9.00	1.00	0.00	20.00	280.00	20.00	2.00	0.00	14.00	1.44	0.00	0.00	2.40	(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)
Fish, Cod Rectangles, RF Precooked Breaded 3.6oz, American Pride, 51227, MMA, WG - SR106141 (1 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	180.00	5.00	0.50	0.00	20.00	280.00	20.00	2.00	0.00	14.00	1.44	0.00	0.00	0.00	(M)	(M)
Fish, Cod Sticks, Precooked Crunchy Breaded, American Pride, 52101, MMA, Non-WG - SR106148 (4 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	220.00	10.00	1.00	0.00	35.00	420.00	18.00	1.00	0.00	15.00	1.08	20.00	0.00	0.00	(M)	(M)
Fish, Cod, 1 oz Precooked Minced Sticks, American Pride, 25003, MMA, Non-WG - SR106134 (4 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	220.00	11.00	1.00	0.00	30.00	250.00	17.00	1.00	0.00	11.00	0.72	0.00	0.00	0.00	(M)	(M)
Fish, Cod, Precooked Breaded Minced Cod Rectangles 3oz, American Pride, 25313, MMA, Non-WG - SR106135 (1 piece) Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	160.00	9.00	1.00	0.00	25.00	280.00	13.00	1.00	0.00	8.00	0.72	0.00	0.00	0.00	(M)	(M)
Fish, Cod, Precooked Cruncy Breaded Portion 3 oz, American Pride, 52123, MMA, Non-WG - SR106149 (1 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	170.00	7.00	0.50	0.00	25.00	320.00	14.00	0.00	0.00	11.00	0.72	0.00	0.00	0.00	(M)	(M)
Fish, Cod, Precooked Cruncy Breaded Portion 4 oz, American Pride, 52127, MMA, Non-WG - SR106150 (1 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	220.00	10.00	1.00	0.00	35.00	420.00	18.00	1.00	0.00	15.00	1.08	20.00	0.00	0.00	(M)	(M)
Fish, Cod, Reduced Fat Precooked Breaded Portion 3.6oz, American Pride, 52012, MMA, Non-WG - SR106143 (1 piece) Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	170.00	5.00	0.00	0.00	35.00	380.00	14.00	0.00	0.00	15.00	1.08	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)
Fish, Fajita Glazed Alaskan Pollock 3.2 oz, American Pride Seafood, 74105, MMA - SR106191 (1 piece)Contains Fish.	90.00	3.50	0.00	0.00	50.00	270.00	2.00	0.00	1.00	13.00	0.36	0.00	100.00	1.20	(M)	(M)
Fish, Fish Sticks 1 oz, Fishery Product Internatio - SR102336 (3 piece whole)Contains Milk, Egg, Fish, Wheat, Soy, Gluten.	157.50	6.00	1.13	0.00	22.50	292.50	15.00	0.75	0.00	11.25	0.27	0.00	0.00	0.00	(M)	(M)
Fish, Fish Sticks w/ WG Dinner Roll, MMA, WG - SR102461 (1 portion)Contains Milk, Egg, Fish, Wheat, Soy, Gluten.	367.50	8.00	1.63	0.00	22.50	682.50	54.00	3.75	6.00	19.25	2.07	100.00	0.00	0.00	(M)	(M)
Fish, Grilled Fajita Pollock Portions, MMA - SR101626 (1 piece)Contains Fish.	90.00	3.50	0.00	0.00	50.00	270.00	2.00	0.00	1.00	13.00	0.36	0.00	100.00	1.20	(M)	(M)
Fish, Krispy Krunchy Pollock Sticks 1 oz, Pre Cooked, Viking Seafoods Inc., 06791, MMA, Non-WG - SR101498 (3 sticks) Contains Egg, Fish, Wheat.	192.59	8.89	2.22	0.00	37.04	325.93	16.30	0.79	0.53	10.37	0.53	0.00	0.00	0.00	(M)	(M)
Fish, Nugget, Reduced Fat Precooked Breaded Cod 1oz, American Pride, 52023, MMA, Non-WG - SR106144 (4 piece) Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	210.00	7.00	0.50	0.00	35.00	320.00	19.00	1.00	1.00	16.00	1.08	20.00	0.00	0.00	(M)	(M)
Fish, Nuggets Pollock, Oven Crispy Breaded 1oz, American Pride, 53016, MMA, Non-WG - SR106151 (5 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	280.00	15.00	1.50	0.00	40.00	470.00	15.00	0.00	0.00	20.00	1.08	0.00	0.00	0.00	(M)	(M)
Fish, Nuggets, Oven Crispy Breaded Cod 1oz, American Pride, 51016, MMA, Non-WG - SR106136 (5 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	340.00	18.00	1.50	0.00	25.00	450.00	30.00	1.00	1.00	15.00	1.80	0.00	0.00	2.40	(M)	(M)
Fish, Nuggets, Oven Crispy Breaded Minced Cod, American Pride, 55016, MMA, Non-WG - SR106165 (4 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	200.00	11.00	1.00	0.00	30.00	350.00	11.00	1.00	1.00	15.00	1.08	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)
Fish, Nuggets, Oven Crispy Breaded Pollock 1 oz, American Pride, 53188, MMA, Non-WG - SR106185 (4 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	220.00	12.00	1.50	0.00	35.00	370.00	12.00	0.00	0.00	16.00	1.08	0.00	0.00	0.00	(M)	(M)
Fish, Nuggets, Oven Ready Breaded Alaska Pollock 1 oz, American Pride, 53067, MMA, WG - SR106152 (4 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	240.00	10.00	1.00	0.00	50.00	330.00	22.00	2.00	0.00	15.00	1.44	0.00	0.00	0.00	(M)	(M)
Fish, Nuggets, Oven Ready Breaded Cod, American Pride, 51067, MMA, WG - SR106138 (4 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	240.00	10.00	1.00	0.00	30.00	300.00	22.00	2.00	0.00	15.00	1.44	20.00	0.00	0.00	(M)	(M)
Fish, Nuggets, Oven Ready Breaded Pollock 1 oz, American Pride, 53068, MMA, WG - SR106184 (4 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	170.00	4.00	1.50	0.00	15.00	420.00	16.00	1.00	0.00	17.00	2.70	20.00	0.00	0.00	(M)	(M)
Fish, Nuggets, Potato Crunch Alaska Pollock .875 oz, American Pride, 53118, MMA, WG - SR106153 (5 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	300.00	20.00	2.00	0.00	25.00	300.00	20.00	0.00	0.00	12.00	1.44	0.00	0.00	0.00	(M)	(M)
Fish, Nuggets, Precooked Crunchy Breaded Pollock .86oz, American Pride, 78119, MMA, Non-WG - SR106174 (5 piece) Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	300.00	16.00	3.00	0.00	20.00	600.00	26.00	0.00	1.00	13.00	1.08	20.00	0.00	0.00	(M)	(M)
Fish, Nuggets, Precooked Crunchy Breaded Pollock, American Pride, 78115, MMA, Non-WG - SR106175 (4 piece) Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	220.00	10.00	1.00	0.00	50.00	440.00	18.00	1.00	0.00	15.00	1.08	0.00	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)
Fish, Nuggets, Reduced Fat Precooked Breaded Pollock, American Pride, 78000, MMA, Non-WG - SR106167 (4 piece) Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	200.00	7.00	0.50	0.00	55.00	460.00	19.00	1.00	1.00	15.00	1.44	0.00	100.00	0.00	(M)	(M)
Fish, Nuggets, RF Breaded Alaska Pollock 1 oz, American Pride, 53038, MMA, WG - SR106169 (4 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	200.00	6.00	0.50	0.00	50.00	330.00	22.00	2.00	0.00	15.00	1.44	0.00	0.00	0.00	(M)	(M)
Fish, Nuggets, WG Potato Crunch Pollock .875 oz, American Pride, 53458, MMA, WG - SR106188 (5 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	300.00	20.00	2.00	0.00	25.00	300.00	20.00	0.00	0.00	12.00	1.44	0.00	0.00	0.00	(M)	(M)
Fish, Nuggets, WG Potato Crunch Pollock 1 oz, American Pride, 78114, MMA, WG - SR106173 (4 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	220.00	10.00	1.00	0.00	50.00	510.00	18.00	1.00	1.00	15.00	1.08	40.00	100.00	0.00	(M)	(M)
Fish, Oven Ready Breaded Fish Rectangles, Alaska P - SR101657 (1 ea.)Contains Milk, Egg, Fish, Wheat, Soy.	190.00	7.00	0.00	0.00	40.00	375.00	18.00	0.00	0.00	13.00	0.00	0.00	0.00	0.00	(M)	(M)
Fish, Oven Ready Golden Crunchy, Alaska Pollock St - SR101687 (4 sticks)Contains Milk, Fish, Wheat, Soy.	230.00	9.00	1.00	0.00	50.00	290.00	22.00	1.00	1.00	15.00	1.08	20.00	0.00	0.00	(M)	(M)
Fish, Oven Ready Krispy Krunchy Pollock Rectangles - SR104502 (1 piece)Contains Egg, Fish, Wheat.	270.00	15.00	2.50	0.00	85.00	450.00	19.00	0.87	0.72	14.00	1.08	0.00	0.00	0.00	(M)	(M)
Fish, Pollack AK, Battered Rectangle, 1/10 lb 3.6 - SR103367 (1 portion)Contains Wheat, Soy, Gluten.	220.00	11.00	2.00	0.00	50.00	270.00	16.00	0.00	0.00	14.00	1.08	0.00	100.00	0.00	(M)	(M)
Fish, Pollock Portion, RF Precooked 3.6 oz, American Pride, 73101, MMA, WG - SR106189 (1 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	180.00	5.00	0.50	0.00	45.00	300.00	20.00	2.00	0.00	13.00	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)
Fish, Pollock Portions, Precooked Crunchy Breaded 3 oz, American Pride, 78122, MMA, Non-WG - SR106176 (1 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	170.00	8.00	0.50	0.00	40.00	390.00	14.00	0.00	0.00	11.00	1.08	40.00	0.00	0.00	(M)	(M)
Fish, Pollock Portions, Precooked Crunchy Breaded 3.6oz, American Pride, 78132, MMA, Non-WG - SR106177 (1 piece) Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	180.00	8.00	0.50	0.00	50.00	390.00	14.00	0.00	0.00	14.00	0.36	0.00	0.00	0.00	(M)	(M)
Fish, Pollock Portions, Precooked Crunchy Breaded 4oz, American Pride, 78142, MMA, Non-WG - SR106178 (1 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	220.00	10.00	1.00	0.00	50.00	520.00	18.00	1.00	0.00	15.00	1.44	40.00	0.00	0.00	(M)	(M)
Fish, Pollock Star & Fish Shapes, 1 oz, Breaded, Icelandic USA Inc, OTF353723, MMA, Non-WG - SR104904 (3 nuggets)Contains Milk, Fish, Wheat, Soy.	203.00	10.00	2.00	0.00	25.00	670.00	16.00	1.00	0.00	12.00	1.08	20.00	0.00	1.20	(M)	(M)
Fish, Pollock Stick, Icelandic USA Inc, 11026164, MMA, Non-WG - SR104835 (1 ounces)Contains Fish.	190.00	9.00	1.50	0.00	(M)	260.00	16.00	0.00	(M)	11.00	(M)	(M)	(M)	(M)	(M)	(M)
Fish, Pollock Strips, 1.5 oz, Breaded, Icelandic U - SR104323 (3 strips)Contains Fish, Wheat.	199.99	9.00	1.50	0.00	35.00	679.97	16.00	1.00	0.00	15.00	1.08	0.00	100.00	1.20	(M)	(M)
Fish, Pollock, 1 oz Nugget, Frozen, Icelandic USA - SR104324 (4 piece)Contains Fish, Wheat.	250.00	12.00	2.00	0.00	50.00	360.00	21.00	1.00	0.00	14.00	1.08	0.00	100.00	0.00	(M)	(M)
Fish, Pollock, Breaded 3 oz. Alaska, American Pride, 23317, MMA, WG - SR106133 (1 piece) Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	160.00	6.00	0.50	0.00	35.00	210.00	15.00	2.00	0.00	11.00	1.08	0.00	0.00	0.00	(M)	(M)
Fish, Pollock, Breaded with Cheese, Frozen, Icelan - SR104321 (1 patty)Contains Milk, Fish, Wheat.	259.99	14.00	4.00	0.00	50.00	689.97	18.00	1.00	0.00	14.00	1.44	80.00	299.99	1.20	(M)	(M)
Fish, Pollock, Breaded, 3.6 oz, Square, Skinless, - SR101569 (1 portion)	160.00	5.00	1.00	(M)	50.00	190.00	14.00	1.00	0.00	14.00	(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)
Fish, Pollock, Breaded, Crunchy, 3.6 oz. High Line - SR104710 (1 ea.)Contains Fish, Wheat.	220.00	11.00	1.50	0.00	50.00	270.00	16.00	0.00	0.00	14.00	0.90	0.00	100.00	0.00	(M)	(M)
Fish, Rainbow Trout Treasures, Breaded, Clear Spri - SR101830 (4 ounces)Contains Wheat, Soy.	260.00	13.00	2.50	0.00	30.00	360.00	17.00	1.00	2.00	18.00	0.72	200.00	0.00	0.00	(M)	(M)
Fish, Rainbow Troutlets, Breaded, Clear Springs Fo - SR101827 (1 7/8 ounces)	100.00	4.50	1.00	0.00	15.00	190.00	8.00	1.00	1.00	7.00	0.36	20.00	0.00	0.00	(M)	(M)
Fish, Raw Unbreaded Pollock Portion 2.6 oz, American Pride, 43288, MMA - SR106183 (1 piece)Contains Fish. Processed in a facility that also processes Tree nuts.	60.00	0.50	0.00	0.00	50.00	70.00	0.00	0.00	0.00	13.00	0.00	0.00	0.00	0.00	(M)	(M)
Fish, Rectangles, Oven Ready Breaded Alaska Pollock 3.6 oz, American Pride, 53258, MMA, WG - SR106159 (1 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	220.00	9.00	1.00	0.00	45.00	300.00	20.00	2.00	0.00	13.00	1.44	0.00	0.00	0.00	(M)	(M)
Fish, Rectangles, Oven Ready Pollock & Cheese 3.6oz, American Pride, 53998, MMA, WG - SR106161 (1 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	250.00	11.00	4.00	0.00	60.00	500.00	23.00	0.00	1.00	14.00	0.00	150.00	200.00	0.00	(M)	(M)
Fish, Rectangles, Precooked Breaded Pollock 3.6 oz, American Pride, 23188, MMA, Non-WG - SR106181 (1 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	170.00	7.00	0.50	0.00	30.00	290.00	18.00	1.00	0.00	10.00	1.08	0.00	0.00	0.00	(M)	(M)
Fish, Rectangles, RF Precooked Breaded Alaskan Pollock 3.6 oz, American Pride, 53207, MMA, WG - SR106186 (1 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	180.00	5.00	0.50	0.00	45.00	300.00	20.00	2.00	0.00	13.00	1.44	0.00	0.00	0.00	(M)	(M)
Fish, Reduced Fat Whole Grain Alaska Pollock Nugget 1oz, American Pride Seafoods, 73100, MMA, WG - SR106885 (4 1 oz nuggets)Contains Fish, Wheat.	170.00	5.00	1.00	0.00	50.00	210.00	17.00	1.00	1.00	14.00	1.08	20.00	100.00	0.00	(M)	(M)
Fish, Salmon Cakes, Entree #17, MMA, Non-WG - SR105500 (1 cakes)	194.94	7.90	1.78	(M)	69.40	533.55	15.25	0.93	1.64(M)	14.56	1.35	58.47	93.60	2.10	45.69(M)	2.15(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)
Fish, Sticks Oven Ready Breaded Alaska Pollock, American Pride, 53158, MMA, WG - SR106158 (4 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	240.00	10.00	1.00	0.00	50.00	330.00	22.00	2.00	0.00	15.00	1.44	0.00	0.00	0.00	(M)	(M)
Fish, Sticks, Breaded Precooked Pollock 1 oz, American Pride, 23088, MMA, Non-WG - SR106180 (4 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	220.00	10.00	1.00	0.00	50.00	420.00	20.00	1.00	0.00	12.00	1.44	40.00	0.00	0.00	(M)	(M)
Fish, Sticks, Oven Ready Breaded Cod 1oz, American Pride, 51167, MMA, WG - SR106140 (4 piece) Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	240.00	10.00	1.00	0.00	30.00	300.00	22.00	2.00	0.00	15.00	1.44	20.00	0.00	0.00	(M)	(M)
Fish, Sticks, Oven Ready Breaded Cod, American Pride, 51137, MMA, WG - SR106139 (4 piece) Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	200.00	6.00	0.50	0.00	30.00	310.00	22.00	2.00	0.00	15.00	1.44	0.00	0.00	0.00	(M)	(M)
Fish, Sticks, Oven Ready Crunch Sweet Potato Alaskan Pollock, American Pride, 53958, MMA, WG - SR106163 (4 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	240.00	10.00	1.00	0.00	50.00	370.00	23.00	1.00	6.00	14.00	0.72	0.00	400.00	0.00	(M)	(M)
Fish, Sticks, Precooked Crunchy Breaded Pollock 1 oz, American Pride, 78110, MMA, Non-WG - SR106172 (4 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	220.00	10.00	1.00	0.00	50.00	460.00	18.00	1.00	0.00	15.00	1.08	0.00	100.00	0.00	(M)	(M)
Fish, Sticks, Reduced Fat Precooked Breaded Alaskan Pollock, American Pride, 53138, MMA, WG - SR106171 (4 piece) Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	200.00	6.00	0.00	0.00	46.67	333.33	22.67	1.33	0.00	14.67	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)
Fish, Sticks, RF Precooked Alaskan Pollock 1 oz, American Pride, 73102, MMA, WG - SR106190 (4 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	200.00	7.00	0.50	0.00	55.00	470.00	19.00	1.00	0.00	15.00	1.44	60.00	0.00	0.00	(M)	(M)
Fish, Strips, Southern Style Breaded "Gigglers", American Pride, 58206, MMA, WG - SR106166 (3 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	280.00	14.00	1.00	0.00	50.00	410.00	25.00	1.00	1.00	14.00	0.72	0.00	0.00	0.00	(M)	(M)
Fish, Sweet Potato Nuggets, Oven Ready 1 oz Alaskan Pollock, American Pride, 53978, MMA, WG - SR106162 (4 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	240.00	10.00	1.00	0.00	50.00	370.00	23.00	1.00	6.00	14.00	0.72	0.00	400.00	0.00	(M)	(M)
Fish, Tilapia, Raw, Portioned, Treasures From The Sea, MMA - SR105417 (1 fillet)Contains Fish.	110.00	1.50	0.00	0.00	50.00	35.00	0.00	0.00	0.00	23.00	0.00	0.00	0.00	9.00	(M)	(M)
Fish, Tuna Salad, MMA - SR103550 (1/2 cup serving) Contains Fish.	87.56	4.49	0.86	0.00(M)	53.00	235.91	5.53	0.17	0.95(M)	5.92	0.30	10.88	103.66	0.98	13.75(M)	0.43(M)
Fish, tuna, light, canned in water, without salt, drained solids - SR105282 (1 oz.)	32.87	0.23	0.07	(M)	8.50	14.17	0.00	0.00	0.00	7.23	0.43	3.12	15.87	0.00	21.31	0.22
Fish, Wedge, Potato Crunch Alaska Pollock, American Pride, 53228, MMA, WG - SR106160 (1 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	220.00	13.00	1.50	0.00	35.00	200.00	12.00	0.00	0.00	14.00	1.08	0.00	0.00	0.00	(M)	(M)
Fish, Wedge, Whole Grain Breaded 3.6oz, American Pride, 53613, MMA, WG - SR106164 (1 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	220.00	9.00	1.00	0.00	45.00	300.00	20.00	2.00	0.00	13.00	1.44	0.00	0.00	0.00	(M)	(M)
Fish, Wedges, Crunchy Breaded Pollock 3.6oz, American Pride, 78134, MMA, Non-WG - SR106179 (1 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	180.00	8.00	0.50	0.00	50.00	460.00	14.00	0.00	0.00	14.00	1.08	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)
Fish, Wedges, Oven Ready Breaded Alaskan Pollock 3 oz, American Pride, 53248, MMA, WG - SR106187 (1 piece)Contains Fish, Wheat, Gluten. Processed in a facility that also processes Tree nuts.	180.00	7.00	0.50	0.00	35.00	250.00	17.00	1.00	0.00	11.00	1.08	0.00	0.00	0.00	(M)	(M)
Flatbread Sandwich, Breacon Street Cafe 51% WG Southwest, Schwan's Foodservice, 78996, MMA, WG - SR106108 (1 ea.) Contains Milk, Wheat, Soy.	310.00	13.00	5.00	0.00	40.00	510.00	30.00	3.00	8.00	19.00	1.80	200.00	200.00	0.00	(M)	(M)
Flatbread, BBQ Chicken Flatbread, MMA, WG - SR102823 (1 ea.)	259.20	7.34	3.60	0.00	44.28	341.46	25.23	2.00	3.35(M)	20.30	2.02	256.00	249.60 (M)	0.00(M)	(M)	(M)
Flour, All Purpose, Hilltop Hearth, 223766, Non-WG - SR104226 (1 ounces)	96.32	0.28	0.28	0.00	0.00	1.12	20.16	0.56	0.28	2.80	0.05	0.00	0.00	0.00	(M)	(M)
Flour, Whole Wheat, WG - SR103632 (1/4 c.)	101.75	0.56	0.10	0.00	0.00	1.50	21.77	3.65	(M)	4.11	1.16	10.25	2.75	0.00	(M)	(M)
Food Spray, Butter Flavor 6/14oz, Buttermist, 56240 - SR106689 (1 tsp.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Frank, Meat Grill 8/1 6" Reduced Fat, Berks, 1740, - SR103394 (1 frankfurter)	91.28	6.72	2.64	(M)	22.96	541.52	0.22	0.17	(M)	7.46	0.97	6.72	399.84	0.22	39.91	1.40
French Fries, Sweet Potato, Waffle, Harvest Splendor Crosstrax, McCain, MCF05074, Veg-RO - SR106352 (3 1/4 ounces)	140.00	5.00	1.00	0.00	0.00	230.00	23.00	3.00	6.00	1.00	0.36	20.00	4500.00	1.20	(M)	(M)
French Toast Sticks, Whole Grain, Bake Crafters, 442, WGR - SR105956 (3 ea.)Contains Milk, Egg, Wheat, Soy.	268.00	8.00	1.00	0.00	11.00	290.00	43.00	2.20	11.00	7.00	1.08	50.00	0.00	0.00	(M)	(M)
French Toast Sticks, Farm Rich Whole Grain, Frozen, Rich's, 37720, WG - SR104380 (3 ea.) Contains Wheat, Soy.	157.50	6.75	1.13	0.00	0.00	150.00	21.00	1.50	6.00	3.00	(M)	(M)	(M)	(M)	(M)	(M)
French Toast w/Sausage, MMA, Non-WG - SR102944 (1 ea.)	164.42	8.45	1.80	0.00	83.24	345.77	12.79	0.34	0.00(M)	8.94	1.02	32.56	33.85	0.19	(M)	(M)
French Toast, Farm Rich Original French Toast - SR101628 (4 sticks)Contains Milk, Wheat, Soy.	310.00	14.00	2.50	0.00	0.00	410.00	40.00	1.00	8.00	6.00	1.99	64.00	13.37	0.84	(M)	(M)
French Toast, made with Whole Grain, Aunt Jemima, Pinnacle Food Service, 43583, WG - SR104666 (2 slices)Contains Milk, Egg, Wheat, Soy.	240.00	5.00	1.00	0.00	75.00	420.00	41.00	4.00	7.00	9.00	2.70	80.00	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, Michael Foods Cinnamon Glazed 3.25 o - SR101801 (3 1/4 ounces) Contains Milk, Egg, Wheat.	249.98	8.00	2.00	0.00	114.99	409.97	37.00	1.00	11.00	8.00	2.70	40.00	199.98	0.00	(M)	(M)
French Toast, Michael Foods French Toast Plain 100 - SR102009 (1 ea.)	220.00	5.00	1.50	0.00	155.00	410.00	34.00	1.00	11.00	9.00	2.70	40.00	200.00	0.00	(M)	(M)
French Toast, Mrs Butterworth French Toast Stick, - SR101989 (4 ea.)Contains Milk, Wheat, Soy.	300.00	12.00	3.00	0.00	0.00	400.00	41.00	1.00	10.00	5.00	1.80	60.00	0.00	0.00	(M)	(M)
French Toast, Mrs. Butterworth's Original Thin 1.5 oz, Pinnacle Foods Corp, 46003, Non-WG - SR101994 (3 ea.)	223.44	4.57	1.02	0.00	66.02	365.63	36.56	1.02	(M)	9.14	1.83	60.94	101.56	0.00	(M)	(M)
French Toast, Non-WG - SR102084 (2 slices)Contains Milk, Egg, Wheat.	280.10	10.24	2.89	0.00(M)	404.12	391.65	28.46	1.00	4.31(M)	16.70	3.10	109.28	461.85	0.00	(M)	(M)
French Toast, Papetti French Toast Sticks, 2.6 oz, - SR102001 (3 sticks)	154.79	3.32	0.74	0.00	110.56	302.21	25.06	0.74	7.37	6.63	1.99	29.48	147.42	0.00	(M)	(M)
French Toast, Pillsbury Mini Cinnamon Rush, General Mills, 18000-37309, WG - SR102778 (2 2/3 ounces)Contains Milk, Egg, Wheat, Soy.	220.00	7.00	1.00	0.00	5.00	380.00	37.00	2.00	11.00	3.00	1.08	60.00	0.00	0.00	(M)	(M)
French Toast, Pillsbury Mini Triple Berry Blast, General Mills, 18000-137308, WG - SR105459 (1 pouch)Contains Milk, Egg, Wheat, Soy.	220.00	7.00	1.50	0.00	5.00	380.00	37.00	2.00	11.00	4.00	1.08	40.00	(M)	(M)	(M)	(M)
French Toast, Sticks made with Whole Grain, Aunt Jemima, Pinnacle Food Service, 43586, WG - SR100259 (4 ea.)Contains Milk, Wheat, Soy.	300.00	13.00	3.00	0.00	0.00	400.00	43.00	3.00	15.00	6.00	1.44	0.00	0.00	0.00	(M)	(M)
French Toast,Sticks, Frozen, with syrup, WG - SR101937 (4 ea.) Contains Milk, Wheat, Soy.	387.35	13.00	3.00	0.00(M)	0.00	400.47	64.87	3.03	15.00(M)	6.00	1.44	0.00	0.00	0.00	(M)	(M)
Fries, Shoestring French, Veg-S - SR106440 (2 oz.)	150.77	6.54	1.96	0.00(M)	0.00	435.38	21.00	1.31	0.00(M)	1.31	0.47	0.00	0.00	1.57	(M)	(M)
Fries, Spicy Curly, Veg-S - SR106439 (2 1/2 oz.)Contains Wheat.	173.47	6.82	1.71	(M)	0.00	558.10	24.46	2.56	0.85(M)	1.71	0.92	0.00	0.00	4.09	(M)	(M)
Fries, Spiral, Spicy, Taterboy Spicy Crispy QQQ's - SR100363 (1 serving 1/2 cup)	110.00	5.00	1.50	0.00	0.00	320.00	15.00	2.00	0.99	2.00	0.36	19.90	99.50	4.80	(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)
Frudel, Cherry, Pillsbury Warm Filled Strudel, General Mills, 18000-27851, WG - SR102114 (1 frudel)Contains Milk, Wheat.	210.00	6.00	1.50	0.00	0.00	290.00	37.00	2.00	11.00	5.00	0.90	0.00	0.00	0.00	(M)	(M)
Fruit & Yogurt Bar, MMA, WG, F - SR104686 (1 serv.)Contains Milk, Egg, Wheat, Soy.	582.66	9.15	4.58	0.00(M)	55.14	446.48	112.43	6.59	43.75(M)	18.80	2.48	427.64	183.47	82.19	95.86(M)	0.47(M)
Fruit cocktail, (peach and pineapple and pear and - SR103051 (1 c.)	75.84	0.12	0.01	(M)	0.00	9.48	20.17	2.37	17.80	1.00	0.59	11.85	592.50	4.98	215.10	0.62
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids - SR105283 (1/2 c.)	55.35	0.09	0.01	(M)	0.00	4.92	14.30	1.35	(M)	0.49	0.37	9.84	286.59	3.69	107.87	0.25
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids - SR105178 (1 c.)	109.02	0.02	0.00	(M)	0.00	9.48	28.11	2.37	(M)	1.09	0.50	18.96	722.85	6.40	207.23	0.55
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids - SR106786 (1 c.)	137.94	0.17	0.02	(M)	0.00	14.52	36.13	2.42	33.71	0.97	0.70	14.52	496.10	4.60	204.18	0.56
Fruit Freeze, 100% Juice, All Flavors, Polish, TLC Refreshments Inc, F - SR104882 (1 serv.)	110.00	0.00	0.00	0.00	0.00	10.00	26.00	0.99	23.00	0.00	0.36	20.00	0.00	60.00	(M)	(M)
Fruit Juice, Assortment: Apple and Orange, F - SR104241 (1/2 c.)	58.50	0.00	0.00	0.00	0.00	7.50	14.50	(M)	11.50	0.50	0.00	15.00	93.75	48.00	(M)	(M)
Fruit Pocket, Apple 3.95 oz, Horizon Snack Foods, 1402-1, F, WG - SR106392 (1 ea.)Contains Wheat, Soy.	250.00	8.00	2.00	0.00	0.00	330.00	46.00	6.00	18.00	3.00	(M)	(M)	0.00	1.20	(M)	(M)
Fruit Pocket, Cherry 3.95 oz, Horizon Snack Foods, 1402-3, F, WG - SR106393 (1 ea.)Contains Wheat, Soy.	270.00	8.00	2.00	0.00	0.00	230.00	50.00	6.00	22.00	4.00	(M)	(M)	400.00	2.40	(M)	(M)
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids - SR105179 (1 c.)	124.50	0.08	0.01	(M)	0.00	12.45	32.49	2.49	(M)	1.27	0.62	27.39	1494.00	8.22	214.51	0.65
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids - SR105180 (1 c.)	146.16	0.18	0.02	(M)	0.00	15.12	38.15	2.52	(M)	0.86	0.73	17.64	1081.08	6.30	212.28	0.53

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)
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids - SR105181 (1 c.)	73.50	0.17	0.02	(M)	0.00	7.35	19.28	2.45	(M)	0.86	0.74	17.15	1078.00	4.66	224.18	0.54
Fruit Salad, Canned, tropical, in lite syrup, 6/#10 cans; as served - SR105447 (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 Salad, Citrus Mix, 4 Way (Grapefruit, Pineapple, Orange, Grape), Light Syrup, Cross Valley Farms, 430249, F - SR104880 (1/2 c.)	62.00	0.00	0.00	0.00	0.00	5.00	17.00	2.00	15.00	0.00	0.00	20.00	100.00	66.00	(M)	(M)
Fruit Salad, Deluxe, Orange, Pineapple, Honeydew, - SR102433 (1/2 c.)	60.00	0.00	0.00	0.00	0.00	14.00	16.00	1.00	15.00	0.00	0.00	0.00	500.00	21.00	(M)	(M)
Fruit Salad, Kit Mix 55 Way Ref Sunshine, Fruit - SR101929 (134 grams)Contains Milk.	130.00	3.00	2.00	0.00	0.00	15.00	25.00	3.00	20.00	1.00	0.36	60.00	100.00	42.00	(M)	(M)
Fruit, Al Fresco Fruit Salad, Sun Rich Fresh Foods, F - SR105289 (1/2 c.)	50.00	0.00	0.00	0.00	0.00	10.00	14.00	2.00	13.00	1.00	0.36	20.00	4500.00	12.00	(M)	(M)
Fruit, Assorted Fresh, 1/2 c F - SR101136 (1/2 c.)	72.95	0.25	0.06	(M)	0.00	3.32	19.04	2.78	13.17	0.69	0.25	10.09	508.57	16.73	103.77	0.51
Fruit, Assorted Fruit 1, F - SR103780 (1/2 c.)	46.72	0.05	0.01	0.00(M)	0.00	3.09	11.52	0.85(M)	6.71(M)	0.55	0.08	11.12	92.97	16.79	19.98(M)	0.04(M)
Fruit, Assorted Fruit 2, F - SR103781 (1/2 c.)	40.14	0.12	0.03	0.00(M)	0.00	3.83	10.36	0.42(M)	7.92(M)	0.24	0.13	7.53	71.25	16.63	23.37(M)	0.16(M)
Fruit, Assorted Fruit 3, F - SR103782 (1/2 c.)	86.28	0.19	0.07	0.00(M)	0.00	8.17	21.67	1.65	13.11(M)	0.62	0.16	10.68	40.87	5.36	40.18(M)	0.44(M)
Fruit, Assorted Fruit 4, F - SR103783 (1/2 c.)	42.99	0.05	0.01	0.00(M)	0.00	7.34	10.50	0.72	9.97	0.16	0.06	11.59	189.73	5.65	32.07(M)	0.08(M)
Fruit, Assorted Fruit Tray, High School, F - SR103166 (1 c.)	127.42	0.31	0.07	0.00(M)	0.00	5.63	31.97	3.58	16.63(M)	0.95	0.45(M)	10.24(M)	306.54 (M)	15.08	99.98(M)	0.48(M)
Fruit, Assorted Fruit, Grades 6-8, Fruit - SR103168 (1/2 c.)	52.02	0.09	0.02	0.00(M)	0.00	1.26	13.27	1.15	8.48(M)	0.33	0.14(M)	7.51(M)	125.55 (M)	11.42	34.05(M)	0.17(M)
Fruit, Assorted Juice, F - SR106762 (4 oz.)	63.33	0.00	0.00	0.00	0.00	10.00	15.00	0.00	14.00	0.00	0.00	6.67	0.00	14.80	(M)	(M)
Fruit, Baked Apples w/ Marshmallows, 1/2 cup, F - SR104145 (1/2 c.)	77.40	0.00	0.00	0.00(M)	0.00	12.37	19.45	1.18	6.83(M)	0.28	1.73	2.77	0.00	1.42	0.05(M)	0.02(M)
Fruit, Canned Fruit, Mix, F - SR102519 (1/2 cup serving)	62.37	0.09	0.01	0.00(M)	0.00	4.87	16.05	1.38	(M)	0.52	0.47	10.35	122.39	7.35	16.98(M)	0.06(M)
Fruit, Choice of Fruit, F - SR102363 (1/2 c.)	68.16	0.14	0.02	0.00(M)	0.00	3.98	17.79	1.90	7.67(M)	0.48	0.63	9.50	227.03	11.58	64.07(M)	0.24(M)
Fruit, Choice of Juice Elem, F - SR102393 (1 ea.)	62.78	0.00	0.00	0.00	0.00	11.11	15.67	0.00(M)	13.44	0.22	0.00	14.78	41.67	41.60	(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)
Fruit, Choice of Juice HS, F - SR102365 (1 ea.)	63.50	0.00	0.00	0.00	0.00	11.25	15.75	0.00(M)	13.50	0.25	0.00	15.25	46.88	39.30	(M)	(M)
Fruit, Dried, Apricot Cunrise Blend, 1.33oz Bag, Northwest Distribution, 93076, F - SR105736 (1 Bag)	100.00	0.00	0.00	0.00	0.00	5.00	27.00	2.00	22.00	1.00	0.72	20.00	200.00	1.20	(M)	(M)
Fruit, Dried, Tropical Adventure Mix, 1.33oz Bag, Northwest Distribution, 93055, F - SR105737 (1 Bag)Contains Tree nuts.	120.00	0.50	0.00	0.00	0.00	0.00	30.00	3.00	22.00	1.00	0.36	20.00	100.00	9.00	(M)	(M)
Fruit, Fresh Assorted, F - SR106720 (1 ea.)	77.90	0.29	0.06	(M)	0.00	1.03	20.12	3.16	14.46	0.91	0.26	17.32	178.51	18.11	116.10	0.58
Fruit, Fresh Fruit Assortment, F - SR106428 (1 fruit)	88.98	0.27	0.05	0.00(M)	0.00	1.12	23.09	4.23	11.59(M)	0.91	0.20	32.69	207.71	39.98	95.40(M)	0.21(M)
Fruit, Fresh Fruit Cup, F - SR102391 (1/2 cup serving)	38.64	0.05	0.01	(M)	0.00	4.31	9.82	0.50	5.33(M)	0.29	0.21	2.79	243.89	8.84	28.22(M)	0.09(M)
Fruit, Fresh Fruit Salad, Side Dish #11, F - SR105511 (1/2 c.)	34.22	0.17	0.03	(M)	0.00	7.40	8.51	0.73	7.45	0.68	0.23	8.54	1683.07	24.32	87.48	0.42
Fruit, Fruit Bar, Side Dish #15, F - SR105512 (1/2 c.)	59.34	0.18	0.03	0.00(M)	0.00	5.29	15.25	1.65	7.13(M)	0.65	0.30	10.37	775.99	17.56	70.73(M)	0.31(M)
Fruit, Fruit Salad, Grades 2-12, F - SR103967 (1/2 c.)	78.73	0.18	0.04	(M)	0.00	6.77	20.47	2.19	14.34(M)	1.02	0.47	10.91	407.57	11.56	173.28	0.67
Fruit, Granola Cup, WG - SR103238 (1/2 c.)	194.48	7.76	1.80	(M)	0.00	32.30	31.66	3.05	0.17(M)	3.29	1.40	22.57	1.88	1.15	3.06(M)	0.51(M)
Fruit, Juice Variety, F - SR106454 (1 ea.)	65.67	0.00	0.00	0.00	0.00	7.00	15.33	0.00	10.00	0.00	0.00	10.00	0.00	34.40	(M)	(M)
Fruit, Mixed Cup 4.75 oz, AdvancePierre Foods, 800401, F - SR106209 (1 ea.)	90.00	0.00	0.00	0.00	0.00	10.00	24.00	1.00	19.00	1.00	0.36	20.00	100.00	4.80	(M)	(M)
Fruit, Mixed Cup in syrup 4.75 oz, AdvancePierre Foods, A12621, F - SR106210 (1 ea.)	100.00	0.00	0.00	0.00	0.00	5.00	24.00	1.00	20.00	1.00	0.00	0.00	200.00	0.00	(M)	(M)
Fruit, mixed, canned, packed in extra light sucrose syrup [110233]111 - SR105183 (1/4 c.)	34.00	0.05	0.01	0.00	0.00	4.00	8.94	0.80	(M)	0.26	0.18	3.00	6.00	1.90	(M)	(M)
Fruit, mixed, canned, packed in extra light syrup - SR104099 (1/4 c.)	34.00	0.05	0.01	0.00	0.00	4.00	8.94	0.80	(M)	0.26	0.18	3.00	6.00	1.90	(M)	(M)
Fruit, Peach Cup 4.75 oz, AdvancePierre Foods, 801401, F - SR106211 (1 ea.)	90.00	0.00	0.00	0.00	0.00	15.00	23.00	0.00	20.00	0.00	0.00	0.00	300.00	1.20	(M)	(M)
Fruit, Pear Cup 4.75 oz, AdvancePierre Foods, 802401, F - SR106212 (1 ea.)	70.00	0.00	0.00	0.00	0.00	0.00	29.00	2.00	15.00	1.00	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)
Fruit, Pineapple Cup 4.75 oz, AdvancePierre Foods, 803401, F - SR106213 (1 ea.)	90.00	0.00	0.00	0.00	0.00	10.00	24.00	1.00	19.00	1.00	0.72	20.00	100.00	9.00	(M)	(M)
Fruit, UP Assorted Fresh Fruit HS, F - SR102165 (1 c.)	67.86	0.32	0.05	(M)	0.00	2.04	17.19	2.59	12.87	1.02	0.30	17.22	627.83	30.09	123.58	0.59
Fruit, UP Assorted Fresh Fruit K-8, F - SR102219 (2/3 c.)	42.38	0.20	0.03	(M)	0.00	1.28	10.72	1.70	7.85	0.66	0.18	10.91	419.44	20.14	79.31	0.37
Fruit, Winter Fruit Bowl WB, F - SR102056 (1/2 c.)	59.79	0.18	0.05	(M)	0.00	3.77	15.15	1.38	10.58(M)	0.55	0.22	25.23	87.51	19.68	69.57(M)	0.37(M)
Funnel Cake, #6B, Non WG, - SR103742 (1 ea.)Contains Milk, Egg, Wheat, Soy.	282.43	9.00	4.00	0.00(M)	30.00	360.01	45.62	1.00	15.61	5.00	1.80	40.01	0.00	0.00	0.00(M)	0.00(M)
Funnel Cake, 5", 48 ct, J&J Snack Foods Corp, 4508, Non-WG - SR101594 (1 ea.)Contains Milk.	280.00	9.00	2.00	0.00	10.00	360.00	45.00	1.00	15.00	5.00	1.80	40.00	0.00	0.00	(M)	(M)
Funyuns, Onion Flavored Rings, 104/.75 oz, Frito-Lay, Non-WG - SR106487 (3/4 oz.)	23.32	1.06	0.11	0.00	0.00	38.16	2.97	0.19	(M)	0.42	0.72	0.00	0.00	0.00	0.00	0.00
Gehl's Super Jalapeno Cheese Sauce - SR106353 (1/4 c.)	83.30	5.89	1.23	(M)	2.40	480.51	6.65	0.03	(M)	0.76	0.08	79.45	29.25	0.09	46.30	(M)
Gelatin desserts, dry mix, prepared with water - SR105521 (1/2 c.)	83.70	0.00	0.00	(M)	0.00	101.25	19.16	0.00	18.21	1.65	0.03	4.05	0.00	0.00	113.93	0.27
Gelatin Mix, Berry Blue, Katy's Kitchen - SR104413 (4 1/2 tsp.)	70.00	0.00	0.00	0.00	(M)	80.00	17.00	(M)	17.00	1.00	(M)	(M)	(M)	15.00	(M)	(M)
Glaze, Chocolate, With Powdered Sugar, Nonfat Dry - SR103770 (1 Tbsp.)	61.00	1.27	0.30	(M)	0.00	29.00	12.70	0.30	(M)	0.30	0.13	6.00	59.00	0.00	(M)	(M)
Grab and Go, Hummus and Grilled Veggie Wrap with F - SR102884 (1 ea.)Contains Milk, Wheat, Soy.	399.68	15.24	5.06	0.00(M)	20.00	598.50	57.44	9.59	13.76(M)	14.92	2.17	275.07	884.15	35.60	144.50 (M)	0.41(M)
Grab and Go, Tuna Salad Sandwich, MMA, WG, Veg-O - SR102864 (1 ea.)Contains Milk, Wheat, Soy.	481.12	8.17	0.79	0.00(M)	22.36	797.92	81.34	9.06	15.80(M)	24.02	3.21	81.88	172.51	8.65	130.03 (M)	0.70(M)
Grab and Go, Tuna Salad Wrap, MMA, WG, Veg-O - SR102746 (1 ea.)Contains Wheat, Soy.	1083.58	15.43	3.60	0.00(M)	189.41	2439.63	73.34	10.06	14.80(M)	156.19	10.85	157.55	469.48	8.65	130.03 (M)	0.70(M)
Graham Cracker, Chocolate, Whole Grain, Belly Bears, J&J Snack Foods, 056070, WGR - SR105792 (1 Bag)Contains Wheat.	120.00	4.00	0.00	0.00	0.00	85.00	20.00	2.00	7.00	2.00	1.08	100.00	0.00	0.00	(M)	(M)
Graham Cracker, Cinnamon Graham Whole Grain, Belly Bears, 1 oz, J&J Snack Foods, 056072, WGR - SR102372 (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)

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, Honey Fresh Stacks, Nabisco Honey Maid, 4400002682, Non-WG - SR101352 (1 pouch)	130.00	3.00	0.00	0.00	0.00	150.00	24.00	1.00	8.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Graham Cracker, Honey, 200/2 ct., Nabisco Honey Maid, 26222, Non-WG - SR101837 (1 ea.)	60.00	1.50	0.00	0.00	0.00	90.00	11.00	0.00	3.00	1.00	0.72	0.00	0.00	0.00	(M)	(M)
Graham Cracker, Honey, Whole Grain, Belly Bears, J&J Snack Foods, 056071, WG - SR105793 (1 Bag)Contains Wheat.	130.00	4.00	0.00	0.00	0.00	100.00	20.00	1.00	8.00	2.00	1.08	100.00	0.00	0.00	(M)	(M)
Graham Cracker, Keebler Scooby-Doo Graham Cracker Sticks, Cinnamon, 1 oz, Kellogg's, 50689, WGR - SR102874 (1 serving packet) Contains Wheat, Soy.	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	2.00	0.72	100.00	500.00	0.00	(M)	(M)
Graham Crackers, Chocolate, Belly Bears, J&J Snack Foods, 56040, Non-WG - SR105788 (1 Bag)Contains Wheat.	120.00	4.00	0.00	0.00	0.00	75.00	20.00	0.00	7.00	2.00	0.72	100.00	0.00	0.00	(M)	(M)
Graham Crackers, Cinnamon, Belly Bears, J&J Snack Foods, 56042, Non-WG - SR105790 (1 Bag)Contains Wheat.	130.00	4.00	0.00	0.00	0.00	115.00	21.00	0.00	7.00	2.00	1.08	100.00	0.00	0.00	(M)	(M)
Graham Crackers, Giant Cinnamon Goldfish Grahams, .9 oz, Campbells Foodservice, 15094, WGR - SR100776 (1 pouch)Contains Wheat.	120.00	4.00	1.00	0.00	0.00	110.00	19.00	1.00	6.00	1.00	0.99	100.00	0.00	0.00	(M)	(M)
Graham Crackers, Honey, Belly Bears, J&J Snack Foods, 56041, Non-WG - SR105789 (1 Bag) Contains Wheat.	130.00	4.00	0.00	0.00	0.00	95.00	20.00	0.00	7.00	2.00	0.72	100.00	0.00	0.00	(M)	(M)
Graham Crackers, Mixed Berry, ABC, Whole Grain, J&J Snack Foods, 56074, WGR - SR105795 (1 Bag)Contains Wheat.	130.00	4.00	0.00	0.00	0.00	95.00	20.00	1.00	7.00	2.00	0.72	100.00	0.00	0.00	(M)	(M)
Graham Crackers, Strawberry, Sports, Whole Grain, J&J Snack Foods, 56075, WG - SR105796 (1 Bag)Contains Wheat.	130.00	4.00	0.00	0.00	0.00	95.00	20.00	1.00	7.00	2.00	0.72	100.00	0.00	0.00	(M)	(M)
Graham Crackers, Vanilla, Dots, Whole Grain, J&J Snack Foods, 56073, WG - SR105794 (1 Bag) Contains Wheat.	120.00	4.00	0.00	0.00	0.00	95.00	20.00	1.00	7.00	2.00	0.72	100.00	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)
Grahamwich, Peanut Butter and Grape Jelly, Whole Grain Graham Wafers, AdvancePierre Foods, A1290, MMA, WG - SR106610 (1 ea.)Contains Wheat, Peanuts, Soy.	290.00	17.00	3.00	0.00	0.00	210.00	31.00	4.00	13.00	8.00	1.08	20.00	0.00	0.00	(M)	(M)
Grain Cereal, Breakfast Square, Iced Cinnamon, Dar - SR102876 (1 ea.)Contains Egg, Wheat, Gluten.	270.00	11.00	3.50	0.00	5.00	190.00	41.00	1.00	19.00	3.00	(M)	(M)	(M)	(M)	(M)	(M)
Grain, 12" Wheat Wrap, Morabito, 364, WG - SR100215 (1 ea.)	290.00	7.00	1.50	0.00	0.00	700.00	50.00	5.99	2.00	10.00	2.70	400.00	0.00	0.00	(M)	(M)
Grain, Couscous, WG - SR106827 (1 c.)	215.26	3.17	0.50	0.00(M)	0.00	380.54	39.32	2.37	0.17(M)	6.42	0.65	13.78	0.00	0.00	122.89 (M)	1.40(M)
Grain, Hot Dog Bun, Holsum, Long Cluster, Butter-K - SR103031 (1 ea.)Contains Wheat, Soy, Gluten.	110.00	1.50	0.00	0.00	0.00	220.00	22.00	1.00	2.00	4.00	1.08	20.00	0.00	0.00	(M)	(M)
Grain, Quinoa, Cooked, WG - SR105349 (1/2 cup, cooked)	106.00	1.33	0.00	(M)	0.00	7.70	18.66	2.00	0.00(M)	3.33	0.00	2.37	0.00	0.00	78.92(M)	0.08(M)
Grain, Rice Brown,Cooked, WG - SR101627 (1 c.)	99.08	1.96	0.54	0.00(M)	0.00	295.61	18.71	1.04	0.00	2.08	0.19	1.60	53.60	0.00	47.31(M)	0.78(M)
Granola Bar, Chewy Chocolate Chip, 120/.84oz, Quak - SR100818 (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, Snack Mix, Berry Berry Granola and Yogurt Drops, Northwest Distribution, 8004011, WG - SR105580 (1 pouch) Contains Milk, Wheat, Soy.	130.00	3.50	0.00	0.00	(M)	70.00	22.00	3.00	7.00	3.00	(M)	(M)	(M)	(M)	(M)	(M)
Grape juice, canned or bottled, unsweetened, with added ascorbic acid - SR105184 (1 c.)	151.80	0.33	0.06	(M)	0.00	12.65	37.37	0.51	(M)	0.94	0.63	27.83	20.24	63.25	213.81	0.56
Grape juice, canned or bottled, unsweetened, without added vitamin C - SR105185 (1 c.)	151.80	0.33	0.06	(M)	0.00	12.65	37.37	0.51	(M)	0.94	0.63	27.83	20.24	0.25	213.81	0.56
Grapes, american type (slip skin), 1 - SR105187 (1 c.)	61.64	0.32	0.11	(M)	0.00	1.84	15.78	0.83	14.95	0.58	0.27	12.88	92.00	3.68	74.80	0.52
Gravy Mix, Chicken Gravy, 8/22.6 ounce, Nestle USA - SR100510 (1 Tbsp.)	35.00	1.00	0.50	(M)	5.00	260.00	6.00	0.00	(M)	1.00	0.00	0.00	0.00	0.00	(M)	(M)
Gravy Mix, Turkey - SR100511 (1 Tbsp.)	30.00	0.50	0.00	0.00	0.00	220.00	6.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Gravy mix, turkey, Trio, 11250194, Nestle - SR106688 (1 pkg.)	2052.54	24.61	5.61	(M)	62.37	19204.29	408.52	8.51	(M)	48.59	6.80	680.40	0.00	0.00	28.63	56.64

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)
Gravy, Chicken Gravy - SR103453 (2 ounces)	36.11	1.03	0.52	(M)	5.16	269.90	6.19	0.00	(M)	1.03	0.00	1.65	0.00	0.00	54.90(M)	0.06(M)
Gravy, Chicken Gravy, Mix 8x22. 6oz, Trio, 1125019 - SR100422 (1 1/2 tsp.)Contains Wheat, Soy.	35.00	1.00	0.00	0.00	0.00	260.00	6.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Gravy, Chicken Gravy, Susquenita HS - SR104355 (1/4 c.)Contains Wheat, Soy.	35.09	1.00	0.00	0.00(M)	0.00	262.30	6.02	0.00	0.00	0.00	0.00	1.60	0.00	0.00	53.35(M)	0.05(M)
Gravy, Chicken or Turkey Gravy - SR103690 (2 Tbsp.)	115.92	7.79	0.34	0.38(M)	0.00(M)	6452.76	14.43	0.05	0.02(M)	0.22	0.01(M)	0.04(M)	63.33(M)	0.00(M)	0.00(M)	0.00(M)
Gravy, Chicken, RTS, Campbells, 50 oz - SR105990 (1/4 c.)	40.12	3.00	1.00	0.00	4.72	260.19	3.00	0.00	(M)	0.00	0.00	0.00	200.01	0.00	52.10	0.90
Gravy, LeBout Beef Mix, Instant, U.S. Foodservice - SR101597 (1 tsp.)	15.00	0.00	0.00	0.00	0.00	270.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Gravy, LeGout Brown Mix, 16 oz Pouch, U.S. Foodser - SR101598 (1 tsp.)	20.00	0.00	0.00	0.00	0.00	270.00	4.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Gravy, LeGout Chicken Mix, Instant, Add Water, U.S - SR101600 (1 tsp.)	25.00	0.00	0.00	0.00	0.00	320.00	4.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Gravy, LeGout Turkey Mix, Instant, Add Water, U.S. - SR102868 (1 tsp.)	25.00	0.50	0.00	0.00	0.00	310.00	4.00	0.00	0.70	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Gravy, Mix, Brown, Trio, Nestle, 12056355 - SR104307 (1 Tbsp.)	14.22	0.71	0.19	(M)	4.98	4.68	0.00	0.00	(M)	1.83	0.09	0.78	6.72	0.00	3.38	0.08
Gravy, Roasted Beef Gravy, Ready to Use - SR101312 (1/4 c.)Contains Wheat, Soy.	40.00	2.50	1.00	0.00	5.00	240.00	4.00	1.00	0.00	0.00	0.36	0.00	0.00	0.00	(M)	(M)
Gravy, Turkey Roast No MSG Ready to Use, Katy's Ki - SR101299 (1/4 Cup (8 oz ladle)) Contains Milk, Wheat, Soy.	35.00	2.00	0.00	0.00	1.00	240.00	3.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	(M)	(M)
Gravy/Sauce, Chicken Gravy - SR103289 (2 ounces)Contains Soy.	45.54	3.16	1.34	0.00(M)	0.00(M)	296.46	4.05	0.10(M)	0.05(M)	0.46	0.01(M)	1.91(M)	129.71 (M)	0.00(M)	60.61(M)	0.06(M)
Green Beans, Frozen, Boiled, Veg-O - SR102271 (1/2 c.)	44.00	2.86	1.28	0.00(M)	0.00	187.28	4.35	2.00	0.00(M)	1.01	0.59	33.10	501.00	2.80	0.00(M)	0.40(M)
Green Beans, Oven Ready Whole Grain Breaded, Tasty Brands, 33501, WGR, Veg-O - SR106646 (25 piece)Contains Milk, Wheat, Soy.	140.00	4.50	0.50	0.00	0.00	170.00	22.00	3.00	2.00	3.00	1.44	20.00	200.00	4.80	(M)	(M)
Grilled Cheese, WW Morabito, American Cheese Bonga - SR101519 (1 sandwich)Contains Milk, Wheat, Soy.	442.75	29.23	15.13	0.00	50.63	1215.00	28.05	2.00	6.03	14.13	1.44	343.75	1107.50	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)
Grilled Chicken Bites with Onion Rings and Dinner - SR102880 (1 Serving (5 Bites, 5 Rings)) Contains Milk, Egg, Wheat, Soy.	437.44	15.52	2.50	0.00	42.16	811.34	52.01	5.00	7.00	22.06	3.52	155.06	95.35	3.40	(M)	(M)
Grilled Chicken Bites with Onion Rings, MMA, WG, V - SR102485 (1 Serving (5 Bites, 5 Rings)) Contains Milk, Egg, Wheat, Soy.	317.44	14.02	2.50	0.00	42.16	591.34	30.01	3.00	6.00	18.06	2.08	115.06	95.35	3.40	(M)	(M)
Grits, corn, enriched (thiamin, riboflavin, niacin, folic acid and iron), white, cooked, without salt, may have vitamin D and calcium added [100470, B382] - SR105188 (1/2 c.)	91.00	0.59	0.09	0.00	0.00	3.00	18.97	1.00	(M)	2.20	0.73	1.00	0.00	0.00	(M)	(M)
Grits, corn, enriched (thiamin, riboflavin, niacin, folic acid and iron), yellow, cooked, without salt, may have vitamin D and calcium added [100469, B384] - SR105189 (1/2 c.)	71.00	0.23	0.02	0.00	0.00	2.00	15.57	0.40	(M)	1.72	0.73	4.00	37.99	0.00	(M)	(M)
Ground Beef & Macaroni (with Mexican Seasoning) D- - SR102574 (3/4 cup serving)	289.84	13.56	5.67	0.00(M)	55.85(M)	439.34	22.98	2.98	2.13(M)	20.65	3.10(M)	99.23(M)	575.26 (M)	6.74(M)	34.15(M)	0.38(M)
Ground beef and macaroni, with mexican seasoning; - SR104211 (3/4 c.)	282.99	10.66	4.38	(M)	50.99	192.99	26.14	2.50	(M)	19.96	3.31	39.99	717.99	13.89	(M)	(M)
Ham and Cheese Croissant, Elementary, MMA, Non-WG - SR103486 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	259.65	13.94	4.80	1.98(M)	38.41	910.83	20.11	1.54	2.30	12.60	1.59	197.89	160.32	1.70	34.22(M)	2.53(M)
Ham Base, Old Smokey Ham Flavor Base, Blue Mountai - SR102492 (1 tsp.)	10.00	0.00	0.00	0.00	0.00	1350.00	1.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ham, Black Forest, Smoked, Sysco, 5254265, MMA - SR104174 (2 oz.)	60.75	1.01	0.51	0.00	20.25	779.63	2.02	0.00	2.02	9.11	0.73	20.25	0.00	0.00	(M)	(M)
Ham, Brown 'N Serve Patties, Smoke Flavor, Cooked, - SR104728 (1 piece)	200.00	19.00	7.00	(M)	40.00	500.00	1.00	0.00	(M)	8.00	0.36	0.00	0.00	0.00	(M)	(M)
Ham, Buffet Style Ham, Cooked, Patuxent Farms, 400 - SR101061 (3 ounces)	90.00	2.50	1.00	0.00	35.00	890.00	5.00	0.00	3.00	13.00	0.72	0.00	0.00	0.00	(M)	(M)
Ham, Capocolla Deli, Cooked, Hatfield Quality Meats, 2286, MMA - SR106003 (2 ounces)	69.14	1.98	0.99	0.00	24.69	553.09	2.96	0.00	2.96	8.89	0.36	0.00	0.00	0.00	(M)	(M)
Ham, Chef, Boneless, Extra Lean, Water Added, Full - SR104457 (3 ounces, dry)	100.00	3.00	1.00	0.00	40.00	790.00	3.00	(M)	3.00	13.00	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)
Ham, Cooked Ham Water Added, Gusto, MMA - SR102767 (2 ounces)	40.00	1.50	0.50	0.00	35.00	670.00	0.99	0.00	(M)	9.00	1.08	(M)	(M)	(M)	(M)	(M)
Ham, Deli Sliced, Berks, 5200, MMA - SR106555 (2 ounces) Contains Soy.	60.00	2.00	1.00	0.00	30.00	510.00	1.00	0.00	1.00	9.00	0.36	0.00	0.00	0.00	(M)	(M)
Ham, Deli, Ultra Thin, Lower Sodium, Smoked, Hills - SR104699 (2 ounces, dry)	80.00	1.50	1.00	0.00	30.00	450.00	3.00	0.00	2.00	10.00	0.36	0.00	0.00	0.00	(M)	(M)
Ham, Hatfield Capicola, Hot Cooked REF Pork, Cleme - SR100384 (2 ounces)	70.00	2.00	1.00	0.00	25.00	580.00	3.00	0.00	3.00	9.00	0.36	0.00	0.00	0.00	(M)	(M)
Ham, Sliced Italian Turkey Combo Pack, .50 oz, Jennie-O Turkey Store, 2096-12, MMA - SR105898 (1 6- .50oz Slices (2 oz. MMA))	100.00	4.50	1.50	0.00	60.00	530.00	1.00	0.00	(M)	15.00	1.08	0.00	0.00	1.20	(M)	(M)
Ham, Turkey & Water 20% Added Buffet Unsliced - SR101932 (2 ounces)	60.00	2.00	0.00	0.00	0.00	660.00	2.00	0.00	0.00	9.00	0.72	0.00	0.00	0.00	(M)	(M)
Ham/cheese sand Hormel 13507, WG MMA - SR102368 (1 ea.) Contains Wheat, Soy.	216.21	5.56	2.62	0.00	36.30	849.73	23.73	2.00	3.74(M)	16.96	3.10	144.79	92.99	0.22	(M)	(M)
Hamburger Rolls Made with Whole Grain, Holsum, 795 - SR101106 (1 ea.)Contains Wheat, Soy.	110.00	1.00	0.00	0.00	0.00	240.00	20.00	2.00	3.00	5.00	1.08	40.00	0.00	0.00	(M)	(M)
Hamburger, Beef Cheese Burger, MMA, WG - SR103923 (1 burger)Contains Wheat, Soy.	360.63	17.56	7.53	0.00	72.66	582.81	24.51	2.00	3.00(M)	25.53	3.24	331.20	542.41	0.00	(M)	(M)
Hamburger, Cheese Burger on Roll, MMA, WG - SR104609 (1 HAMBURGER)Contains Milk, Wheat, Soy.	350.63	18.56	7.53	1.00	45.13	747.81	26.51	3.00	3.51	20.53	3.24	196.19	251.88	0.00	(M)	(M)
Hamburger, Hamburger On Bun, 2 oz MMA, 2 WG - SR100229 (1 sandwich)Contains Wheat, Soy, Gluten.	250.00	11.50	4.50	0.00	36.00	470.00	21.00	4.00	3.00	17.00	3.60	170.00	100.00	0.00	(M)	(M)
Hamburger, Hamburger on Bun, MMA, Non-WG - SR102076 (1 HAMBURGER)Contains Wheat.	342.03	20.84	7.61	1.20	70.12	266.15	18.00	2.00	3.00	21.07	2.74	99.84	500.00	0.00	(M)	(M)
Hamburger, Hamburger/Bun, MMA, WG - SR101746 (1 burger)Contains Wheat, Soy.	278.12	12.21	3.88	0.61	40.14	422.76	28.04	3.68	2.00(M)	15.21	2.80	54.97	18.37	0.00	(M)	(M)
Hamburger, On Bun, MMA, WG - SR104536 (1 HAMBURGER) Contains Wheat, Soy, Gluten.	628.77 (M)	37.73(M)	14.46(M)	1.41(M)	129.79 (M)	1135.21 (M)	35.98(M)	3.77(M)	5.24(M)	39.86(M)	4.84(M)	616.77 (M)	1966.27 (M)	4.74(M)	144.15 (M)	1.77(M)
Honey - SR105190 (1 Tbsp.)	63.84	0.00	0.00	(M)	0.00	0.84	17.30	0.04	17.25	0.06	0.09	1.26	0.00	0.11	3.59	0.04

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)
Hot Cereal, Cream of Wheat 2 1/2 Min, B&G Foods, 80101379, Non-WG - SR101779 (33 grams) Contains Wheat.	120.00	0.00	0.00	0.00	0.00	85.00	23.00	1.00	0.00	4.00	9.00	200.00	0.00	0.00	(M)	(M)
Hot Cereal, Kasha, Non-WG - SR105416 (1 serv.)	170.00	1.00	0.00	0.00	0.00	10.00	35.00	2.00	0.00	6.00	1.44	0.00	0.00	0.00	(M)	(M)
Hot Dog Buns, Whole Grain, 6", Bake Crafters, 436, - SR102785 (1 1/4 Ounce serving)Contains Wheat.	80.00	1.00	0.00	0.00	0.00	150.00	16.00	1.00	1.00	3.00	0.72	40.00	(M)	2.40	(M)	(M)
Hot Dog on Roll, MMA, WG - SR103485 (3 7/8 ounces) Contains Wheat, Soy, Gluten.	358.99	19.14	6.07	0.00(M)	30.00	1632.91	36.51	3.79	3.24(M)	14.88	2.79	61.80	528.85	0.78	23.43(M)	1.03(M)
Hot Dog w/ bun & 2pcs - SR100033 (1 ea.)	266.39	10.48	4.53	(M)	19.84	1172.98	33.45	0.56	(M)	7.34	1.22	45.07	0.00	0.00	(M)	(M)
Hot Dog, All-Beef 8:1 5.25" Cooked Frozen Hatfield - SR102617 (56 grams)	150.00	13.00	5.00	0.00	30.00	500.00	0.00	0.00	0.00	7.00	0.72	0.00	0.00	0.00	(M)	(M)
Hot Dog, Chili Cheese on Bun, Wienerschnitzel, Integrated Food Service, 960000/C961000, WG, MMA - SR100466 (1 hot dog) Contains Milk, Wheat, Soy, Gluten.	323.61	14.22	4.92	0.00	37.66	849.72	32.15	2.89	3.69	15.98	2.42	253.96	376.41	1.33	(M)	(M)
Hot Dog, Cooked Turkey Hot Dog, MMA - SR102758 (1 ea.)	130.00	11.00	3.00	0.00	45.00	700.00	1.00	0.00	0.00	7.00	1.08	60.00	0.00	1.20	(M)	(M)
Hot Dog, Frank Meat Grill 6/1 5.25". Berks, 1080, - SR102339 (1 ea.)	210.00	20.00	6.00	0.00	40.00	720.00	0.00	0.00	0.00	7.00	1.08	0.00	100.00	0.00	(M)	(M)
Hot Dog, Frank Meat Grill 8/1 5.25", Berks, 1431, - SR101283 (1 ea.)Contains Soy.	170.00	16.00	6.00	0.00	30.00	590.00	0.00	0.00	0.00	7.00	0.72	0.00	100.00	0.00	(M)	(M)
Hot Dog, Frank Meat Grill, 8/1 6" Berks, Beef and - SR101160 (1 hot dog)	160.00	15.00	4.50	0.00	30.00	540.00	0.00	0.00	0.00	5.00	0.72	0.00	100.00	0.00	(M)	(M)
Hot Dog, Hatfield All Meat 8:1 Cooked Low Sodium F - SR100662 (56 grams)	150.00	13.00	5.00	0.00	30.00	350.00	0.00	0.00	0.00	7.00	0.36	20.00	0.00	0.00	(M)	(M)
Hot Dog, Hot Dog On a Bun, MMA, WG - SR104336 (1 hot dog)Contains Wheat, Gluten.	200.00	8.50	1.00	0.00	25.00	670.00	24.00	3.00	6.00	11.00	1.80	60.00	300.00	0.00	(M)	(M)
Hot Dog, Hot Dog on Roll, MMA, WG - SR102467 (1 hot dog) Contains Wheat, Soy.	290.00	17.00	6.00	0.00	30.00	870.00	22.00	2.00	3.00	12.00	2.16	40.00	100.00	0.00	(M)	(M)
Hot Dog, Hot Dog w/Bun, Redbank Valley SD, MMA, WG - SR104471 (1 hot dog)Contains Wheat, Gluten.	200.00	8.50	1.00	0.00	25.00	670.00	24.00	3.00	6.00	11.00	1.80	60.00	300.00	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)
Hot Dog, Jumbo Frank, Beef and Pork, 5.25", Kunzle - SR103411 (1 frankfurter)	170.00	16.00	5.00	0.00	45.00	530.00	2.00	0.00	1.00	6.00	0.72	40.00	100.00	1.20	(M)	(M)
Hot Dog, Meat Frank, 8/1, Kunzler, 1011, MMA - SR104830 (1 frankfurter)	180.00	17.00	6.00	(M)	35.00	640.00	0.00	0.00	0.00	6.00	0.36	20.00	0.00	9.00	(M)	(M)
Hot Dog, on Whole Grain Roll, MMA, WG - SR106891 (1 ea.) Contains Wheat.	250.00	12.50	4.00	0.00	30.00	730.00	26.00	2.00	4.00	10.00	2.52	40.00	0.00	1.20	(M)	(M)
Hot Dog, Turkey Frank, FC, 8/1lb, Perdue, 65669, MMA - SR106546 (1 ea.)	110.00	8.00	2.50	0.00	50.00	620.00	1.00	0.00	1.00	7.00	(M)	(M)	(M)	(M)	(M)	(M)
Hot Dog, Turkey Hot Dog on a Bun, MMA, WG - SR103442 (1 hot dog)Contains Wheat, Gluten.	270.00	16.50	4.50	0.00	30.00	825.00	24.00	3.00	5.00	9.00	1.80	40.00	200.00	0.00	(M)	(M)
Hot Dog, Turkey, 8:1 6", Sara Lee, 16751, MMA - SR101308 (1 frankfurter)	120.00	9.00	3.00	0.00	35.00	630.00	4.00	0.00	2.00	7.00	0.00	0.00	0.00	0.00	(M)	(M)
Hot Dog, Turkey, 8:1, Smoked Cooked, Perdue, 65669 - SR101666 (1 link)	111.38	8.10	2.53	0.00	50.63	627.75	1.01	0.00	1.01	7.09	1.09	81.00	0.00	0.00	(M)	(M)
Hot Dog, Turkey, Franks, 10:1, Perdue, MMA - SR104459 (1 ea.)	90.00	7.00	2.00	0.00	40.00	500.00	1.00	0.00	0.00	6.00	0.72	60.00	0.00	0.00	(M)	(M)
Hot Dog, Turkey, with Roll, MMA, WG - SR101939 (1 sandwich) Contains Wheat, Soy.	270.00	13.00	3.50	0.00	50.00	510.00	23.00	3.00	3.00	11.00	2.16	100.00	0.00	0.00	(M)	(M)
Hot Dog, Turkey/Beef 8/1 5.25", Stony Creek Farms, 1762, MMA - SR101479 (1 ea.)	130.00	11.00	4.00	0.00	30.00	450.00	3.00	0.00	3.00	5.00	1.08	20.00	0.00	1.20	(M)	(M)
Hot Dog, Turkey/Beef, 10/1, 5.25", Stony Creek Far - SR101375 (1 ea.)	110.00	9.00	3.00	0.00	25.00	360.00	3.00	0.00	3.00	4.00	0.72	0.00	0.00	1.20	(M)	(M)
Hot Dog, Turkey/Beef, 8/1 6" Reduced Fat, Stony Creek, 1790, MMA - SR104946 (1 hot dog)	100.00	7.00	2.00	0.00	25.00	420.00	3.00	0.00	3.00	6.00	0.72	20.00	300.00	1.20	(M)	(M)
Hot Dog, Turkey/Beef, 8/1, 6", Reduced Fat, Stony - SR101376 (1 ea.)	100.00	7.00	1.00	0.00	25.00	470.00	3.00	0.00	3.00	7.00	0.72	20.00	300.00	0.00	(M)	(M)
Hot Dog/Whole Grain Bun, 15, MMA, WG - SR102761 (1 hot dog)Contains Wheat, Soy.	250.00	13.00	3.00	0.00(M)	45.00	986.88	23.00	2.00	3.00	12.00	2.52	176.88	0.00	1.20	1894.10 (M)	1.90(M)
Hot Ham/Cheese/Pretz, Roll, MMA, WG - SR100090 (1 sandwich)Contains Wheat.	240.00	6.02	3.02	0.25	20.06	722.43	31.27	3.00	(M)	13.29	0.27	75.94	(M)	0.00	(M)	(M)
Hot Pocket Breakfast Pizza, Mozz Cheese Bulk O/R, - SR101818 (1 piece)Contains Milk, Egg, Wheat, Soy.	170.00	7.00	2.50	0.00	10.00	350.00	19.00	1.00	1.00	8.00	1.08	220.00	350.00	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)
Hot Pocket, Breakfast Egg/Cheese/Turkey Sausage Bu - SR101819 (1 piece)	130.00	5.00	2.00	0.00	55.00	220.00	15.00	4.00	4.00	7.00	1.08	80.00	100.00	0.00	(M)	(M)
Hot Pocket, Ham & Cheese , Frozen, 4 oz, Nestle Professional, 11007774, MMA, Non-WG - SR105954 (1 piece)Contains Milk, Egg, Wheat, Soy.	250.00	7.00	3.50	0.00	15.00	610.00	36.00	1.00	4.00	9.00	1.80	150.00	0.00	0.00	(M)	(M)
Hotdog, Grill Franks 10/1, 5.25", Beef and Pork, M - SR101701 (1 hot dog)	130.00	12.00	4.00	0.00	25.00	430.00	0.00	0.00	0.00	4.00	0.72	0.00	100.00	0.00	(M)	(M)
HotnSpicy Chicken Patty on Bun MMA, WG - SR100078 (1 ea.) Contains Milk, Egg, Wheat, Soy, Gluten.	300.00	12.50	2.50	0.00	55.00	660.00	33.00	4.00	3.00	19.00	2.88	60.00	500.00	0.00	(M)	(M)
Hummus, Hummus Sunbutter - SR101715 (1/2 c.)	50.95(M)	3.76(M)	0.32(M)	0.00(M)	0.00(M)	34.30(M)	3.65(M)	0.43(M)	0.41(M)	1.61(M)	0.36(M)	9.59(M)	5.78(M)	2.95(M)	11.55(M)	0.09(M)
Hummus, Roasted Red Pepper, Grecian Delight, 4310, Veg-BP - SR105000 (2 Tbsp.)	60.00	3.50	0.00	0.00	0.00	140.00	7.00	2.00	1.00	2.00	0.72	20.00	0.00	6.00	(M)	(M)
Hummus, Veg-BP - SR105422 (2 Tbsp.)	54.98	2.33	0.35	(M)	0.00(M)	461.27	6.81	2.23	0.78(M)	2.31	0.84	27.03(M)	38.15(M)	2.38(M)	24.00(M)	1.07(M)
Ice Cream, Chocolate Foam, Cup, Glenview Farms, 094143 - SR104861 (1 ea.)Contains Milk.	140.00	7.00	4.00	0.00	25.00	50.00	18.00	0.00	17.00	2.00	0.00	80.00	200.00	0.00	(M)	(M)
Ice Cream, Orange Blossom, Bar, Hershey's, Condime - SR104706 (1 ea.)Contains Milk.	80.00	2.50	1.50	0.00	10.00	40.00	10.00	0.00	13.00	0.00	0.00	40.00	0.00	0.00	(M)	(M)
Ice Cream, Vanilla Foam, Cup, Glenview Farms, 094141 - SR104237 (1 ea.)	130.00	6.00	4.00	0.00	25.00	60.00	15.00	0.00	10.00	2.00	0.00	80.00	200.00	0.00	(M)	(M)
Jams and preserves - SR105191 (1 packet (0.5 oz))	38.92	0.01	0.00	(M)	0.00	4.48	9.64	0.15	(M)	0.05	0.07	2.80	0.00	1.23	4.27	0.03
Jellies and Preserves, Strawberry, 200/.75 oz, Kno - SR103661 (1 1/2 oz.)	110.00	0.00	0.00	(M)	0.00	0.00	27.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Jelly, Assorted (Strawberry, Grape, Mixed Fruit), Smucker's, 5150000774, 774 - SR106395 (1 packet)	35.00	0.00	0.00	0.00	0.00	0.00	9.00	0.00	8.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Jelly, Grape SS 200 - SR101805 (1/2 ounces)	35.00	0.00	0.00	0.00	0.00	0.00	9.00	0.00	9.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Jelly, Grape, Carriage House Companies, Non Credib - SR101900 (1 Tbsp.)	50.00	0.00	0.00	(M)	(M)	5.00	13.00	(M)	10.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Jelly, Grape, Concord, Smucker's, 32 oz, Plastic, - SR101864 (1 tsp.)	50.00	0.00	0.00	(M)	(M)	5.00	13.00	(M)	12.00	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)
Jelly, Grape, Katy's Kitchen, 1022 - SR101755 (1 Tbsp.)	50.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	11.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Jelly, Grape, SS, 14 g, Smucker's - SR104104 (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)
Jelly, Single Service Jellies, Monarch, 273005, No - SR102113 (1 pkg.)	33.00	0.00	0.00	0.00	0.00	0.00	9.00	0.00	5.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
JTM Reduced Fat Reduced Sodium Beef Taco Filling - SR100359 (3 1/4 oz.)	99.79	4.50	1.62	0.00	31.46	261.61	3.60	1.80	(M)	11.69	1.80	37.76	578.96	4.50	(M)	(M)
Juice Bar, Assorted Flavor, Frozen, Minute Maid, F - SR103305 (2 1/4 fl. oz.)	60.00	0.00	0.00	0.00	0.00	10.00	15.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Juice, 100% Florida Orange Juice, Schneider's,F - SR103195 (8 ounces)	110.00	0.00	0.00	0.00	0.00	0.00	28.00	1.00	28.00	2.00	0.00	20.00	100.00	60.00	(M)	(M)
Juice, 100% Fruit, Black Cherry, Sparkling - SR100455 (1 ea.)	120.00	0.00	0.00	(M)	(M)	5.00	30.00	(M)	29.00	0.00	0.00	(M)	0.00	60.00	(M)	(M)
Juice, 100% Fruit, Capri Sun - SR100451 (1 pouch)	100.00	0.00	0.00	0.00	0.00	30.00	24.00	0.00	22.00	0.00	0.00	(M)	(M)	0.00	(M)	(M)
Juice, 100% Fruit, Fruit Punch, Sparkling - SR100460 (1 ea.)	120.00	0.00	0.00	(M)	(M)	5.00	30.00	(M)	28.00	0.00	0.00	(M)	0.00	60.00	(M)	(M)
Juice, 100% Fruit, Grape, Sparkling - SR100458 (1 ea.)	120.00	0.00	0.00	(M)	(M)	5.00	30.00	(M)	29.00	0.00	0.00	(M)	0.00	60.00	(M)	(M)
Juice, 100% Fruit, Kiwi Berry, Sparkling - SR100459 (1 ea.)	120.00	0.00	0.00	(M)	(M)	5.00	30.00	(M)	29.00	0.00	0.00	(M)	0.00	60.00	(M)	(M)
Juice, 100% Fruit, Mountain Berry, Welch Food Inc, - SR100786 (8 fl oz (approximate weight, 1 serving))	140.00	0.00	0.00	0.00	0.00	5.00	34.00	0.00	33.00	0.00	0.00	0.00	0.00	60.00	(M)	(M)
Juice, 100% Fruit, Orange Tangerine, Sparkling - SR100456 (1 ea.)	120.00	0.00	0.00	(M)	(M)	5.00	30.00	(M)	29.00	0.00	0.00	(M)	0.00	60.00	(M)	(M)
Juice, 100% Fruit, Sparkling, Lemon Lime - SR100453 (1 ea.)	120.00	0.00	0.00	(M)	(M)	5.00	29.00	(M)	28.00	0.00	0.00	(M)	0.00	60.00	(M)	(M)
Juice, 100% Fruit, Watermelon Strawberry, Sparklin - SR100457 (1 ea.)	120.00	0.00	0.00	(M)	(M)	5.00	29.00	(M)	28.00	0.00	0.00	(M)	0.00	60.00	(M)	(M)
Juice, 100% Pure Orange Juice, From Concentrate No - SR101131 (1 6 oz carton)	90.00	0.00	0.00	0.00	0.00	5.00	22.00	0.00	20.00	1.00	0.36	20.00	0.00	48.00	(M)	(M)
Juice, 4.4 Fl oz Orange Pineapple and Cherry Swirl, Frozen, 100% Juice Cup, J&J Snack Foods Corp, 23 - SR100588 (4 fl. oz.)	63.64	0.00	0.00	0.00	0.00	9.09	17.27	2.73	13.64	0.00	0.33	72.73	454.55	54.55	(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, 4.4 Fl oz Wild Cherry, Frozen, 100% Juice Cup, J&J Snack Foods Corp, 23060000, F - SR100586 (4 fl. oz.)	63.64	0.00	0.00	0.00	0.00	9.09	17.27	2.73	14.54	0.00	0.33	72.73	454.55	54.55	(M)	(M)
Juice, 4.4 Fl oz, Strawberry Pomegranate, Frozen, 100% Juice Cup, J&J Snack Foods Corp, 23060005, F - SR100587 (4 fl. oz.)	63.64	0.00	0.00	0.00	0.00	4.54	17.27	2.73	14.54	0.00	0.33	72.73	454.55	54.55	(M)	(M)
Juice, 4.4 Fl ozOrange Pineapple Premium Frozen 100% Juice, J&J Snack Foods Corp, 23060010, F - SR101036 (4 fl. oz.)	63.64	0.00	0.00	0.00	0.00	4.54	18.18	2.73	14.54	0.00	0.33	72.73	681.82	54.55	(M)	(M)
Juice, Apple 100% Vitamin C Added, 6 oz, Sun Cup, 040301, F - SR101692 (1 ea.)	86.00	0.00	0.00	0.00	0.00	2.00	22.00	0.00	(M)	0.00	0.00	20.00	0.00	60.00	(M)	(M)
Juice, Apple 100%, 10 oz, Juicy Juice, 002220 , F - SR106018 (1 bottle.)	140.00	0.00	0.00	0.00	0.00	25.00	35.00	0.00	33.00	0.00	0.00	0.00	0.00	60.00	(M)	(M)
Juice, Apple 100%, 6.75 oz box, Juicy Juice, 52479 , F - SR106030 (1 Box)	100.00	0.00	0.00	0.00	0.00	15.00	24.00	0.00	22.00	0.00	0.00	0.00	0.00	60.00	(M)	(M)
Juice, Apple Cherry, Mr. J 100% Fruit Juice, 4 oz carton, M & B Products, Inc, 3042, F - SR106398 (1 Carton)	65.61	0.00	0.00	0.00	0.00	0.00	15.31	0.00	14.21	0.00	0.39	164.02	328.04	65.61	(M)	(M)
Juice, Apple Cranberry, 100% Juice with Vitamin C, - SR101789 (1 serving (4 oz))	57.00	0.00	0.00	(M)	(M)	1.20	14.70	(M)	(M)	0.10	0.20	11.10	0.00	2.40	(M)	(M)
Juice, Apple Grape, 100% Juice, 4 oz, F - SR101790 (1 serving (4 oz))	67.00	0.10	0.00	(M)	(M)	0.70	16.70	(M)	(M)	0.20	0.40	10.70	0.00	3.50	(M)	(M)
Juice, Apple Juice From Concentrate, 4 oz, Carton, - SR103511 (1 Carton)	60.00	0.00	0.00	0.00	0.00	10.00	14.00	0.00	14.00	0.00	0.00	10.00	0.00	1.20	(M)	(M)
Juice, Apple Juice from Concentrate, 4 oz, Turners - SR100876 (1 Carton)	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	0.00	0.36	(M)	(M)	60.00	(M)	(M)
Juice, Apple Juice,, From Concentrate No Sugar Add - SR101128 (1 6 oz carton)	90.00	0.00	0.00	0.00	0.00	15.00	21.00	0.00	21.00	0.00	0.00	10.00	0.00	1.80	(M)	(M)
Juice, Apple, 100% , 72/4 oz, Suncup, 090301, F - SR106396 (1 serving (4 oz))	50.00	0.00	0.00	0.00	0.00	10.00	13.00	0.00	12.00	0.00	0.00	0.00	0.00	1.20	(M)	(M)
Juice, Apple, 100% Juice, Juice Bowl, 6.75 fl oz, - SR100746 (1 Box)	90.00	0.00	0.00	(M)	(M)	10.00	23.00	(M)	23.00	0.00	(M)	100.00	(M)	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)
Juice, Apple, 100% with Vitamin C, 4 oz, Suncup, 0 - SR100181 (1 serving (4 oz))	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, Apple, 100%, 4 oz cup w/ vitamin C, F - SR100086 (4 fl oz)	58.01	0.12	0.02	(M)	0.00	8.37	14.11	0.12	15.55	0.11	0.31	7.18	45.45	71.76	(M)	(M)
Juice, Apple, 100%, 4.23 oz, Apple & Eve, F - SR101697 (1 Box)	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	100.00	500.00	60.00	(M)	(M)
Juice, Apple, 100%, 6.75 oz, Apple & Eve, F - SR105802 (1 Container)	90.00	0.00	0.00	(M)	(M)	5.00	21.00	(M)	18.00	0.00	(M)	20.00	500.00	60.00	(M)	(M)
Juice, Apple, 100%, Vit C added, SS cup, Frozen - SR100917 (1 ea.)	57.00	0.00	0.00	0.00	0.00	1.00	14.00	0.00	0.00	0.00	0.00	10.00	0.00	60.00	(M)	(M)
Juice, Apple, 4 oz.carton, Galliker Dairy, F - SR102888 (4 ounces)	50.00	0.00	0.00	(M)	(M)	5.00	14.00	(M)	13.00	0.00	(M)	(M)	(M)	60.00	(M)	(M)
Juice, Apple, Frozen, Reconsituted, F - SR104194 (1 c.)	112.33	0.24	0.04	(M)	0.00	16.73	27.58	0.24	(M)	0.34	0.62	14.34	0.00	1.43	210.08	0.77
Juice, Bar Frozen, Outrageous Orange 2 oz, J&J Snack Foods Corp, 23050200, F - SR106471 (1 Bar)	40.00	0.00	0.00	0.00	0.00	5.00	9.00	2.00	7.00	0.00	0.00	60.00	500.00	60.00	(M)	(M)
Juice, Bar Frozen, Sour Apple 2 oz, J&J Snack Foods Corp, 23050215, F - SR106464 (1 Bar)	40.00	0.00	0.00	0.00	0.00	5.00	10.00	2.00	7.00	0.00	0.00	60.00	0.00	60.00	(M)	(M)
Juice, Bar Frozen, Very Berry 2 oz, J&J Snack Foods Corp, 23050210, F - SR106465 (1 Bar)	40.00	0.00	0.00	0.00	0.00	5.00	10.00	2.00	7.00	0.00	0.00	60.00	500.00	60.00	(M)	(M)
Juice, Bar Frozen, Wild Cherry 2 oz, J&J Snack Foods Corp, 23050205, F - SR106466 (1 Bar)	40.00	0.00	0.00	0.00	0.00	5.00	9.00	2.00	7.00	0.00	0.00	60.00	0.00	60.00	(M)	(M)
Juice, Blue Raspberry, Mr. J 100% Juice, 4 oz carton, M & B Products, Inc, 3342, F - SR106401 (1 Carton)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	13.00	0.00	0.36	150.00	300.00	60.00	(M)	(M)
Juice, Blue Razz Slush 100%, 4 oz, Rips Cool Tropics, 12001-R4, F - SR106706 (1 ea.)	110.00	0.00	0.00	0.00	0.00	35.00	28.00	0.00	10.00	0.00	0.36	0.00	0.00	0.00	(M)	(M)
Juice, Breakfast Secondary, F - SR103480 (4 ounces)	200.00	0.00	0.00	0.00	0.00	30.00	48.00	0.00	46.00	1.00	0.18	40.00	0.00	32.40	(M)	(M)
Juice, Breakfast Variety, K-12, TVASD, F - SR104971 (4 oz.)	65.82	0.00	0.00	0.00	0.00	11.73	16.03	0.00(M)	13.70	0.33	0.00	16.73	62.50	32.01	(M)	(M)
Juice, Cranberry Cocktail, 20% Juice, Juice Bowl, - SR100743 (1 Box)	60.00	0.00	0.00	(M)	(M)	20.00	16.00	(M)	16.00	0.00	(M)	100.00	(M)	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)
Juice, Cranberry Juice Cocktail with Vitamin C, 15 - SR101871 (1 cup serving)	150.00	0.20	0.00	(M)	(M)	2.40	38.00	(M)	(M)	0.20	0.40	15.40	0.00	120.00	(M)	(M)
Juice, Cranberry Juice from Concentrate, 4 oz, Tur - SR100879 (1 Carton)	60.00	0.00	0.00	0.00	0.00	0.00	16.00	0.00	16.00	0.00	0.00	0.00	0.00	60.00	(M)	(M)
Juice, Cup Slushie, 100% Fruit, Ridgefield's, .5 F - SR102008 (1 ea.)	50.00	0.00	0.00	0.00	0.00	50.00	22.00	0.00	22.00	0.00	0.99	90.00	1100.00	60.00	(M)	(M)
Juice, Dragon Punch Slush 100%, 4 oz, Rips Cool Tropics, 12004-R4, F - SR106704 (1 ea.)	110.00	0.00	0.00	0.00	0.00	35.00	28.00	0.00	10.00	0.00	0.36	0.00	0.00	0.00	(M)	(M)
Juice, Dragon Punch Vegetable Blend 100%, 4 oz, Country Pure Foods, 45710, Veg-O - SR106404 (1 Container)	50.00	0.00	0.00	0.00	0.00	30.00	13.00	0.00	0.00	0.00	0.00	0.00	500.00	30.00	(M)	(M)
Juice, Dragon Punch Vegetable Blend 100%, 6 oz, Country Pure Foods, 45747, Veg-O - SR106405 (1 Container)	80.00	0.00	0.00	0.00	0.00	40.00	20.00	0.00	18.00	0.00	0.00	0.00	750.00	42.00	(M)	(M)
Juice, Frozen, Sorbet, Luigi's 100%, Grape, J&J Snack Foods 48442, F - SR106462 (1/2 c.)	60.00	0.00	0.00	0.00	0.00	5.00	17.00	3.00	14.00	0.00	0.36	60.00	0.00	60.00	(M)	(M)
Juice, Frozen, Sorbet, Luigi's 100%, Lime, J&J Snack Foods 48440, F - SR106458 (1/2 c.)	50.00	0.00	0.00	0.00	0.00	5.00	17.00	3.00	14.00	0.00	0.36	60.00	0.00	60.00	(M)	(M)
Juice, Frozen, Sorbet, Luigi's 100%, Orange, J&J Snack Foods 48441, F - SR106461 (1/2 c.)	63.64	0.00	0.00	0.00	0.00	4.54	17.27	2.73	13.64	0.00	(M)	54.55	2727.27	54.55	(M)	(M)
Juice, Fruit Blend, Mr. J 100%, 4 oz carton, M & B Products, Inc, 2342, F - SR106402 (1 Carton)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	13.00	0.00	0.36	150.00	250.00	60.00	(M)	(M)
Juice, Fruit Punch 100% SS Cup Frozen, Fruit - SR101897 (4 ounces)	60.00	0.00	0.00	0.00	0.00	10.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	3.60	(M)	(M)
Juice, Fruit Punch 100%, 10 oz, Juicy Juice, 81760-2, F - SR105929 (1 bottle.)	140.00	0.00	0.00	(M)	0.00	25.00	35.00	(M)	33.00	0.00	(M)	(M)	(M)	60.00	(M)	(M)
Juice, Fruit Punch Juice from Concentrate, 4 oz, T - SR100883 (1 Carton)	60.00	0.00	0.00	0.00	0.00	10.00	16.00	0.00	14.00	0.00	0.00	0.00	0.00	18.00	(M)	(M)
Juice, Fruit Punch, 100% Juice, Juice Bowl, 4.23 f - SR100741 (1 Box)	60.00	0.00	0.00	(M)	(M)	5.00	14.00	(M)	14.00	0.00	(M)	100.00	(M)	60.00	(M)	(M)
Juice, Fruit Punch, 100% Juice, Juice Bowl, 6.75 f - SR100748 (1 Box)	90.00	0.00	0.00	(M)	(M)	10.00	23.00	(M)	22.00	0.00	(M)	100.00	(M)	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)
Juice, Fruit Punch, 100%, 4.23 oz, Apple & Eve, F - SR101702 (1 ea.)	60.00	0.00	0.00	0.00	0.00	15.00	15.00	0.00	13.00	0.00	0.00	100.00	500.00	60.00	(M)	(M)
Juice, Fruit Punch, 100%, 6.75 oz, Apple & Eve, F - SR105801 (1 Container)	100.00	0.00	0.00	(M)	(M)	25.00	24.00	(M)	21.00	1.00	(M)	20.00	500.00	60.00	(M)	(M)
Juice, Fruitables Plus, Tropical Twist, 100% Juice, 4.23 oz, Apple & Eve, F - SR106409 (1 Box)	67.00	0.00	0.00	(M)	(M)	16.75	15.63	(M)	13.40	0.00	(M)	111.67	558.37	67.00	(M)	(M)
Juice, Fruite, Fruitables Plus, 100% Juice, Apple & Eve, F - SR105738 (4 1/3 fl. oz.)	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	12.00	0.00	0.00	0.00	500.00	60.00	(M)	(M)
Juice, Grape 100% Vitamin C Added, 6 oz, Sun Cup, 040501, F - SR105798 (1 ea.)	99.00	0.00	0.00	0.00	0.00	2.00	26.00	0.00	(M)	0.00	0.00	10.00	0.00	15.00	(M)	(M)
Juice, Grape 100%, 6.75 oz box, Juicy Juice, F - SR106031 (1 Box)	100.00	0.00	0.00	0.00	0.00	15.00	25.00	0.00	23.00	0.00	0.00	0.00	0.00	60.00	(M)	(M)
Juice, Grape Juice from Concentrate, 4 oz, Turners - SR100877 (1 Carton)	60.00	0.00	0.00	0.00	0.00	10.00	13.00	0.00	13.00	0.00	0.00	0.00	0.00	60.00	(M)	(M)
Juice, Grape Juice With Vitamin C, 4 oz, F - SR104684 (1 Carton)	70.00	0.00	0.00	0.00	0.00	5.00	18.00	0.00	18.00	0.00	0.36	20.00	0.00	60.00	(M)	(M)
Juice, Grape Raspberry 100%, 8oz, V-8 Fusion, Campbell's Foodservice, 19280, Veg-O - SR106703 (1 bottle.)	139.99	0.00	0.00	0.00	0.00	105.00	33.00	0.00	31.00	1.00	0.72	20.00	499.98	60.00	(M)	(M)
Juice, Grape, 100% Fruit, Juice Bowl, 4.23 fl oz, - SR100736 (1 Box)	60.00	0.00	0.00	(M)	(M)	5.00	14.00	(M)	13.00	0.00	(M)	100.00	(M)	60.00	(M)	(M)
Juice, Grape, 100% Juice, Juice Bowl, 6.75 fl oz, - SR100747 (1 Box)	90.00	0.00	0.00	(M)	(M)	10.00	23.00	(M)	21.00	0.00	(M)	100.00	(M)	60.00	(M)	(M)
Juice, Grape, 100%, 4 oz, Suncup, 090501, F - SR100183 (1 serving (4 oz))	80.00	0.00	0.00	0.00	0.00	20.00	19.00	0.00	18.00	0.00	0.00	20.00	0.00	1.20	(M)	(M)
Juice, Grape, 100%, 6 oz Cup w/ vitamin C, Fruit - SR100088 (6 fl oz)	125.42	0.00	0.00	(M)	0.00	18.76	31.26	0.37	(M)	0.19	0.39	17.04	0.00	0.00	(M)	(M)
Juice, Grape, Frozen, Reconstituted, F - SR104195 (1/2 c.)	63.75	0.11	0.04	(M)	0.00	2.50	15.94	0.13	(M)	0.24	0.13	5.00	10.00	29.88	108.63	0.10
Juice, Grapefruit Ruby Red 100%, Tropicana, 75716, F - SR106029 (1 bottle.)	170.00	0.00	0.00	0.00	0.00	20.00	42.00	0.00	37.00	0.00	0.36	20.00	300.00	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)
Juice, Grapefruit, 100% Juice, 4 oz cup, Suncup, 0 - SR101793 (1 serving (4 oz))	50.00	0.10	0.00	(M)	(M)	1.20	11.20	(M)	(M)	0.70	0.20	19.00	9.00	50.00	(M)	(M)
Juice, Green Apple, Mr. J 100% Fruit Juice, 4 oz carton, M & B Products, Inc, 3142, F - SR106399 (1 Carton)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	13.00	0.00	0.36	150.00	300.00	60.00	(M)	(M)
Juice, Kiwi Strawberry Concentrate, 100% Juice, Fr - SR104616 (8 fl. oz.)	119.00	0.00	0.00	0.00	0.00	15.00	29.75	1.00	28.00	0.00	0.36	100.00	500.00	60.00	(M)	(M)
Juice, Kiwi Strawberry Slush 100%, 4 oz, Rips Cool Tropics, 12002-R4, F - SR106705 (1 ea.)	110.00	0.00	0.00	0.00	0.00	35.00	28.00	0.00	10.00	0.00	0.36	0.00	0.00	0.00	(M)	(M)
Juice, Luigi's 100% Frozen Juice Sobet, Blue Raspberry, J&J Snack Foods Corp, 48443, F - SR104805 (1/2 c.)	60.00	0.00	0.00	0.00	0.00	5.00	17.00	3.00	14.00	0.00	0.36	60.00	0.00	60.00	(M)	(M)
Juice, Mixed Berry & Lemon Swirl 4.4 Fl oz , Frozen, 100% Juice Cup, J&J Snack Foods Corp, 23060025, F - SR100590 (4 fl. oz.)	63.64	0.00	0.00	0.00	0.00	4.54	16.36	2.73	13.64	0.00	0.33	72.73	181.82	54.55	(M)	(M)
Juice, Natural Fruit Punch, 100%, 4oz, Suncup, 090803, F - SR100087 (4 fl. oz.)	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	15.00	0.00	0.00	20.00	0.00	0.00	(M)	(M)
Juice, Orange 100% Juice, Frozen Concentrate, Country Pure Foods, 41830, Fruit - SR104925 (8 fl. oz.)	110.00	0.00	0.00	0.00	0.00	30.00	27.00	(M)	23.00	1.00	0.00	20.00	0.00	60.00	(M)	(M)
Juice, Orange 100%, 10 oz bottle, Very Fine, 96407-5, F - SR105963 (1 bottle.)	150.00	0.00	0.00	(M)	(M)	25.00	36.00	(M)	35.00	0.00	(M)	(M)	(M)	60.00	(M)	(M)
Juice, Orange 100%, 6 oz Cup, Sun Cup, 040100, F - SR105797 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	19.00	0.00	18.00	0.00	0.00	1050.00	0.00	0.00	(M)	(M)
Juice, Orange Concentrate, 100% Juice, Frozen, Slu - SR104613 (8 fl. oz.)	119.00	0.00	0.00	0.00	0.00	15.00	29.75	1.00	28.00	0.00	0.36	100.00	500.00	60.00	(M)	(M)
Juice, Orange Grapefruit, 100% Juice, 4 oz cup, Su - SR101797 (1 serving (4 oz))	53.00	0.10	0.00	(M)	(M)	1.20	12.50	(M)	(M)	0.90	0.20	14.70	98.00	56.00	(M)	(M)
Juice, Orange Juice Cocktail, F - SR103765 (1/2 c.)	108.03	0.10	0.01	(M)	0.00	1.66	25.89	0.33	13.94(M)	1.13	0.17	14.94	177.62	64.57	146.25 (M)	0.65(M)
Juice, Orange Juice from Concentrate, 4 oz, F - SR104683 (1 Carton)	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	14.00	1.00	0.18	10.00	0.00	30.00	(M)	(M)
Juice, Orange Juice from Concentrate, 4 oz, Turner - SR100875 (1 Carton)	60.00	0.00	0.00	0.00	0.00	0.00	13.00	0.00	13.00	1.00	(M)	(M)	(M)	36.00	(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)
Juice, Orange Juice, Chilled, Includes from Concen - SR102273 (1 c.)	122.01	0.30	0.04	(M)	0.00	4.98	28.73	0.75	(M)	1.69	0.32	27.39	104.58	83.66	217.18	1.07
Juice, Orange Pineapple Juice from Concentrate, 4 - SR100882 (1 Carton)	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	13.00	0.00	0.00	0.00	0.00	24.00	(M)	(M)
Juice, Orange Pineapple, 100% Juice, 4 oz cup, Sun - SR101798 (1 serving (4 oz))	59.00	0.20	0.00	(M)	(M)	0.70	15.50	(M)	(M)	0.60	0.10	15.00	93.50	35.00	(M)	(M)
Juice, Orange Pineapple, 4 oz Cup, Sun Cup, 091100 - SR101707 (1 ea.)	59.00	0.00	0.00	0.00	0.00	1.00	13.00	0.00	8.00	1.00	0.00	15.00	38.00	33.00	(M)	(M)
Juice, Orange Tangerine, 100% Juice, Juice Bowl, 6 - SR100749 (1 Box)	100.00	0.00	0.00	(M)	(M)	10.00	26.00	(M)	24.00	0.00	(M)	100.00	2500.00	60.00	(M)	(M)
Juice, Orange Tangerine, 100%, 4.23 oz, Apple & Ev - SR101704 (1 ea.)	60.00	0.00	0.00	0.00	0.00	15.00	15.00	0.00	13.00	0.00	0.54	100.00	500.00	60.00	(M)	(M)
Juice, Orange Tangerine, 100%, 6.75 oz, Apple & Eve, F - SR105800 (1 Container)	100.00	0.00	0.00	0.00	0.00	20.00	25.00	0.00	22.00	0.00	0.00	20.00	500.00	60.00	(M)	(M)
Juice, Orange, 100% Fruit, Juice Bowl, F - SR100731 (1 Box)	60.00	0.00	0.00	(M)	(M)	5.00	15.00	(M)	14.00	0.00	(M)	100.00	(M)	60.00	(M)	(M)
Juice, Orange, 100% Juice, Juice Bowl, 6.75 fl oz, - SR100744 (1 Box)	100.00	0.00	0.00	(M)	(M)	10.00	23.00	(M)	20.00	2.00	(M)	100.00	(M)	60.00	(M)	(M)
Juice, Orange, 100%, 4oz cup, Suncup, 090100, F - SR100601 (1 serving (4 oz))	60.00	0.00	0.00	0.00	0.00	0.00	13.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Juice, Orange, 100%, 4oz, Suncup, 090103, F - SR100182 (1 serving (4 oz))	60.00	0.00	0.00	0.00	0.00	5.00	14.00	(M)	10.00	1.00	0.00	19.00	187.50	36.00	(M)	(M)
Juice, Orange, 100%, Cal-Tex Vita-Fresh, 70/4 oz carton, as purchased - SR105192 (4 fl oz)	55.80	0.28	0.01	(M)	0.00	29.02	13.64	0.25	(M)	0.67	0.12	11.16	96.72	48.24	(M)	(M)
Juice, Orange, 100%, Fresh, 4oz, F - SR100085 (4 fl oz)	55.80	0.28	0.01	(M)	0.00	29.02	13.64	0.25	(M)	0.67	0.12	11.16	96.72	48.24	(M)	(M)
Juice, Orange, 4oz, Galliker, 19300, F - SR101135 (1/2 cup serving)	60.00	0.00	0.00	0.00	0.00	0.00	15.00	0.00	13.00	1.00	0.00	0.00	0.00	30.00	(M)	(M)
Juice, Orange/Pineapple, 100%, Cal-Tex Vita-Fresh, 70/4oz., as purchased - SR105193 (4 fl oz)	60.76	0.03	0.00	(M)	0.00	16.52	14.63	0.25	(M)	0.50	0.24	12.28	58.78	33.23	(M)	(M)
Juice, Peach, Mr. J 100% Fruit Juice, 4 oz carton, M & B Products, Inc, 2942, F - SR106397 (1 Carton)	65.61	0.00	0.00	0.00	0.00	0.00	15.31	0.00	14.21	0.00	0.39	164.02	328.04	65.61	(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, Pineapple, 4 oz Cup, 100%, Sun Cup, 091000, - SR101713 (1 ea.)	60.21	0.00	0.00	0.00	0.00	1.00	15.05	0.00	0.00	0.00	0.36	120.42	1.00	16.86	(M)	(M)
Juice, Prune Juice from Concentrate, 4 oz, Turners - SR100880 (1 Carton)	90.00	0.00	0.00	0.00	0.00	20.00	22.00	0.00	16.00	0.99	0.36	0.00	0.00	30.00	(M)	(M)
Juice, Prune with Vitamin C, 100% Juice, 4 oz cup, - SR101800 (1 serving (4 oz))	93.00	0.10	0.00	(M)	(M)	2.80	24.00	(M)	(M)	0.50	5.10	17.50	(M)	2.50	(M)	(M)
Juice, Raspberry Concentrate, 100% Juice, Frozen, - SR104615 (8 fl. oz.)	119.00	0.00	0.00	0.00	0.00	15.00	29.75	1.00	28.00	0.00	0.36	100.00	500.00	60.00	(M)	(M)
Juice, Reconstituted Lemon, Bottled - SR102675 (1 tsp.)	1.02	0.00	0.00	(M)	0.00	1.02	0.34	0.00	0.34	0.00	102.68	0.68	0.68	1.26	(M)	(M)
Juice, Schneider's 4oz 100% Apple Juice, Fruit - SR101173 (4 fl. oz.)	55.00	0.00	0.00	0.00	0.00	8.00	14.00	0.50	13.00	0.00	(M)	(M)	(M)	60.00	(M)	(M)
Juice, Sidekicks Blue Rasberry-Lemon, 4.4 fl oz, R - SR101577 (1 ea.)	80.00	0.00	0.00	(M)	0.00	45.00	20.00	0.00	19.00	0.00	0.36	80.00	1000.00	60.00	(M)	(M)
Juice, Sidekicks Kiwi-Strawberry, 4.4 oz, Ridgefie - SR101578 (1 ea.)	80.00	0.00	0.00	(M)	0.00	45.00	20.00	0.00	19.00	0.00	0.36	80.00	1000.00	60.00	(M)	(M)
Juice, SideKicks Strawberry-Mango, 4.4 fl oz, Ridg - SR101575 (1 ea.)	80.00	0.00	0.00	(M)	0.00	45.00	20.00	0.00	19.00	0.00	0.36	80.00	1000.00	60.00	(M)	(M)
Juice, Strawberry Kiwi, 100% Fruit, Juice Bowl, - SR100740 (1 Box)	70.00	0.00	0.00	(M)	(M)	5.00	18.00	(M)	17.00	0.00	(M)	100.00	(M)	60.00	(M)	(M)
Juice, Strawberry Kiwi, 100%, 6.75 oz, Apple & Eve, F - SR105799 (1 Container)	100.00	0.00	0.00	0.00	0.00	20.00	24.00	0.00	22.00	0.00	0.00	20.00	500.00	60.00	(M)	(M)
Juice, Strawberry Kiwi, Mr. J 100% Fruit Juice, 4 oz carton, M & B Products, Inc, 3242, F - SR106400 (1 Carton)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	13.00	0.00	0.36	150.00	300.00	60.00	(M)	(M)
Juice, Tomato 100%, Campbells, 366, Veg-RO - SR105803 (8 oz.)	8.70	0.00	0.00	0.00	0.00	118.26	1.74	0.35	1.22	0.35	(M)	3.48	86.96	12.52	(M)	(M)
Juice, Tomato Juice 4 oz, Suncup,091300, Veg-RO - SR101625 (1/2 cup serving)	20.00	0.10	0.00	(M)	(M)	31.20	4.50	(M)	(M)	1.00	0.90	7.10	971.40	13.40	(M)	(M)
Juice, Tropicana Apple, 10 oz, 100%, Plastic, U.S. - SR101711 (1 bottle.)	140.00	0.00	0.00	0.00	0.00	15.00	34.00	0.00	31.00	1.00	0.00	100.00	0.00	60.00	(M)	(M)
Juice, Tropicana Orange, 10 oz, 100%, Plastic, U.S - SR101709 (1 bottle.)	140.00	0.00	0.00	0.00	0.00	20.00	33.00	0.00	28.00	2.00	0.00	20.00	0.00	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)
Juice, V8 Vegetable Juice, V8 100% Vegetable Juice - SR103063 (1 cup 8 fl oz)	47.63	0.00	0.00	(M)	0.00	392.36	9.34	1.81	(M)	1.86	0.68	36.29	1866.56	67.13	212.97	2.63
Juice, Variety, 100% Juice, Frozen, Slush Puppie P - SR104614 (8 fl. oz.)	119.00	0.00	0.00	0.00	0.00	15.00	29.75	1.00	28.00	0.00	0.36	100.00	500.00	60.00	(M)	(M)
Juice, Vegetable 100% Pet Plastic Bottle Shelf Sta - SR103481 (1 c.)	50.00	0.00	0.00	0.00	0.00	860.00	8.00	2.00	5.00	4.00	1.08	40.00	1750.00	72.00	(M)	(M)
Juice, Very Berry, 100%, 6.75 oz, Apple & Eve, F - SR103390 (1 Container)	100.00	0.00	0.00	(M)	(M)	15.00	24.00	(M)	21.00	0.00	(M)	20.00	500.00	60.00	(M)	(M)
Juice, V-Fusion Concord Grape Raspberry 8oz, V8, Campbell's Foodservice, 19280, Veg-O - SR105930 (1 bottle.)	140.00	0.00	0.00	0.00	0.00	105.00	33.00	0.00	31.00	1.00	0.72	20.00	500.00	60.00	(M)	(M)
Juice, V-Fusion Pomegranate Blueberry 8oz, V8, Campbell's Foodservice, 18867, Veg-O, F - SR105932 (1 bottle.)	105.82	0.00	0.00	0.00	0.00	68.78	26.45	0.00	23.28	0.00	0.38	21.16	529.10	63.49	(M)	(M)
Juice, V-Fusion Strawberry Banana 8oz, V8, Campbell's Foodservice, 18866, Veg-O, F - SR105931 (1 bottle.)	110.00	0.00	0.00	0.00	0.00	70.00	28.00	0.00	22.00	0.00	0.36	20.00	2500.00	60.00	(M)	(M)
Juice, Wango Mango Vegetable Blend 100%, 4 oz, Country Pure Foods, 45711, Veg-O - SR106403 (1 Container)	50.00	0.00	0.00	0.00	0.00	30.00	13.00	0.00	0.00	0.00	0.00	0.00	500.00	30.00	(M)	(M)
Juice, Watermelon, 4.4 fl oz, Frozen, 100% Juice Cups, J&J Snack Foods Corp, 23060015, F - SR100584 (4 fl. oz.)	81.82	0.00	0.00	0.00	0.00	9.09	22.73	2.73	19.09	0.00	0.33	72.73	454.55	54.55	(M)	(M)
Juice, White Grape, 100%, 4.23 oz , Apple & Eve, F - SR101699 (1 ea.)	80.00	0.00	0.00	0.00	0.00	10.00	20.00	0.00	20.00	0.00	0.00	100.00	500.00	60.00	(M)	(M)
Ketchup - SR105162 (1 Tbsp.)	16.80	0.03	0.01	(M)	0.00	136.05	3.94	0.05	(M)	0.19	0.06	2.40	76.95	0.62	10.38	0.47
Ketchup, 33% Fancy, 14 oz Plastic Bottle, Red Gold - SR101723 (1 tsp.)	15.00	0.00	0.00	0.00	0.00	190.00	4.00	0.00	4.00	0.00	0.00	0.00	300.00	0.00	(M)	(M)
Ketchup, low sodium - SR105163 (1 Tbsp.)	14.40	0.03	0.00	(M)	0.00	3.00	3.86	0.05	3.26	0.19	0.06	2.40	76.95	0.62	10.38	0.55
Ketchup, Single Serve 9 g Packets, Red Gold Inc, 7294011581, REDY59G - SR100777 (1 packet)	10.00	0.00	0.00	0.00	0.00	85.00	3.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Ketchup, Tomato #10 Can, Heinz, 512900 - SR106052 (5/8 ounces)	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	0.00	0.00	0.00	100.00	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)
Ketchup, Tomato #10 Plastic Jug, Heinz, 514910 - SR106666 (1 Tbsp.)	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Ketchup, Tomato #10 Pouch Pack, Heinz, 51370 - SR107089 (1 Tbsp.)	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Ketchup, Tomato Fancy 33% Can, Monarch/U.S. Foodse - SR101718 (17 grams 1 serving)	15.00	0.00	0.00	(M)	0.00	160.00	4.00	0.00	4.00	0.00	0.07	3.00	87.00	0.70	(M)	(M)
Ketchup, Tomato Fancy, 1.5 Gallon Dispenser Pouch, Heinz, 515500 - SR102175 (5/8 ounces)	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Ketchup, Tomato Ketchup, 115 oz, Red Gold, UFZY599 - SR102227 (1 Tbsp.)	15.00	0.00	0.00	0.00	0.00	160.00	4.00	0.00	4.00	0.00	(M)	(M)	300.00	(M)	(M)	(M)
Ketchup, Tomato Vol-Pack, Heinz, 51190 - SR107090 (1 Tbsp.)	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Kiwi fruit, (chinese gooseberries), fresh, raw - SR101054 (1 piece whole)	42.09	0.36	0.02	(M)	0.00	2.07	10.12	2.07	6.20	0.79	0.21	23.46	60.03	63.96	57.32	0.42
Lasagna, Frozen; vegetable, 4/96 oz; Stouffer's; as purchased - SR105452 (1 oz.)	46.00	2.40	1.00	(M)	3.20	117.00	4.00	0.30	(M)	2.10	0.10	52.00	255.00	0.00	19.56	0.51
Lasagna, Lasagna Roll-up with Sauce, MMA, Non-WG, - SR102990 (1 Roll up w/Sauce) Contains Milk, Egg, Wheat, Gluten.	278.33	8.17	6.17	0.00	35.00	1000.00	39.50	5.33	17.17	11.33	3.42	143.33	1383.33	5.20	(M)	(M)
Lasagna, Whole Grain Lasagna, MMA, WG, Veg-RO - SR102725 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	315.00	6.75	2.50	0.00(M)	35.00	710.00	30.00	4.00	3.50	20.00	1.80	420.00	375.00	4.50	(M)	(M)
Lasagna, Whole Grain, Tabatchnick, 99962, MMA, WG - SR102722 (1 4.6 Ounce Serving = 2 MMA, 2 WG)Contains Milk, Wheat, Soy, Gluten.	280.00	6.00	2.50	(M)	35.00	400.00	24.00	3.00	2.00	19.00	1.08	400.00	0.00	0.00	(M)	(M)
Lettuce & Tomato, 1/4 Veg-RO, 1/8 Veg-DG - SR102791 (1/2 cup serving)	13.62	0.05	0.01	0.00(M)	0.00	16.08	2.68	0.77	1.30	0.79	0.53	18.67	2749.44	11.39	30.77(M)	0.20(M)
Lettuce & Tomato, Veg-RO, Veg-O - SR100338 (1/2 cup serving)	19.06	0.07	0.01	0.00(M)	0.00	22.51	3.75	1.08	1.83	1.11	0.74	26.14	3849.22	15.94	43.08(M)	0.28(M)
Lettuce Tomato Pack, E-36, Veg-O - SR106385 (1 serv.)	5.06	0.04	0.01	0.00(M)	0.00	2.46	1.07	0.39	0.82	0.32	0.11	4.92	210.42	3.27	18.90(M)	0.10(M)
Lettuce, 100% Spring Mix, Taylor Farms, Veg-DG - SR103468 (3 cup serving)	20.00	0.00	0.00	0.00	0.00	50.00	3.00	1.00	0.00	2.00	1.08	80.00	4000.00	15.00	(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)
Lettuce, green leaf, raw - SR105195 (1 cup shredded)	5.40	0.05	0.01	(M)	0.00	10.08	1.03	0.47	0.28	0.49	0.31	12.96	2665.80	3.31	34.19	0.22
Lettuce, iceberg (includes crisphead types), raw - SR105196 (1 cup shredded)	10.08	0.10	0.01	(M)	0.00	7.20	2.14	0.86	1.42	0.65	0.30	12.96	361.44	2.02	68.86	0.26
Lettuce, Iceberg/Romaine 50/50 w/Color, Taylor Farms, 1070044, Veg-O - SR103039 (3 ounces)	20.00	0.00	0.00	0.00	0.00	15.00	4.00	2.00	2.00	1.00	0.72	20.00	5000.00	9.00	(M)	(M)
Lettuce, Mix, Iceberg with Red Cabbage Carrot, Bag, Cross Valley Farms, 6332308, Veg-O - SR106323 (1 cup (washed))	5.62	0.00	0.00	0.00	0.00	5.62	1.12	0.56	1.12	0.56	0.20	11.24	168.54	2.02	(M)	(M)
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt, VEG-S - SR105197 (1 c.)	189.00	0.54	0.12	(M)	0.00	477.00	35.01	10.80	(M)	11.97	3.53	50.40	300.60	10.44	130.23	2.25
Lunch Condiments, M-2, Not Creditable - SR106354 (1 serv.) Contains Egg, Soy.	15.82	0.27	0.00	0.00(M)	0.00	163.01	3.53	0.01	0.09(M)	0.01	0.13	2.62	124.09	1.66	0.20(M)	0.01(M)
Lunch Kit, Anytimers Turkey Ham & Cheese, Tasty Brands, 10206, MMA, WGR - SR106656 (1 kit) Contains Milk, Wheat, Soy.	270.00	11.00	4.50	0.00	45.00	850.00	27.00	2.00	8.00	16.00	1.44	200.00	400.00	1.20	(M)	(M)
Lunch, Bag Lunch Field Trips, MMA, WG, Veg-RO, F, Milk - SR106423 (1 bag lunch)Contains Milk, Wheat, Soy.	730.85	20.91	5.37	0.00(M)	10.13	1071.79	108.33	12.82	37.02(M)	30.47	3.56	626.98	16231.10	67.37	6.67(M)	1.05(M)
Mac and Cheese w/ Wheat Roll, MMA, WG - SR103439 (9 ounces)Contains Milk, Wheat, Soy, Gluten.	380.17	13.01	6.67	0.00	33.35	1077.18	48.35	3.32	6.00	17.34	2.04	173.41	400.24	0.00	(M)	(M)
Mac and Cheese, Whole Wheat, Tabatchnick, 99890, M - SR102891 (1 6 Ounce Serving = 2 MMA, 1 WG)Contains Milk, Wheat, Soy, Gluten.	290.00	13.00	8.00	(M)	35.00	880.00	26.00	2.00	2.00	17.00	1.08	400.00	500.00	0.00	(M)	(M)
Macaroni And Cheese, MMA, WG, Veg-RO - SR105076 (3/4 c.) Contains Milk.	333.99	18.67	18.29	0.00(M)	61.86	401.20	24.16	2.41	3.31(M)	19.79	1.43	498.47	1083.21	4.17	177.99 (M)	0.32(M)
Macaroni and Cheese, Reduced Fat, Reduced Sodium, - SR100886 (1 6 oz Serving (2 MMA, 1 WG))Contains Milk, Egg, Wheat, Gluten.	170.00	8.00	4.50	0.00	20.00	540.00	23.00	2.00	1.00	14.00	1.44	200.00	200.00	0.00	(M)	(M)
Macaroni and Cheese, Reduced Fat, Whole Grain, Cooked, Land O'Lakes, 43277, MMA, WGR - SR102398 (2/3 c.)Contains Milk, Egg, Wheat.	290.00	11.00	6.00	0.00	30.00	980.00	31.00	2.00	6.00	17.00	(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)
Macaroni and cheese, USDA Recipe, D-26, MMA, Non-W - SR102693 (1 2/3 cup (No. 6 scoop))	294.52	12.12	6.79	(M)	30.84	891.54	27.30	0.89	(M)	19.54	1.01	479.59	680.59	0.38	(M)	(M)
Macaroni, CN Reduced Fat Macaroni and Cheese, Redu - SR102146 (6 ounces)	280.00	12.00	8.00	0.00	40.00	450.00	25.00	1.00	7.00	16.00	1.08	400.00	400.00	1.20	(M)	(M)
Macaroni, elbow, cooked, no salt added, 3/4" to 1 1/2" in length, enriched with thiamin, riboflavin, niacin, folic acid, and iron [100429, B430] - SR105198 (1/2 c.)	111.00	0.65	0.12	0.00	0.00	1.00	21.60	1.30	(M)	4.06	0.90	5.00	0.00	0.00	(M)	(M)
Macaroni, elbow, whole grain, made from whole grain semolina or durum wheat flour, cooked, no salt added [100919, B426] - SR105199 (1/2 c.)	87.00	0.38	0.09	0.00	0.00	2.00	18.60	2.00	(M)	3.73	0.74	10.00	2.00	0.00	(M)	(M)
Macaroni, spiral (rotini), cooked, no salt added, 1" to 1 3/4" in length, enriched with thiamin, riboflavin, niacin, folic acid and iron [100432, B435] - SR105200 (1/2 c.)	106.00	0.62	0.12	0.00	0.00	1.00	20.68	1.20	(M)	3.89	0.86	5.00	0.00	0.00	(M)	(M)
Margaine, Blend Butter, Glenview Farms, #51623 - SR104154 (1 Container)	90.00	11.00	2.50	2.50	2.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	400.00	0.00	(M)	(M)
Margarine, Country Crock, 4060043405 - SR106624 (1 portion)Contains Soy.	25.00	2.50	0.00	0.00	0.00	40.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Margarine, Glenview Farms Mararine Solid Parchment - SR101629 (1 Tbsp.)Contains Soy.	100.00	11.00	2.50	2.50	0.00	105.00	0.00	0.00	0.00	0.00	0.00	0.00	500.00	0.00	(M)	(M)
Margarine, Glenview Farms, 3719 - SR104964 (1 Tbsp.)Contains Soy.	101.34	11.15	5.07	0.00	0.00	106.41	0.00	0.00	0.00	0.00	0.00	0.00	506.70	0.00	(M)	(M)
Margarine, Gold-n-Sweet Spread, Ventura, 16844, Co - SR101009 (1 tsp.)Contains Milk, Soy.	90.00	10.00	5.00	0.00	0.00	110.00	0.00	0.00	0.00	0.00	0.00	0.00	500.00	0.00	(M)	(M)
Margarine, Kosher - SR103332 (1 Tbsp.)Contains Soy.	100.00	11.00	4.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	500.00	0.00	(M)	(M)
Margarine, Light, Blue Bonnet - SR102397 (1 Tbsp.)Contains Soy.	50.00	5.00	1.00	1.00	0.00	80.00	0.99	(M)	(M)	0.00	(M)	(M)	500.00	(M)	(M)	(M)
Margarine, regular, 80% fat, composite, stick, wit - SR103707 (1 Tbsp.)	100.38	11.30	2.13	2.08	0.00	105.14	0.10	0.00	(M)	0.02	0.01	0.42	500.78	0.03	2.31	0.27

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)
Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D. - SR106220 (1 Tbsp.)	100.38	11.30	2.13	2.08	0.00	105.14	0.10	0.00	(M)	0.02	0.01	0.42	500.78	0.03	2.31	0.27
Margarine, Solid, Glenview Farms, 4610804 - SR100425 (1 Tbsp.)	100.00	11.00	5.00	0.00	0.00	105.00	0.00	0.00	0.00	0.00	0.00	0.00	500.00	0.00	(M)	(M)
Margarine, Spread Single Serving REF, 900/5 GR, Un - SR102408 (1 package 1 package)Contains Milk.	25.00	2.50	0.50	0.00	0.00	40.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00	0.00	(M)	(M)
Margarine, Spread, Whipped, SS Cup, Shelf Stable, Fresh Buttery Taste, Land O Lakes, 10034500197059 - SR104801 (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)
Margarine-like spread, (approximately 40% fat), un - SR103385 (1 c.)	786.48	87.63	20.04	3.15	0.00	1366.48	1.53	0.00	(M)	1.18	0.05	13.92	10027.04	0.23	138.16	3.53
Margarine-like, vegetable oil spread, 60% fat, sti - SR103501 (1 Tbsp.)	75.88	8.37	1.69	(M)	0.14	0.28	0.12	0.00	(M)	0.02	0.00	2.94	500.78	0.01	5.26	0.22
Marinara Sauce, Dunk Cup 1oz, Red Gold, REDNA1Z, Veg-RO - SR106667 (1 ea.)	15.00	0.00	0.00	0.00	0.00	120.00	3.00	1.00	2.00	0.00	0.36	0.00	100.00	1.20	(M)	(M)
Marshmallows, Kraft - SR104398 (4 piece)	100.00	0.00	0.00	0.00	(M)	25.00	24.00	(M)	(M)	0.99	(M)	(M)	(M)	(M)	(M)	(M)
Mayo PC, 200/12g, Monarch, Unspecified Manf # - SR100993 (1 ea.)	90.00	10.00	1.50	0.00	5.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayonnaise, 1.5 Gallon Dispenser, Heinz, 516700 - SR105935 (1 Tbsp.)Contains Egg, Soy.	100.00	11.00	2.00	0.00	10.00	85.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayonnaise, 100/1 oz; as purchased - SR105201 (1 piece)	208.11	22.53	3.45	(M)	20.21	146.73	0.96	0.02	(M)	0.35	0.07	3.18	30.89	0.02	3.78	0.26
Mayonnaise, 12g Pouch, Sauer, 06399 - SR101538 (1 pouch) Contains Egg, Soy.	90.00	10.00	1.50	0.00	5.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayonnaise, Extra Heavy Mayonnaise Gallon - SR101366 (1 Tbsp.)Contains Egg, Soy.	100.00	11.00	1.50	0.00	5.00	50.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayonnaise, Fat Free, 1 gal. Kraft - SR102836 (1 tsp.)	10.00	0.00	0.00	0.00	0.00	120.00	2.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayonnaise, Light Pouch SS - SR101911 (12 grams)	40.00	4.00	5.00	0.00	5.00	85.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayonnaise, Light, pc, Heinz, 532050 - SR101349 (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)

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)
Mayonnaise, PKT 500-12GM GFS, 159970 - SR101138 (1 package 1 package)	86.00	9.00	2.00	0.00	12.00	62.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayonnaise, pumpable, 1/374 oz, hunt's; as served - SR105202 (1 Tbsp.)	100.00	11.00	1.50	(M)	5.00	80.00	1.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayonnaise, Real All Natural Mayonnaise - SR101370 (1/2 ounces)Contains Egg, Soy.	90.10	10.01	1.50	0.00	5.01	70.08	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mayonnaise, SS Packet, HEINZ, 531700 - SR100709 (1 individual packet)Contains Egg.	80.00	9.00	1.50	0.00	5.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Meat, Ham, Sliced, Baked, Blessed Sacrament, MMA - SR105062 (1 slice)	74.11	1.86	0.63	0.00	37.06	741.15	3.71	0.00	(M)	11.12	0.00	0.00	0.00	0.00	(M)	(M)
Meat, Pork Pattie, Flamebroiled, Fully Cooked, Frozen, GFS, 100640, MMA - SR105002 (1 patty)Contains Soy.	160.00	10.00	3.50	0.00	30.00	400.00	8.00	1.00	5.00	12.00	1.08	40.00	100.00	1.20	(M)	(M)
Meat, Pork Rib Pattie w/Built-in BBQ Sauce, AdvancePierre Foods, 3734, MMA - SR105298 (1 patty)Contains Milk, Wheat, Soy.	160.00	6.00	2.00	0.00	40.00	430.00	3.00	1.00	2.00	13.00	1.08	20.00	300.00	1.20	(M)	(M)
Meat, Pork Roast TVASD, MMA - SR104750 (2 oz.)	207.90	13.47	4.94	0.00(M)	72.90	175.09	0.00	0.00	0.00(M)	20.52	0.79	10.88	8.10	0.27	0.00(M)	0.33(M)
Meat, Pork Sausage Patties, Fully Cooked, 2 oz, Sara Lee, MMA - SR105297 (1 patty)	270.00	26.00	9.00	0.00	45.00	520.00	1.00	0.00	0.00	7.00	0.36	20.00	100.00	0.00	0.00	0.00
Meat, Tuna, Chunk Light, BenZ, MMA - SR105353 (1/4 c.)	60.00	0.50	0.00	0.00	25.00	180.00	0.00	0.00	0.00	13.00	0.72	0.00	0.00	0.00	(M)	(M)
Meat, Turkey Franks, Kitchen Essentials, 143545, MMA - SR105005 (1 frankfurter)	150.00	12.00	3.00	0.50	50.00	710.00	3.00	0.00	3.00	7.00	1.08	80.00	0.00	0.00	(M)	(M)
Meat, Turkey Roast TVASD, MMA - SR104953 (2 oz.)	151.41	5.89	1.71	0.00(M)	86.91	215.47	0.06	0.00	0.00(M)	22.68	0.87	11.30	30.85	0.00	0.00(M)	0.35(M)
Meat, Wonder Bites Beef Dipper w/Teriyaki, AdvancePierre Foods, 3827, MMA - SR104982 (4 pieces)Contains Wheat, Soy.	150.00	8.00	3.50	0.00	35.00	420.00	6.00	1.00	4.00	12.00	1.80	20.00	100.00	0.00	(M)	(M)
Meatball, Beef & Chicken, .FC, .5 oz, AdvancePierre Foods, 77-605 -7, MMA - SR101344 (3 ounces)	250.00	20.00	8.00	0.00	50.00	260.00	5.00	1.00	2.00	13.00	1.44	40.00	100.00	2.40	(M)	(M)
Meatball, Casa Cooked 1 oz Meatball, Farm Rich, 55 - SR102870 (2 ounces)	120.00	6.00	2.50	(M)	35.00	450.00	3.00	0.00	0.00	14.00	2.34	20.00	200.00	3.60	(M)	(M)
Meatball, Casa Cooked, .50 oz, Farm Rich, 55682, M - SR104148 (1 Serving (4 Pieces = 2 oz MMA))Contains Milk, Wheat, Soy.	119.96	6.00	2.50	(M)	34.99	449.84	3.00	0.00	0.00	13.99	2.34	19.99	199.93	3.60	(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)
Meatball, Mild Italian Meatballs, Devault Mrs. DiF - SR102342 (6 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	240.00	18.00	7.00	0.00	45.00	600.00	5.00	0.99	1.00	13.00	1.44	40.00	100.00	0.00	(M)	(M)
Meatballs, Beef Reduced Sodium, American Foods Gro - SR100302 (5 MEATBALL)Contains Milk, Wheat, Soy, Gluten.	95.00	4.27	1.63	0.00	30.68	123.03	2.83	0.24	1.63	9.92	1.06	15.59	61.04	0.35	(M)	(M)
Meatballs, Italian Style Meatbals .5 oz Soy added, Tyson Foods, Inc., 7356-328, MMA - SR102517 (6 ea.)Contains Milk, Egg, Wheat, Soy.	170.00	9.00	3.00	0.00	40.00	490.00	5.00	2.00	1.00	16.00	2.70	60.00	0.00	0.00	(M)	(M)
Meatballs, Northern Style, Pre-Cooked, Flame Broiled Chicken & Beef, Maid-Rite, 290-350 MMA - SR105026 (6 ea.)Contains Wheat.	200.00	12.00	4.50	(M)	45.00	650.00	8.00	1.00	1.00	14.00	(M)	(M)	(M)	(M)	(M)	(M)
Meatloaf, Sliced, Cooked, 2.6 oz, Maid-Rite Steak - SR103013 (1 slice)Contains Milk, Egg, Wheat, Soy.	130.00	7.00	3.00	0.00	30.00	240.00	5.00	1.00	1.00	12.00	1.44	20.00	0.00	1.20	(M)	(M)
Melons, cantaloupe, raw - SR105203 (1 cup, cubes)	54.40	0.30	0.08	(M)	0.00	25.60	13.06	1.44	(M)	1.34	0.34	14.40	5411.20	58.72	144.24	1.04
Melons, honeydew, raw - SR105204 (1 cup, diced (approx 20 pieces per cup))	61.20	0.24	0.07	(M)	0.00	30.60	15.45	1.36	13.80	0.92	0.29	10.20	85.00	30.60	152.69	0.70
Mexican Lasagna, MMA, WG, Veg-O, Veg-RO, Veg-BP - SR105069 (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 Variety, High School, MILK - SR103536 (1 Carton)Contains Milk.	132.22	0.14	0.08	0.00	5.55	183.89	24.39	0.00	22.44	8.06	0.24	300.00	500.00	2.40	(M)	(M)
Milk Variety, Redbank Valley 3-6, Breakfast, Milk - SR104434 (1 Carton)Contains Milk.	125.71	0.41	0.24	0.00	5.81	186.82	21.93	0.00	20.12	8.00	0.29	300.00	500.00	1.43	(M)	(M)
Milk Variety, Redbank Valley 3-6, Lunch, Milk - SR104433 (1 Carton)Contains Milk.	125.65	0.44	0.26	0.00	5.87	186.30	21.85	0.00	20.04	8.00	0.29	300.00	500.00	1.44	(M)	(M)
Milk Variety, Redbank Valley 7-12, Breakfast, Milk - SR104430 (1 Carton)Contains Milk.	138.69	0.23	0.14	0.00	5.89	202.62	24.79	0.00	22.82	8.67	0.32	325.23	542.06	1.42	(M)	(M)
Milk Variety, Redbank Valley 7-12, Lunch, Milk - SR104427 (1 Carton)Contains Milk.	127.43	0.22	0.13	0.00	5.44	186.94	22.74	0.00	20.92	8.00	0.30	300.00	500.00	1.33	(M)	(M)
Milk Variety, Redbank Valley K-2, Breakfast, Milk - SR104431 (1 Carton)Contains Milk.	126.78	0.29	0.17	0.00	5.58	190.34	22.48	0.00	20.62	8.00	0.31	300.00	500.00	1.37	(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)
Milk Variety, Redbank Valley K-2, Lunch, Milk - SR104432 (1 Carton)Contains Milk.	128.09	0.17	0.10	0.00	5.34	194.29	23.10	0.00	21.18	8.00	0.33	300.00	500.00	1.30	(M)	(M)
Milk, Fat Free Chocolate Milk, Half Pint, WAWA, - SR101155 (1 cup serving)Contains Milk.	130.00	0.00	0.00	0.00	0.00	190.00	24.00	0.00	22.00	8.00	0.36	300.00	500.00	0.00	(M)	(M)
Milk, Fat Free, Unflavored, Lehigh Valley Dairy, - SR101512 (8 fl. oz.)Contains Milk.	90.00	0.00	0.00	0.00	0.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.00	(M)	(M)
Milk, 1% Low Fat, Unflavored, Half Pint, Galliker - SR100321 (1 Carton)Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	9.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Lowfat Milk, Half Pint, Colteryahn Dairy, - SR101150 (1 Carton)	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Lowfat Milk, Milk - SR100974 (1 Carton)Contains Milk.	100.00	2.50	1.50	0.00	12.00	110.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	0.00	(M)	(M)
Milk, 1% Lowfat, Cream O Land Dairy, Milk - SR104496 (8 fl. oz.)Contains Milk.	100.00	2.50	1.50	0.00	15.00	125.00	11.00	0.00	11.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Low-fat, Li'l Moos, United Dairy,MILK - SR103466 (1 Box)Contains Milk.	110.00	2.50	1.50	0.00	15.00	125.00	13.00	0.00	12.00	9.00	(M)	250.00	500.00	2.40	(M)	(M)
Milk, 1% Lowfat, Plain Milk, White, Sharpsville, Dean, Milk - SR102304 (8 fl. oz.)Contains Milk.	110.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Lowfat, Plain, Ritchey's, MILK - SR106573 (1 Carton) Contains Milk.	110.00	2.50	1.00	0.00	15.00	125.00	13.00	0.00	13.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Lowfat, Schneiders, MILK - SR103357 (1 serving 1 cup (8 fl oz))Contains Milk.	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% Milk, Lactaid, Milk - SR100512 (1 c.)	110.00	2.50	1.50	0.00	10.00	125.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	0.00	(M)	(M)
Milk, 1% White Milk. Lenkerbrooke Farm, MILK - SR102346 (8 fl. oz.)Contains Milk.	105.00	2.50	1.50	(M)	10.00	125.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, 1% White, Hood, Milk - SR104725 (1 c.)Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, 1% White, Wawa, MILK - SR101382 (1 Carton)Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, 1%, Lowfat, Plain, Swiss Premium, MILK - SR101510 (8 fl. oz.)Contains Milk.	110.00	2.50	1.50	(M)	10.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(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)
Milk, 1%, Rosenbergers, Milk - SR101986 (1 Cup (8 oz ladle))	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Chocolate Fat Free, Guers, Milk - SR100985 (1 cup serving) Contains Milk.	140.00	0.00	0.00	0.00	5.00	180.00	25.00	0.00	25.00	8.00	0.36	300.00	500.00	1.20	(M)	(M)
Milk, Chocolate Fat Free, Hood, Milk - SR104724 (1 c.)Contains Milk.	130.00	0.00	0.00	0.00	4.99	240.00	24.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Chocolate Fat Free, Ritchey's, MILK - SR106574 (1 Carton)Contains Milk.	130.00	0.00	0.00	0.00	5.00	190.00	24.00	1.00	22.00	9.00	0.00	250.00	500.00	1.20	(M)	(M)
Milk, Chocolate Nonfat, Reduced Calorie, Cane Sugar, Half Pint, Colteryahn Dairy, MILK - SR101146 (1 Carton)Contains Milk.	150.00	0.00	0.00	0.00	5.00	220.00	27.00	0.00	27.00	10.00	0.36	350.00	500.00	1.20	(M)	(M)
Milk, Chocolate or Vanilla, Fat Free, Scheinder's, - SR101622 (1 cup serving)Contains Milk.	130.00	0.00	0.00	0.00	0.00	120.00	24.00	0.00	22.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Chocolate, Fat Free, Clover Farms, MILK - SR103509 (1 Carton)Contains Milk.	130.00	0.00	0.00	0.00	5.00	170.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Chocolate, Fat Free, Dean, MILK - SR102755 (8 fl. oz.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	200.00	24.00	0.00	22.00	8.00	0.36	300.00	500.00	1.20	(M)	(M)
Milk, Chocolate, Fat Free, Half Pint , Galliker's, - SR100322 (1 Carton)Contains Milk.	130.00	0.00	0.00	0.00	4.99	210.00	24.00	0.00	22.00	8.00	0.36	300.00	500.00	2.40	(M)	(M)
Milk, Chocolate, Fat Free, Turner Dairy, Milk - SR100184 (1 cup serving)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, Chocolate, Fat Free, Vale Wood Farms, MILK - SR101264 (1 ea.)Contains Milk.	140.00	0.00	0.00	0.00	5.00	220.00	26.00	1.00	23.00	9.00	0.36	250.00	500.00	1.20	(M)	(M)
Milk, Chocolate, Nonfat, United Dairy Inc, MILK - SR103359 (1 cup 8 fl oz)Contains Milk.	130.00	0.00	0.00	0.00	0.00	210.00	24.00	0.00	23.00	8.00	0.00	250.00	500.00	1.20	(M)	(M)
Milk, Chocolate, Skim/FF, Rosenbergers, Milk - SR101984 (1 Cup (8 oz ladle))	130.00	0.00	0.00	0.00	0.00	240.00	24.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Dry Milk, Non-Fat, Milk - SR102629 (1/3 cup, dry)Contains Milk.	80.00	0.00	0.00	0.00	5.00	125.00	12.00	0.00	12.00	8.00	(M)	(M)	(M)	(M)	(M)	(M)
Milk, Fat Free Chocolate Milk, Harrisburg Dairies, Milk - SR102023 (1 Carton)Contains Milk.	140.00	0.00	0.00	0.00	5.00	230.00	26.00	0.00	23.00	9.00	0.36	250.00	500.00	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)
Milk, Fat Free Chocolate Milk, Milk - SR100975 (1 Carton) Contains Milk.	120.00	0.00	0.00	0.00	5.00	180.00	21.00	0.00	20.00	8.00	1.08	300.00	500.00	0.00	(M)	(M)
Milk, Fat Free Chocolate, Cream O Land Dairy, Milk - SR102844 (8 fl. oz.)	130.00	0.00	0.00	0.00	5.00	190.00	24.00	0.00	22.00	8.00	0.36	300.00	500.00	0.00	(M)	(M)
Milk, Fat Free Chocolate, TruMoo, Dean, MILK - SR101513 (8 fl. oz.)Contains Milk.	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Fat Free Cookies & Cream, Harrisburg Dairies, Milk - SR102025 (1 Carton)Contains Milk.	130.00	0.00	0.00	0.00	5.00	180.00	25.00	0.00	23.00	8.00	3.60	300.00	500.00	0.00	(M)	(M)
Milk, Fat Free Milk, Half Pint, Lactaid, MILK - SR100324 (1 Carton)Contains Milk.	80.00	0.00	0.00	0.00	4.99	125.00	13.00	0.00	12.00	8.00	0.00	500.00	500.00	0.00	(M)	(M)
Milk, Fat Free Milk, Harrisburg Dairies, Milk - SR102030 (1 Carton)Contains Milk.	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	13.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Fat Free Milk, Milk - SR100977 (1 Carton)Contains Milk.	90.00	0.00	0.00	0.00	5.00	105.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	0.00	(M)	(M)
Milk, Fat Free Milk, Swiss Premium, MILK - SR104161 (1 Carton)Contains Milk.	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Fat Free Skim Milk, Half Pint, Schneider's, - SR100657 (1 cup serving)	80.00	0.00	0.00	0.00	4.99	130.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Fat Free Skim, Ritchey's, MILK - SR106575 (1 Carton) Contains Milk.	90.00	0.00	0.00	0.00	5.00	130.00	11.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Fat Free Strawberry Milk, Harrisburg Dairies, Milk - SR102029 (1 Carton)Contains Milk.	130.00	0.00	0.00	0.00	5.00	110.00	24.00	0.00	23.00	8.00	0.00	300.00	500.00	0.00	(M)	(M)
Milk, Fat Free Strawberry Milk, WAWA, MILK - SR103571 (1 Carton)Contains Milk.	120.00	0.00	0.00	0.00	5.00	105.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	0.00	(M)	(M)
Milk, Fat Free Strawberry, Ritchey's, MILK - SR106572 (1 Carton)Contains Milk.	120.00	0.00	0.00	0.00	5.00	110.00	23.00	0.00	22.00	8.00	0.00	300.00	500.00	0.00	(M)	(M)
Milk, Fat Free Vanilla, Ritchey's, MILK - SR106576 (1 Carton) Contains Milk.	120.00	0.00	0.00	0.00	5.00	100.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	0.00	(M)	(M)
Milk, Fat Free, Chocolate, Half Pint, Hy-Point Far - SR103456 (8 fl. oz.)Contains Milk.	130.00	0.00	0.00	0.00	5.00	130.00	23.00	0.00	22.00	8.00	0.00	300.00	500.00	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)
Milk, Fat Free, regular, 8 oz., Clover Farms, MILK - SR103524 (1 c.)Contains Milk.	90.00	0.00	0.00	0.00	5.00	130.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Fat Free, Scheinder's Dairy, MILK - SR103360 (1 cup 8 fl oz) Contains Milk.	80.00	0.00	0.00	0.00	4.99	130.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Fat Free, Strawberry, TruMoo, Dean, MILK - SR101511 (8 fl. oz.)Contains Milk.	160.00	0.00	1.50	0.00	15.00	125.00	22.00	0.00	21.00	11.00	0.00	400.00	1750.00	1.20	(M)	(M)
Milk, Fat Free, Unflavored, 8 oz, Pocono Mt Dairie - SR102830 (1 Container)Contains Milk.	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Fat Free, Vanilla, TruMoo, Dean, MILK - SR102348 (8 fl. oz.)Contains Milk.	150.00	2.50	1.50	0.00	15.00	160.00	22.00	0.00	21.00	11.00	0.00	400.00	500.00	0.00	(M)	(M)
Milk, Fat Free, White Skim Milk, Vale Wood Farms - SR101262 (1 ea.)Contains Milk.	90.00	0.00	0.00	0.00	4.99	125.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Fortified Fat Free, Pride of the Farm, MILK - SR104109 (1 c.)Contains Milk.	90.00	0.00	0.00	0.00	5.00	125.00	11.00	0.00	11.00	9.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Light Milk Super Cool Milk 1% Milk, Schneide - SR100659 (1 cup serving)	100.00	2.50	1.50	0.00	10.00	125.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Low Fat 1%, Unflavored, Half Pint, Hy-Point - SR103455 (8 fl. oz.)Contains Milk.	100.00	3.00	2.00	(M)	10.00	125.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Low Fat, 1 %, Garelick Farms of Lynn, 4089 - SR106791 (1 c.)	110.00	2.50	1.50	0.00	0.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Lowfat 1% Milk, Harrisburg Dairies, Milk - SR102034 (1 Carton)Contains Milk.	110.00	2.50	1.50	0.00	15.00	180.00	13.00	0.00	13.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Lowfat 1%, Farmer's Cooperative Dairy, 33355 - SR104509 (1 c.)Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Lowfat 1%, Lehigh Valley, Milk - SR102275 (1/2 pt.) Contains Milk.	110.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Lowfat Milk, 1% Milkfat, Pride of the Farm, - SR104110 (1 c.)Contains Milk.	100.00	2.50	1.50	0.00	10.00	125.00	11.00	0.00	11.00	8.00	0.00	300.00	400.00	2.40	(M)	(M)
Milk, Low-Fat, 1%, Unflavored, 1/2 Pint, Pocono Mt - SR102827 (1 Container)Contains Milk.	110.00	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Lowfat, Fluid, 1% Milkfat, Half Pint, Clover - SR103508 (1 c.)Contains Milk.	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	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)
Milk, Lunch Variety, 6-8, TVASD, Milk - SR104969 (1 Carton) Contains Milk.	126.32	0.40	0.24	0.00	6.60	185.86	22.10	0.00	20.28	8.17	0.26	300.00	500.00	2.40	(M)	(M)
Milk, Lunch Variety, 9-12, TVASD, Milk - SR104970 (1 Carton)Contains Milk.	126.47	0.29	0.18	0.00	6.17	178.38	22.38	0.00	20.53	8.15	0.23	300.00	500.00	2.40	(M)	(M)
Milk, Lunch Variety, K-5, TVASD, Milk - SR104968 (1 Carton) Contains Milk.	127.28	0.30	0.18	0.00	6.19	176.72	22.59	0.00	20.72	8.13	0.22	300.00	500.00	2.40	(M)	(M)
Milk, Milk Variety, 6586 Servings, MILK - SR102464 (8 fl. oz.) Contains Milk.	122.14	0.31	0.27	0.00(M)	6.54	177.06	19.49	0.00	17.83	9.16	0.00	313.07	580.85	1.25	(M)	(M)
Milk, Milk Variety, MILK - SR100230 (1 Carton)Contains Milk.	127.40	0.25	0.15	0.00	5.99	186.50	22.84	0.00	21.00	8.14	0.25	304.00	500.00	2.35	(M)	(M)
Milk, Milk, Variety, 133/8 oz Servings, Milk - SR102643 (8 fl. oz.)Contains Milk.	125.64	0.23	0.14	0.00	5.89	158.12	22.35	0.00	20.54	8.20	0.14	300.00	500.00	2.40	(M)	(M)
Milk, Milk, Variety, 161/8 oz Servings, Milk - SR102642 (8 fl. oz.)Contains Milk.	127.39	0.16	0.09	0.00	5.61	163.66	22.96	0.00	21.07	8.11	0.17	300.00	500.00	2.40	(M)	(M)
Milk, Nonfat, Chocolate, 8 oz, MILK - SR100555 (1 c.)	150.00	0.00	0.00	0.00	5.00	220.00	27.00	0.00	27.00	10.00	0.36	350.00	500.00	1.20	(M)	(M)
Milk, Nonfat, Strawberry, MILK - SR100310 (1 c.)	150.00	0.00	0.00	0.00	5.00	150.00	27.00	0.00	27.00	10.00	0.00	350.00	500.00	1.20	(M)	(M)
Milk, Orange Cream Fat Free Milk, Milk - SR104593 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	0.00	120.00	24.00	0.00	22.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Pearl Creamy Vanilla Organic Soymilk, Kikkom - SR101523 (1 cup serving)	110.00	3.50	0.50	0.00	0.00	90.00	11.00	0.00	10.00	7.00	1.44	300.00	1000.00	0.00	(M)	(M)
Milk, Plain, White, Fat Free, Half Pint, Colteryahn Dairy, MILK - SR101154 (1 Carton)Contains Milk.	90.00	0.00	0.00	0.00	5.00	130.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Schneider's Skinny Mini's Fat Free Chocolate - SR100273 (1 cup serving)	119.37	0.00	0.00	0.00	0.00	110.19	22.04	0.00	20.20	7.35	0.00	275.47	459.11	2.20	(M)	(M)
Milk, Schneider's Skinny Mini's Fat Free Strawberr - SR101158 (1 cup serving)	130.00	0.00	0.00	0.00	0.00	120.00	24.00	0.00	22.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Schneider's Skinny Mini's Fat Free Vanilla M - SR101156 (1 cup serving)	130.00	0.00	0.00	0.00	0.00	120.00	24.00	0.00	22.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Skim Fat Free, Cream O Land Dairy, Milk - SR104498 (8 fl. oz.)Contains Milk.	90.00	0.00	0.00	0.00	5.00	125.00	11.00	0.00	11.00	8.00	0.00	300.00	500.00	2.40	(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)
Milk, Skim Flavored, Skim White, 1%, MILK - SR103436 (8 fl. oz.) Contains Milk.	14.23	0.04	0.03	0.00	0.20	22.36	2.50	0.00	2.41	0.93	0.00	30.09	57.86	0.17	(M)	(M)
Milk, Skim Milk, White, FF, Lenkerbrooke Farm - SR102347 (8 fl. oz.)Contains Milk.	90.00	0.50	0.00	(M)	4.99	125.00	13.00	0.00	13.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Skim, Balford, MILK - SR104196 (1 c.)	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Skim, Guers, Milk - SR100989 (1 cup serving) Contains Milk.	90.00	0.00	0.00	0.00	4.99	125.00	13.00	0.00	13.00	8.00	0.00	250.00	300.00	3.60	(M)	(M)
Milk, Skim, Rosenberger's Dairies - SR100661 (1 cup serving) Contains Milk.	90.00	0.00	0.00	0.00	4.99	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Strawberry Fat Free Milk, Dean, Milk - SR102754 (8 fl. oz.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Strawberry Fat Free, Cream O Land Dairy, Mil - SR102846 (8 fl. oz.)	120.00	0.00	0.00	0.00	5.00	105.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	0.00	(M)	(M)
Milk, Strawberry Flavored Nonfat, Reduced Calorie, Cane Sugar, Half Pint, Colteryahn Dairy, MILK - SR101166 (1 Carton)Contains Milk.	150.00	0.00	0.00	0.00	5.00	150.00	27.00	0.00	27.00	10.00	0.00	350.00	500.00	1.20	(M)	(M)
Milk, Strawberry Flavored, Fat Free, Turners Dairy - SR100538 (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, Strawberry, Fat Free, Clover Farms, MILK - SR103510 (1 Carton)Contains Milk.	130.00	0.00	0.00	0.00	5.00	140.00	26.00	0.00	25.00	8.00	0.00	300.00	500.00	0.00	(M)	(M)
Milk, Strawberry, Fat Free, Guers, Milk - SR103683 (1 cup 8 fl oz)Contains Milk.	130.00	0.00	0.00	0.00	5.00	110.00	25.00	0.00	25.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Strawberry, Fat Free, Half Pint, Galliker's, - SR100319 (1 Carton)Contains Milk.	150.00	0.00	0.00	0.00	4.99	140.00	30.00	0.00	28.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Strawberry, Fat Free, Vale Wood Farms, MILK - SR101959 (1 serving 1 cup)Contains Milk.	130.00	0.00	0.00	0.00	0.00	135.00	23.00	0.00	23.00	8.00	0.00	300.00	500.00	3.60	(M)	(M)
Milk, Strawberry, Fat Free, Wawa, MILK - SR101364 (1 Carton)Contains Milk.	120.00	0.00	0.00	0.00	5.00	105.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	0.00	(M)	(M)
Milk, Strawberry, Non-fat, United Dairy,MILK - SR103465 (1 Box) Contains Milk.	130.00	0.00	0.00	0.00	10.00	90.00	23.00	0.00	22.00	7.00	(M)	250.00	500.00	0.00	(M)	(M)
Milk, Unflavored, 1% Low Fat, Turners Dairy, Milk - SR100873 (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)

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)
Milk, Unflavored, Fat Free, Half Pint, Galliker's, - SR100323 (1 Carton)Contains Milk.	90.00	0.00	0.00	0.00	4.99	130.00	13.00	0.00	12.00	9.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Unflavored, Fat Free, Skim, Turners Dairy, M - SR100872 (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, Union Milk Variety, MILK - SR102520 (8 Ounce serving) Contains Milk.	106.46	0.58	0.35	0.00	5.79	135.39	16.89	0.00	15.74	7.41	0.08	277.71	462.86	1.67	(M)	(M)
Milk, UP Milk Variety WAWA, Milk - SR102297 (1 cup serving) Contains Milk.	123.00	0.38	0.23	0.00	3.50	161.00	21.40	0.00	20.00	8.20	0.22	300.00	500.00	0.48	(M)	(M)
Milk, Vanilla FF, Fat Free Guers, MILK - SR100990 (1 cup serving)	140.00	0.00	0.00	0.00	5.00	110.00	25.00	0.00	25.00	8.00	0.36	300.00	500.00	1.20	(M)	(M)
Milk, Vanilla Flavored Nonfat, Reduced Calorie, Cane Sugar, Half Pint, Colteryahn Dairy, MILK - SR101148 (1 Carton)Contains Milk.	150.00	0.00	0.00	0.00	5.00	150.00	26.00	0.00	26.00	10.00	0.00	350.00	500.00	1.20	(M)	(M)
Milk, Vanilla Flavored, Fat Free, Turners Dairy, M - SR100539 (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)
Milk, Vanilla Shake, Non-Fat, Li'l Moos, United Da - SR103469 (1 Box)Contains Milk.	150.00	0.00	0.00	0.00	5.00	120.00	27.00	0.00	25.00	8.00	(M)	250.00	500.00	2.40	(M)	(M)
Milk, Vanilla, Fat Free, Clover Farms, MILK - SR104947 (1 Carton)Contains Milk.	132.17	0.00	0.00	0.00	5.08	127.08	23.38	0.00	22.37	8.13	0.00	305.00	508.33	1.22	(M)	(M)
Milk, Vanilla, Fat Free, Dean, MILK - SR104423 (1 Carton)	110.00	0.00	0.00	0.00	5.00	125.00	19.00	0.00	18.00	8.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk, Vanilla, Fat Free, Half Pint, Galliker's, MI - SR100311 (1 Carton)Contains Milk.	130.00	0.00	0.00	0.00	4.99	120.00	24.00	0.00	22.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Variety, 8 oz, MILK - SR103738 (1 Carton)Contains Milk.	127.50	0.00	0.00	0.00	0.50	182.50	23.35	0.00	21.50	8.05	0.32	297.50	500.00	0.06	(M)	(M)
Milk, Variety, Elementary School, MILK - SR103577 (1 Carton) Contains Milk.	129.13	0.33	0.20	0.00	6.30	185.65	23.09	0.00	21.22	8.13	0.25	300.00	500.00	2.40	(M)	(M)
Milk, Variety, Elementary, Breakfast Wed, Galliker - SR102212 (8 ounces)Contains Milk.	103.33	1.67	1.00	0.00	11.66	130.00	13.00	0.00	12.00	9.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Variety, Elementary, Breakfast, Galliker's, - SR102214 (8 ounces)Contains Milk.	121.11	0.56	0.33	0.00	7.21	183.33	20.33	0.00	18.67	8.33	0.24	300.00	500.00	2.40	(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)
Milk, Variety, Elementary, Lunch, Galliker's, MILK - SR102215 (8 ounces)Contains Milk.	127.73	0.26	0.15	0.00	6.01	188.52	22.85	0.00	21.00	8.15	0.26	300.00	500.00	2.40	(M)	(M)
Milk, Variety, HS Lunch, MILK - SR102207 (8 ounces)Contains Milk.	128.00	0.21	0.13	0.00	5.85	194.71	23.01	0.00	21.14	8.13	0.29	300.00	500.00	2.40	(M)	(M)
Milk, Variety, HS/MS Breakfast, Galliker's, MILK - SR102211 (8 ounces)Contains Milk.	120.67	0.83	0.50	0.00	8.33	178.00	19.60	0.00	18.00	8.40	0.22	300.00	500.00	2.40	(M)	(M)
Milk, Variety, M-1, MILK - SR106355 (1 serv.)Contains Milk.	128.40	0.45	0.27	0.00	6.79	179.80	22.66	0.00	20.88	8.22	0.22	300.00	500.00	2.40	(M)	(M)
Milk, Variety, Milk - SR102967 (1/2 pt.)Contains Milk.	124.90	0.38	0.33	0.00	7.20	176.15	19.88	0.00	18.18	9.36	0.00	322.00	587.50	1.12	(M)	(M)
Milk, Variety, Milk-F - SR102007 (1 cup serving)	110.72	0.77	0.46	0.00	5.29	154.17	15.75	0.00	14.49	7.60	0.00	285.14	475.24	1.14	(M)	(M)
Milk, Variety, MS Lunch, Galliker's, MILK - SR102208 (8 ounces)Contains Milk.	127.14	0.12	0.07	0.00	5.47	191.91	23.00	0.00	21.14	8.14	0.27	300.00	500.00	2.40	(M)	(M)
Milk, Variety, MS/HS Breakfast Wed, Galliker's, MI - SR102210 (8 ounces)Contains Milk.	103.33	1.67	1.00	0.00	11.66	130.00	13.00	0.00	12.00	9.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Variety, Wawa, MILK - SR104470 (1 c.)Contains Milk.	110.00	0.83	0.50	0.00	6.67	148.33	16.67	0.00	15.33	8.67	0.12	283.33	500.00	0.80	(M)	(M)
Milk, White 1%, Guers, Milk - SR100987 (1 cup serving) Contains Milk.	100.00	2.50	1.50	0.00	15.00	120.00	12.00	0.00	12.00	9.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, White, Nonfat, 8 oz, Wawa, MILK - SR101360 (1 Carton) Contains Milk.	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	9.00	0.00	250.00	500.00	1.20	(M)	(M)
Milk, White, Unflavored, Fat Free, Skim, Dean, Sharpsville, MILK - SR102330 (1 c.)Contains Milk.	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Ybm Breakfast Milk, MILK - SR104151 (8 fl. oz.)Contains Milk.	95.00	1.25	0.75	0.00	7.50	125.00	11.00	0.00	11.00	8.50	0.00	300.00	450.00	2.40	(M)	(M)
Milk, Ybm Lunch Milk, MILK - SR104153 (8 fl. oz.)Contains Milk.	94.00	1.00	0.60	0.00	7.00	125.00	11.00	0.00	11.00	8.60	0.00	300.00	460.00	2.40	(M)	(M)
Mini Loaf, Apple Cinnamon Mini Loaf (56g), Super Bakery, 6035, Non-WG - SR105579 (1 piece)	190.00	7.00	1.50	0.00	10.00	210.00	30.00	0.00	15.00	2.00	1.08	0.00	0.00	0.00	(M)	(M)
Mini Loaf, Banana Mini Loaf (56g), Super Bakery, 6034, Non-WG - SR105578 (1 piece)	190.00	6.00	1.00	0.00	10.00	200.00	31.00	0.00	16.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Mini Loaf, Blueberry Mini Loaf (56g), Super Bakery, 6032, Non-WG - SR105576 (1 piece)	190.00	6.00	1.00	0.00	10.00	200.00	30.00	1.00	16.00	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)
Mini Loaf, Whole Grain Ultra Mini Loaf Apple Cinnamon (57g), Super Bakery, 6057, WGR - SR105638 (1 piece)	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, Whole Grain Ultra Mini Loaf Banana (57g), Super Bakery, 6056, WG - SR105637 (1 piece)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)
Mini Loaf, Whole Grain Ultra Mini Loaf Blueberry (57g), Super Bakery, 6055, WG - SR105635 (1 piece)Contains Milk, Egg, Wheat.	170.00	6.00	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, Whole Grain Ultra Mini Loaf Chocolate Chip (57g), Super Bakery, 6058, WG - SR105639 (1 piece)Contains Milk, Egg, Wheat.	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 - SR105575 (1 piece)Contains Milk, Egg, Wheat.	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)
Mini Loaf, Whole Grain Ultra Mini Loaf Very Berry (57g), Super Bakery, 6030, WG - SR105573 (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)
Mix, Gravy Brown TFF Shelf Stable, Monarch, 354539 - SR101716 (1 Tbsp.)	20.00	0.00	0.00	0.00	0.00	360.00	4.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	(M)	(M)
Mix, Tex-Pro Five Taco Filling Mix, Bernard, 20118 - SR102164 (1/3 Cup (Prepared))	100.00	4.00	2.00	0.00	20.00	290.00	5.00	1.50	0.00	12.00	24.00	27.00	0.00	0.00	(M)	(M)
Mixed Vegetables, 4-Way Mixed Vegetables (Carrots, - SR101815 (1 Cup Cooked, Drained Vegetable)	116.93	0.00	0.00	0.00	0.00	92.73	24.19	6.05	(M)	6.05	1.45	40.32	7055.86	18.14	(M)	(M)
Mix-up Cup, Veg-RO, Veg-O - SR105404 (1 portion)	19.77	0.23	0.03	(M)	0.00	5.09	4.14	1.29	2.78	0.97	0.31	13.16	771.12	13.28	113.84	0.56
Mozzarella Type Cheese - SR103326 (1 Ounce serving) Contains Milk.	90.00	6.00	3.50	0.00	15.00	220.00	1.00	0.00	0.00	7.00	0.00	200.00	100.00	0.00	(M)	(M)
Muffin, Apple Cinnamon Bulk Frozen, Otis Spunkmeyer LLC, 07145, Non-WG - SR101808 (1 muffin)Contains Egg, Wheat, Soy.	250.00	12.00	2.50	0.00	30.00	250.00	31.00	0.99	17.00	3.00	1.44	40.00	0.00	0.00	(M)	(M)
Muffin, Apple Cinnamon, Delicious Essentials, 2 oz, Otis Spunkmeyer, 10146, WGR - SR101682 (1 ea.)Contains Egg, Wheat, Soy.	170.00	5.00	2.00	0.00	35.00	120.00	28.00	2.00	15.00	3.00	1.08	40.00	100.00	2.40	(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)
Muffin, Apple Cinnamon, Delicious Essentials, 4 oz, Otis Spunkmeyer, 10150, WG - SR106840 (1 ea.)Contains Egg, Wheat, Soy.	350.00	11.00	3.50	0.00	75.00	240.00	57.00	4.00	30.00	6.00	1.80	60.00	100.00	4.80	(M)	(M)
Muffin, Apple Cinnamon, IW, Bake Crafters, 1354, N - SR102770 (1 piece)	313.88	12.15	2.02	(M)	8.93	384.75	44.64	1.01	24.30	3.57	8.10	4.05	0.00	0.00	(M)	(M)
Muffin, Apple Spice, Mighty Muffin, IW, Bake Crafters Foods Company, 314, Non-WG, F - SR106665 (1 ea.)Contains Milk, Egg, Wheat, Soy. Processed in a facility that also processes Tree nuts.	256.00	12.00	0.00	0.00	0.00	262.00	31.00	0.00	16.00	7.00	10.08	290.00	2700.00	134.40	(M)	(M)
Muffin, Banana Nut Muffin, Otis Spunkmeyer, 07105 - SR104054 (1 muffin)Contains Egg, Tree nuts, Wheat.	250.00	12.00	2.00	0.00	25.00	240.00	33.00	1.00	18.00	3.00	1.08	40.00	0.00	0.00	(M)	(M)
Muffin, Banana Nut, 4 oz, IW, Sara Lee, 08627, Non-WG - SR105928 (1 muffin)Contains Milk, Egg, Tree nuts, Wheat, Soy.	390.00	12.00	2.50	0.00	25.00	320.00	65.00	1.00	30.00	4.00	1.80	0.00	0.00	0.00	(M)	(M)
Muffin, Banana Whole Grain, 2 oz, IW, Sara Lee, 08861, WG - SR105926 (1 muffin)Contains Egg, Wheat, Soy.	170.00	5.00	1.00	0.00	15.00	150.00	28.00	0.00	17.00	3.00	1.08	0.00	0.00	0.00	(M)	(M)
Muffin, Banana, Delicious Essentials, 2 oz, Otis Spunkmeyer, 10144, WGR - SR106842 (1 ea.)Contains Egg, Wheat, Soy.	170.00	5.00	2.00	0.00	35.00	120.00	29.00	2.00	16.00	3.00	0.72	20.00	100.00	0.00	(M)	(M)
Muffin, Banana, Delicious Essentials, 4 oz, Otis Spunkmeyer, 10148, WG - SR102063 (1 ea.)Contains Egg, Wheat, Soy.	350.00	11.00	3.50	0.00	75.00	240.00	57.00	4.00	31.00	6.00	1.44	60.00	100.00	0.00	(M)	(M)
Muffin, Banana, IW, Bake Crafters, 1306, Non-WG - SR103005 (1 ea.)Contains Milk, Egg, Wheat, Soy, Gluten.	180.00	6.00	1.00	0.00	20.00	210.00	27.00	0.00	14.00	3.00	1.08	20.00	0.00	0.00	(M)	(M)
Muffin, Banana, Reduced Fat, Otis Spunkmeyer, 0370 - SR102267 (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, Berry Patch Blueberry Muffin, Non-WG - SR104539 (1 muffin)	180.99	5.68	0.62	0.00(M)	16.32	198.97	29.35	1.16	15.56(M)	3.32	1.36	61.35	38.76	1.40	32.17(M)	0.83(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)
Muffin, Blueberry, 2 oz, Sara Lee, 08860, WG - SR105925 (1 muffin)Contains Egg, Wheat, Soy.	200.00	7.00	1.50	0.00	15.00	140.00	32.00	2.00	16.00	2.00	1.08	0.00	0.00	0.00	(M)	(M)
Muffin, Blueberry, 2.125 oz, Sara Lee Foodservice, - SR104129 (1 muffin)Contains Milk, Egg, Wheat, Soy.	180.00	6.00	1.00	0.00	20.00	160.00	28.00	0.99	16.00	3.00	1.08	0.00	0.00	0.00	(M)	(M)
Muffin, Blueberry, 4 oz, IW, Sara Lee, 08625, Non-WGR - SR106014 (1 muffin)Contains Egg, Wheat, Soy.	370.00	10.00	2.00	0.00	35.00	370.00	62.00	0.99	29.00	4.00	1.80	20.00	0.00	0.00	(M)	(M)
Muffin, Blueberry, Whole Grain, RF, IW, 2 oz, Bake Crafters, 1201, WGR - SR106685 (1 ea.) Contains Milk, Egg, Wheat, Soy.	150.00	4.50	1.00	0.00	35.00	180.00	25.00	2.00	13.00	3.00	3.60	200.00	1000.00	1.20	(M)	(M)
Muffin, Bran 4 oz, IW, Sara Lee, 08626, Non-WGR - SR106407 (1 muffin)Contains Milk, Egg, Wheat, Soy.	490.00	21.00	3.50	0.00	40.00	500.00	61.00	2.00	26.00	7.00	1.80	40.00	0.00	0.00	(M)	(M)
Muffin, Cheese Streusel, 2 oz, IW, Sara Lee, 08668, Non-WG - SR106016 (1 muffin)Contains Milk, Egg, Wheat, Soy.	200.00	7.00	1.50	0.00	15.00	170.00	32.00	0.99	15.00	3.00	1.08	20.00	0.00	0.00	(M)	(M)
Muffin, Cheese Streusel, 4 oz, IW, Sara Lee, 8649, Non-WG - SR106015 (1 muffin)Contains Milk, Egg, Wheat, Soy.	510.00	25.00	6.00	0.00	60.00	440.00	61.00	1.00	33.00	8.00	2.70	40.00	300.00	0.00	(M)	(M)
Muffin, Cheese Streusel, 4 oz, Otis Spunkmeyer, 00200, Non-WG - SR102072 (1 ea.)Contains Milk, Egg, Wheat.	436.14	17.84	5.95	0.00	49.56	337.02	61.46	1.96	33.70	5.95	2.14	79.30	198.25	0.00	(M)	(M)
Muffin, Chocolate Chip, Smart Choice, 02670, WG - SR102860 (1 ea.)Contains Milk, Egg, Wheat, Soy.	170.00	6.00	1.50	0.00	35.00	180.00	27.00	2.00	14.00	3.00	4.50	200.00	1000.00	0.00	(M)	(M)
Muffin, Chocolate Chocolate Chip, Delicious Essentials, 2 oz, Otis Spunkmeyer, 10145, WG - SR101681 (1 ea.)Contains Egg, Wheat, Soy.	180.00	5.00	2.00	0.00	40.00	120.00	30.00	3.00	16.00	3.00	1.44	40.00	0.00	0.00	(M)	(M)
Muffin, Chocolate Chocolate Chip, Delicious Essentials, 2 oz, Otis Spunkmeyer, 10149, WG - SR106841 (1 ea.)Contains Egg, Wheat, Soy.	360.00	11.00	3.50	0.00	75.00	240.00	60.00	6.00	32.00	6.00	1.80	80.00	100.00	0.00	(M)	(M)
Muffin, Chocolate Chocolate Chip, Otis Spunkmeyer, 07120 - SR104052 (1 muffin)Contains Milk, Egg, Wheat, Soy, Gluten.	250.00	13.00	3.00	0.00	35.00	210.00	32.00	1.00	19.00	4.00	1.08	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)
Muffin, Corn Muffin Mix Prepared, General Mills, 11442000, Non-WG - SR104899 (1 muffin) Contains Milk, Egg, Wheat, Soy, Gluten.	191.52	6.05	1.01	0.00(M)	35.28	403.94	32.26	0.00(M)	13.10	3.02	1.09	20.91	0.00	0.00	24.86(M)	0.03(M)
Muffin, Double Chocolate Whole Grain, 2 oz, IW, Sara Lee, 08862, WG - SR105927 (1 muffin) Contains Milk, Egg, Wheat, Soy.	180.00	6.00	1.50	0.00	10.00	120.00	28.00	0.00	15.00	2.00	1.44	0.00	0.00	0.00	(M)	(M)
Muffin, Double Chocolate, 4 oz, IW, Sara Lee, 08654, Non-WG - SR106017 (1 muffin)Contains Milk, Egg, Wheat, Soy.	450.00	21.00	6.00	0.00	60.00	660.00	66.00	3.00	41.00	7.00	3.60	0.00	0.00	0.00	(M)	(M)
Muffin, English Muffin, Fork Split, Bake Crafters, - SR102607 (1 piece)Contains Wheat, Soy.	130.00	1.00	0.00	0.00	0.00	270.00	26.00	1.00	1.00	5.00	1.44	60.00	0.00	0.00	(M)	(M)
Muffin, English Sliced 3.5", Bake Crafters, 786, N - SR104643 (1 piece)Contains Wheat, Soy.	73.71	0.57	0.00	(M)	0.00	153.09	14.74	0.57	0.57	2.84	0.82	45.36	0.00	0.00	(M)	(M)
Muffin, Orange Dream, IW, 2 oz, Non-WG - SR104100 (1 piece) Contains Milk, Egg, Wheat, Soy. Processed in a facility that also processes Tree nuts.	179.05	6.96	1.00	(M)	24.87	208.90	26.86	0.00	13.93	2.98	1.07	19.89	0.00	0.00	(M)	(M)
Muffin, Pillsbury Mini Muffins Blueberry, General Mills, 31872, WG - SR104851 (1 ea.)Contains Milk, Egg, Soy.	150.00	5.00	1.00	0.00	15.00	100.00	24.00	1.00	9.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
Muffin, Pillsbury Mini Muffins Chocolate Chip, General Mills, 31873, WGR - SR104852 (1 ea.) Contains Milk, Egg, Wheat, Soy.	150.00	5.00	1.00	0.00	15.00	95.00	23.00	1.00	9.00	3.00	0.72	0.00	0.00	0.00	(M)	(M)
Muffin, Smart Choice Apple Cinnamon TOP, IW, Muffin Town, JSB Industries, 57666, WG - SR102893 (1 muffin)Contains Milk, Egg, Wheat, Soy.	170.00	6.00	1.00	0.00	30.00	120.00	28.00	2.00	13.00	3.00	0.72	20.00	100.00	0.00	(M)	(M)
Muffin, Smart Choice Banana TOP, IW, Muffin Town, JSB Industries, 57675, WG - SR100836 (1 ea.)Contains Milk, Egg, Wheat, Soy.	160.00	4.50	1.00	0.00	30.00	140.00	27.00	2.00	14.00	3.00	0.72	40.00	0.00	1.20	(M)	(M)
Muffin, Smart Choice Blueberry TOP, IW, Muffin Town, JSB Industries, 57661, WGR - SR100839 (1 ea.)Contains Milk, Egg, Wheat, Soy.	160.00	6.00	1.00	0.00	35.00	120.00	26.00	2.00	12.00	3.00	0.72	20.00	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)
Muffin, Smart Choice Chocolate Chip TOP, IW, Muffin Town, JSB Industries, 57670, WGR - SR100840 (1 ea.)Contains Milk, Egg, Wheat, Soy.	170.90	6.03	1.00	0.00	30.16	130.69	28.15	2.01	15.08	3.02	1.09	40.21	0.00	0.00	(M)	(M)
Muffin, Snack & Smile RF Apple Spice Muffin (51g), Super Bakery, 9041, Non-WG - SR105641 (1 piece)	170.00	3.50	0.50	0.00	10.00	190.00	32.00	1.00	18.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Muffin, Snack & Smile RF Banana Muffin (51g), Super Bakery, 9042, Non-WG - SR105642 (1 piece)	150.00	3.50	1.00	0.00	10.00	180.00	29.00	0.00	15.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Muffin, Snack & Smile RF Blueberry Muffin (51g), Super Bakery, 9040, Non-WG - SR105640 (1 piece)	160.00	3.50	1.00	0.00	10.00	190.00	29.00	0.00	15.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Muffin, Snack & Smile RF Corn Muffin (62g), Super Bakery. 9043, Non-WG - SR105643 (1 piece)	200.00	4.00	1.00	0.00	10.00	200.00	38.00	1.00	16.00	3.00	0.72	0.00	0.00	0.00	(M)	(M)
Muffin, Tropical Banana, Bake Crafters, 1353, Non - SR102773 (1 piece)	180.00	7.00	1.00	(M)	20.00	210.00	26.00	1.00	(M)	3.00	72.00	24.00	0.00	0.00	(M)	(M)
Muffin, Whole Grain English Muffin With Jelly, WG - SR106418 (1/2 muffin)	88.57	0.50	0.00	0.00(M)	0.00	32.50	19.43	0.50	3.57(M)	2.50	72.00	36.00	0.00	0.00	(M)	(M)
Muffin, Wild Blueberry Muffin, 2.25 oz, Otis Spunkmeyer, 07100, Non-WG - SR104055 (1 muffin)Contains Egg, Wheat, Soy.	220.00	9.00	2.00	0.00	30.00	270.00	32.00	1.00	19.00	3.00	1.08	40.00	0.00	0.00	(M)	(M)
Muffin, Wild Blueberry, Bake Crafters, 1343, Non-W - SR102070 (1 piece)Contains Milk, Egg, Wheat, Soy.	170.00	7.00	1.00	(M)	30.00	190.00	25.00	0.00	12.00	3.00	1.08	20.00	0.00	0.00	(M)	(M)
Muffin, Wild Blueberry, Delicious Essentials, 2 oz, Otis Spunkmeyer, 10143, WG - SR102266 (1 muffin)Contains Egg, Wheat, Soy.	170.00	5.00	2.00	0.00	40.00	120.00	29.00	2.00	15.00	3.00	1.08	20.00	0.00	0.00	(M)	(M)
Muffin, Wild Blueberry, Delicious Essentials, 4 oz, Otis Spunkmeyer, 10147, WG - SR102145 (1 ea.)Contains Egg, Wheat, Soy.	365.59	12.19	3.88	(M)	88.63	254.80	58.72	3.32	32.13	6.65	13.96	221.57	2769.61	0.00	(M)	(M)
Muffin, Wild Blueberry; Bake Crafters, Individually Wrapped; as served - SR105306 (1 piece)	170.00	7.00	1.00	(M)	25.00	200.00	25.00	0.00	(M)	3.00	72.00	24.00	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)
Muffins, Apple Cinnamon IW, Frozen, Bake Crafters, 1380, Non-WG - SR104766 (2 ounces) Contains Milk, Egg, Wheat, Soy. Processed in a facility that also processes Tree nuts.	160.00	6.00	1.00	0.00	20.00	190.00	25.00	0.00	12.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
Muffins, Banana, Whole Grain, Fort., IW, 4 oz, Bake Crafters, 1324, WGR - SR106896 (1 ea.) Contains Milk, Egg, Wheat, Soy.	310.00	9.00	2.00	0.00	60.00	380.00	53.00	3.00	27.00	6.00	4.50	250.00	1000.00	2.40	(M)	(M)
Muffins, Blueberry, Whole Grain, RF, Fortified, IW, Bake Crafters, 1211, WGR - SR106898 (1 ea.) Contains Milk, Egg, Wheat, Soy. Processed in a facility that also processes Tree nuts.	280.00	8.00	1.50	0.00	65.00	340.00	46.00	3.00	23.00	6.00	4.50	250.00	1000.00	1.20	(M)	(M)
Muffins, Chocolate Chocolate, Whole Grain, Fortified, IW, 4 oz, Bake Crafters, 1325, WGR - SR106897 (1 ea.)Contains Milk, Egg, Wheat, Soy.	300.00	10.00	2.50	0.00	60.00	320.00	48.00	3.00	24.00	7.00	6.30	250.00	1000.00	1.20	(M)	(M)
Muffins, Wild Blueberry, IW, 3.6 oz, Non-WG - SR104098 (1 muffin)Contains Milk, Egg, Wheat, Soy.	310.00	12.00	2.00	0.00	40.00	360.00	45.00	1.00	23.00	6.00	1.44	40.00	100.00	0.00	(M)	(M)
Mushrooms, canned, drained solids - SR105205 (1 c.)	39.00	0.45	0.06	(M)	0.00	663.00	7.94	3.74	3.65	2.92	1.23	17.16	0.00	0.00	142.09	2.61
Mushrooms, white, raw - SR105206 (1/2 cup slices)	7.70	0.12	0.02	(M)	0.00	1.75	1.14	0.35	(M)	1.08	0.18	1.05	0.00	0.74	32.36	0.30
Mustard, Classic Yellow Mustard - SR102204 (1 tsp.)	0.00	0.00	0.00	0.00	0.00	55.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Honey Mustard - SR101368 (2 tsp.)Contains Egg, Soy.	120.00	12.00	2.00	0.00	10.00	210.00	4.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Packet 5.5g, Heinz, 530600 - SR101139 (1 tsp or 1 packet)	0.00	0.00	0.00	0.00	0.00	70.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, prepared, yellow - SR104377 (1 c.)	166.83	9.98	0.62	0.03	0.00	2826.15	13.27	8.22	(M)	10.88	3.76	144.42	176.79	3.73	205.80	9.06
Mustard, SS Packet, Diamond Crystal Brands 5.5g, 7 - SR100708 (1 individual packet)	5.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mustard, Yellow, Dispenser Pouch, Heinz, 652000 - SR102847 (5 5/8 grams)	0.00	0.00	0.00	0.00	0.00	70.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Nachos and Cheese, 2 oz, MMA, WG - SR104113 (3 Tbsp.) Contains Wheat.	425.45	24.76	6.13	0.34(M)	15.60(M)	860.41	42.39	2.35	0.24(M)	12.00	1.00	291.88 (M)	1005.53	0.13(M)	26.91(M)	1.76(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)
Nachos and Cheese, D-72, MMA, WG, Veg-RO - SR106389 (1 serv.)Contains Milk.	556.45	27.90	7.40	0.00(M)	23.85	1636.01	57.99	7.05	4.00(M)	21.34	2.64	684.17	2346.38	24.14	69.45(M)	(M)
Nachos Grande, MMA, WG - SR100044 (1 ea.)	442.82	26.36	6.63	0.38(M)	39.17	582.88	39.58	3.03	0.06(M)	17.26	2.04	259.04	613.03	2.88	55.35(M)	1.79(M)
Nachos, Beef Nachos Grande, MMA, Non-WG, Veg-RO - SR102355 (1 ea.)	473.08	24.33	8.99	0.11(M)	51.92	805.91	43.00	4.54	0.45(M)	19.44	2.85	296.14	824.50	4.54	27.02(M)	1.47(M)
Nachos, Nacho/Cheese Lunch HS, WG, MMA - SR106235 (1 ea.) Contains Milk, Soy.	511.10	24.60	8.88	0.00(M)	35.69	837.79	58.13	2.02	6.16	17.64	0.81	274.91	48.76	0.91	89.59(M)	1.16(M)
Nachos, Nachos and Cheese With Soft Pretzel, #31E- - SR103628 (1 ea.)Contains Milk, Soy.	259.04	11.95	1.78	0.00	0.00	718.46	33.02	2.56	0.00	4.56	1.00	31.15	0.00	0.00	(M)	(M)
Nachos, Turkey Nachos - SR100199 (1 serv.)Contains Milk.	325.52	20.84	4.23	0.00(M)	37.53	966.45	24.52	1.01	1.49(M)	11.52	1.75	71.17	100.40	0.45	(M)	(M)
Nachos, With Seasoned Beef, MMA, Veg-RO, non-WG - SR103720 (1/2 c.)Contains Milk, Soy. Processed in a facility that also processes Peanuts.	557.92	27.90	10.61	0.00(M)	121.27	1197.02	33.66	3.73	3.12(M)	39.08	5.39	56.17	1281.60	9.65	34.38(M)	0.14(M)
Noodle, Chow Mein, La Choy/ U.S. Foodservice, 3509 - SR101509 (1 portion)Contains Wheat, Gluten.	130.00	5.00	0.50	(M)	0.00	240.00	19.00	2.00	0.00	3.00	(M)	(M)	(M)	(M)	(M)	(M)
Noodle, Minh Vegetable Lo Mein Kit, Frozen, Schwan Food Company, 56317, Non-WG, Veg-O - SR101733 (1 cup serving) Contains Egg, Wheat, Soy.	290.17	7.00	1.50	0.00	0.00	590.35	43.02	3.00	14.01	7.00	1.44	20.01	400.24	4.80	(M)	(M)
Noodles, Chow Mein, W/ Mixed Vegetables, Teriyaki Sauce, Green Dragon, Asian Food Solutions, 22101, Non-WG - SR104708 (4 ounces, dry) Contains Wheat, Soy.	170.00	1.50	0.00	0.00	0.00	290.00	35.00	2.00	10.00	4.00	1.44	20.00	3000.00	3.60	(M)	(M)
Noodles, egg, cooked, enriched - SR105207 (1 c.)	220.80	3.31	0.67	0.05	46.40	8.00	40.26	1.92	(M)	7.26	2.35	19.20	33.60	0.00	108.37	0.80
Noodles, Macaroni and Cheese, Frozen, Land O'Lakes, 43284, 1 Non-WG, 2 MMA - SR100594 (2/3 cup serving)	290.00	11.00	6.00	0.00	30.00	980.00	32.00	1.00	6.00	16.00	1.44	600.00	1000.00	0.00	(M)	(M)
Nuggets, Fish Nuggets with Goldfish Crackers, MMA, - SR101211 (1 ea.)Contains Milk, Fish, Wheat, Soy, Gluten.	310.00	11.00	2.00	0.00	50.00	440.00	35.00	1.00	1.00	18.00	1.80	20.00	100.00	0.00	(M)	(M)
Nuts, almonds, blanched - SR105208 (2 oz.)	334.53	29.78	2.24	(M)	0.00	10.77	10.59	5.61	(M)	12.13	1.86	133.81	3.97	0.00	2.56	1.65

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)
Nuts, Almonds, Blanched, MMA - SR104006 (1 oz.)	167.26	14.89	1.12	(M)	0.00	5.39	5.29	2.81	(M)	6.07	0.93	66.91	1.99	0.00	1.28	0.83
Nuts, walnuts, black, dried - SR105209 (1 oz.)	175.20	16.73	0.96	(M)	0.00	0.57	2.81	1.93	(M)	6.82	0.89	17.29	11.34	0.48	1.29	0.70
Oatmeal Chocolate Chip Bar, 1.2 oz, Appleway Foods, 70300, WG - SR105317 (1 Bar)Contains Milk, Egg, Wheat, Soy.	140.00	4.00	1.50	0.00	0.00	85.00	24.00	1.00	9.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Oatmeal, Hot Cereal, WG - SR102089 (3/4 cup serving)	124.38 (M)	1.56(M)	0.31(M)	0.00(M)	0.00(M)	0.00(M)	25.06(M)	2.50(M)	8.85(M)	3.12(M)	1.12(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)
Oatmeal, Oatmeal w/ Brown Sugar & Cinnamon , WG - SR101590 (4 ounces)	120.83	1.25	0.20	0.00(M)	0.00	4.88	24.69	2.27	11.01(M)	3.25	0.87	15.99	0.77	0.01	126.19 (M)	0.14(M)
Oatmeal, Oatmeal w/ Peaches, WG - SR101586 (4 ounces)	138.90	1.26	0.20	0.00(M)	0.00	6.55	29.56	2.71	15.44(M)	3.41	0.99	17.00	119.24	0.81	154.55 (M)	0.22(M)
Oats, Rolled Oats, Quaker, WG - SR101293 (1/2 cup, dry)	150.00	3.00	0.50	0.00	0.00	0.00	27.00	4.00	0.99	5.00	1.80	0.00	0.00	0.00	(M)	(M)
Oats, rolled, unenriched, quick cooking, cooked, no salt added [100466, B445] - SR105210 (1/2 c.)	74.00	1.17	0.19	0.00	0.00	1.00	12.64	2.00	(M)	3.04	0.80	9.00	0.00	0.00	(M)	(M)
Oil, Olive Oil - SR103235 (1 c.)	1909.44	216.00	29.82	(M)	0.00	4.32	0.00	0.00	(M)	0.00	1.21	2.16	0.00	0.00	0.00	0.00
Oil, Sesame, Salad or Cooking - SR104040 (1 c.)	1927.12	218.00	30.96	(M)	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Oil, Soybean Salad or Cooking 100%, Reinhart Foods - SR103495 (1 c.)	1927.12	218.00	31.39	(M)	0.00	0.00	0.00	0.00	(M)	0.00	0.04	0.00	0.00	0.00	0.00	0.00
Oil, Vegetable, Salad or Cooking - SR102252 (1 c.)	1927.12	218.00	56.46	(M)	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Okra, Pre-Cooked Oven Ready WG Breaded, Tasty Brands, 33500, WGR, Veg-O - SR106645 (17 piece)Contains Milk, Wheat, Soy.	170.00	7.00	1.00	0.00	0.00	220.00	24.00	4.00	2.00	3.00	1.08	40.00	0.00	1.20	(M)	(M)
Old Fashioned Hashbrown Patties - SR103282 (1 pattie)	130.00	8.00	1.00	0.00	0.00	250.00	17.00	1.00	0.00	1.00	0.36	0.00	0.00	1.20	(M)	(M)
Olives, ripe, canned (small-extra large) - SR105211 (1 c.)	154.56	14.35	1.90	(M)	0.00	987.84	8.41	4.30	0.00	1.13	4.43	118.27	541.63	1.21	107.51	3.00
Olives, Spanish Salad Olives, Hunter's, 72232-1514 - SR102585 (2 tsp.)	20.00	2.00	0.00	0.00	0.00	360.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Omelettes, Egg & Cheese Breakfast Wrap, Whole Gra - SR104184 (1 wrap)Contains Milk, Egg, Wheat, Soy, Gluten.	180.00	10.00	4.00	0.00	190.00	400.00	14.00	2.00	1.00	10.00	0.67	112.00	363.00	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)
Onion Ring, Moor-Ring Breaded, Moore's, McCain Foods, 40010017, Veg-O - SR106446 (5 pieces)Contains Milk, Egg, Wheat, Soy.	140.00	7.00	1.00	0.00	0.00	160.00	18.00	1.00	3.00	2.00	0.36	0.00	0.00	2.40	(M)	(M)
Onion Rings, Breaded and Fried, Frozen, Presentati - SR102154 (5 piece)	160.00	8.00	1.00	(M)	0.00	250.00	21.00	2.00	2.00	2.00	0.72	100.00	0.00	2.40	(M)	(M)
Onion Rings, Oven Ready Whole Grain Breaded, Tasty Brands, 33504, WGR, Veg-O - SR100797 (5 pieces)Contains Milk, Wheat, Soy.	200.00	8.00	1.50	0.00	0.00	230.00	28.00	3.00	5.00	3.00	1.08	100.00	0.00	2.40	(M)	(M)
Onions, dehydrated flakes, CND, 11284 - SR104855 (1/4 c.)	48.86	0.06	0.01	(M)	0.00	2.94	11.66	1.29	(M)	1.25	0.22	35.98	2.52	10.50	0.55	0.47
Onions, raw - SR105213 (1 cup, chopped)	64.00	0.16	0.07	(M)	0.00	6.40	14.94	2.72	6.78	1.76	0.34	36.80	3.20	11.84	142.58	0.56
Onions, spring or scallions (includes tops and bulb), raw - SR105214 (1 cup, chopped)	32.00	0.19	0.03	(M)	0.00	16.00	7.34	2.60	(M)	1.83	1.48	72.00	997.00	18.80	89.83	0.81
Orange, Section, Fruit - SR101873 (120 grams)	51.00	0.00	0.00	0.00	0.00	7.00	16.00	4.00	12.00	1.00	0.00	20.00	0.00	60.00	(M)	(M)
Oranges, raw, all commercial varieties - SR105217 (1 cup, sections)	84.60	0.22	0.04	(M)	0.00	0.00	21.15	4.32	16.83	1.69	0.18	72.00	405.00	95.76	156.15	0.79
Oranges; varieties include Navel, Valencia, Pineapple or Hamlin, raw [100283, A357] - SR105218 (1 piece)	62.00	0.16	0.03	0.00	0.00	0.00	15.39	3.10	(M)	1.23	0.13	51.99	295.00	69.70	(M)	(M)
Pancake, 4.25" Round Frozen, Ralcorp Frozen Bakery - SR101787 (104 5/8 grams) Contains Wheat, Soy.	240.00	5.00	0.00	0.00	10.00	530.00	47.00	1.00	10.00	5.00	2.70	40.00	100.00	0.00	(M)	(M)
Pancake, Buttermilk Pancake Mix, Non-WG - SR102618 (1 pancake)Contains Milk, Wheat, Soy.	100.00	1.50	0.00	0.50	0.00	330.00	19.00	0.99	4.00	3.00	1.08	20.00	0.00	0.00	(M)	(M)
Pancake, Mini Pancake, Maple Burst'n, Pillsbury, W - SR100160 (1 package 1 package)Contains Milk, Egg, Wheat.	170.00	5.00	0.50	0.00	5.00	200.00	30.00	2.00	10.00	4.00	0.72	40.00	0.00	0.00	(M)	(M)
Pancake, Mini, 2.25", Non-WG - SR100507 (4 pancakes)Contains Milk, Egg, Wheat, Soy.	80.00	1.00	0.00	0.00	0.00	200.00	15.00	1.00	3.00	2.00	1.44	20.00	1000.00	0.00	(M)	(M)
Pancake, Pancake Mix, Aunt Jemima, Pinnacle Food Service, 001960043571, Non-WG - SR103984 (3 pancakes)Contains Milk, Egg, Wheat, Soy.	220.00	4.00	0.50	0.00	25.00	470.00	39.00	2.00	7.00	6.00	1.80	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, Pillsbury Mini Pancakes Maple Burst'n, General Mills, 32259, WG - SR106372 (1 package 1 package)Contains Milk, Egg, Wheat.	230.00	7.00	1.00	0.00	10.00	270.00	40.00	3.00	14.00	5.00	0.72	60.00	0.00	0.00	(M)	(M)
Pancake, Whole Grain Strawberry Baked Frozen Mini - SR100822 (1 pouch)Contains Milk, Egg.	169.89	5.00	0.50	0.00	5.00	199.87	28.98	2.00	9.99	4.00	0.72	39.97	0.00	0.00	(M)	(M)
Pancakes and Syrup, Non-WG - SR101936 (2 pancakes)	306.81	7.04	1.29	0.00(M)	41.87	306.66	55.55	0.79	5.91(M)	5.24	1.66	159.92	60.99	0.18	76.60(M)	1.90(M)
Pancakes, Made with Whole Grain , Aunt Jemima, Pinnacle Food Service, 43582, WGR - SR105966 (3 pancakes)Contains Egg, Wheat, Soy.	230.00	6.00	1.00	0.00	10.00	330.00	41.00	3.00	5.00	5.00	1.80	0.00	0.00	0.00	(M)	(M)
Pancakes, Mini Maple Flavored, IW, Kellogg's, Eggo, 3800092562, WGR - SR106101 (1 pouch)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)
Pancakes, Minis Blueberry Flavored, Eggo, IW, Kellogg's, 49768, WG - SR106351 (1 pouch)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)
Pancakes, Non-WG, MMA - SR103556 (1 ea.)	125.77	5.30	1.41	0.00(M)	29.76	270.94	15.90	0.49	2.02(M)	3.36	0.98	8.04	43.20	0.00	30.95(M)	0.29(M)
Pancakes, Original, Fzn, Cooked, Pinnacle Foods Gr - SR103401 (3 piece)Contains Milk, Egg, Wheat, Soy.	220.00	4.00	0.50	0.00	25.00	470.00	39.00	2.00	7.00	6.00	1.80	40.00	0.00	0.00	(M)	(M)
Pancakes, Pancakes with Syrup, Non-WG - SR102083 (2 pancakes)Contains Wheat, Soy.	349.00	3.33	0.00	0.00	6.67	405.31	79.53	0.67	52.97	3.33	1.80	26.67	66.67	0.00	(M)	(M)
Pancakes, Pillsbury Mini Pancakes Strawberry Splash, General Mills, 32261, WG - SR100161 (1 package 1 package)Contains Milk, Egg, Wheat.	230.00	7.00	1.00	0.00	10.00	270.00	40.00	3.00	14.00	5.00	0.72	60.00	0.00	0.00	(M)	(M)
Pancakes, The Max Pancakes with Blueberry Glaze (IW), Frozen, ConAgra Foods, 94643 04443, WG - SR101874 (2 ea.) Contains Milk, Egg, Wheat, Soy.	190.11	4.00	1.00	0.00	10.01	270.16	35.02	2.00	11.01	4.00	1.44	100.06	0.00	0.00	(M)	(M)
Pancakes, The Max Pancakes with Cinnamon Glaze, ConAgra, 94643 04442, WG - SR101876 (2 ea.)Contains Milk, Egg, Wheat, Soy.	220.00	7.00	1.50	0.00	10.00	260.00	35.00	2.00	11.00	4.00	1.44	100.00	0.00	0.00	(M)	(M)

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CRANBERRY AREA SCHOOL DISTRICT

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Pancakes, Wheat Pancakes, WG - SR101599 (2 ounces)	325.38	10.90	1.98	0.00(M)	64.25	1592.97	49.68	6.90	8.57(M)	12.37	2.52	118.85	246.26	0.00	80.31(M)	3.14(M)
Panini, Chicken 2012-13, MMA, Veg-RO, Veg-DG, WG - SR106228 (1 sandwich)Contains Wheat, Soy, Gluten.	293.93	7.00	2.70	0.00(M)	57.67	473.07	30.43	2.90	3.35(M)	25.41	3.17	139.02	3859.98	99.35	90.03(M)	1.07(M)
Panini, Three Cheese 2012-13, MMA, WG - SR106229 (1 sandwich)Contains Wheat, Soy, Gluten.	306.36	13.34	8.57	0.00(M)	46.03	702.76	26.91	1.00	0.16(M)	17.36	2.03	727.41	918.09	0.00	15.85(M)	1.41(M)
Parsnip, raw - SR105442 (1 cup slices)	100.00	0.40	0.00	0.00	0.00	13.00	24.00	6.50	6.38	1.60	0.78	48.00	0.00	0.00	(M)	(M)
Pasta and Meatsauce, MMA, WG, Veg-RO - SR101738 (1 cup serving)Contains Wheat.	343.60	11.06	3.49	0.00(M)	51.64	317.47	38.39	5.78	4.00(M)	22.50	2.58	22.52	569.04	4.20	42.21(M)	0.44(M)
Pasta Bar, D-60, MMA, WG, Veg-RO - SR106390 (1 serv.) Contains Milk, Egg, Wheat, Soy.	416.18	14.69	4.59	0.00	38.35	1056.55	50.09	7.01	5.34(M)	23.26	3.89	95.02	233.10	1.44	(M)	(M)
Pasta with Turkey Meat Sauce, MMA, WG, Veg-RO - SR102886 (1 ea.)Contains Wheat, Soy, Gluten.	565.00	26.85	7.50	0.00	112.50	658.00	45.60	5.80	3.30	37.80	5.04	98.00	375.00	4.50	(M)	(M)
Pasta, American Macaroni and Cheese, MMA, WGR - SR106905 (1/2 c.)Contains Milk.	142.43	4.67	2.80	0.00(M)	13.66	411.14	19.63	2.00	0.65(M)	7.21	0.83	115.56	153.16	0.13	0.00(M)	0.83(M)
Pasta, American-Style Macaroni and Cheese, MMA, WG - SR100348 (219 grams)Contains Milk, Soy.	435.28	27.66	15.30	0.00(M)	52.50	1057.64	29.16	1.86	8.76(M)	19.67	1.23	529.46	1286.99	2.41	8.91(M)	1.53(M)
Pasta, Baked Ziti, MMA, WG - SR101007 (1 Cup (8 oz ladle)) Contains Wheat.	415.84	12.27	6.12	0.00(M)	59.96	815.05	53.83	7.30	2.73(M)	23.75	2.45	443.63	1104.99	15.04	72.61(M)	1.88(M)
Pasta, Baked, Side Dish #2, WG, Veg-RO - SR106310 (1 #10 scoop)	175.51	4.07	1.13	0.00(M)	3.27	1207.01	28.55	2.52	5.91(M)	6.99	1.27	89.91	441.49	3.20	1.14(M)	2.23(M)
Pasta, Bowtie Pasta Salad, Non-WG, Veg-O - SR103317 (1/2 c.) Contains Wheat, Gluten.	189.70	6.99	0.94	0.00(M)	0.00	383.13	26.71	1.55	4.10(M)	4.16	1.17	6.64	21.04	3.79	79.06(M)	0.33(M)
Pasta, Cheeseburger Macaroni, Entree #5, MMA, WG - SR105510 (2/3 c.)	175.39	6.93	3.28	0.00(M)	30.23	417.44	16.03	1.44	0.96(M)	12.45	1.21	170.33	162.82	0.56	50.22(M)	1.26(M)
Pasta, Chili Mac, MMA, WG, Veg-BP, Veg-RO - SR100145 (11 5/8 oz.)	437.35	7.66	2.76	0.38(M)	29.65	339.95	70.84	14.51	2.94(M)	25.79	5.81	119.81	445.04	12.66	130.27 (M)	1.42(M)
Pasta, Farfalle Bow-Tie pasta, Dry, Roseli, 212943 - SR103129 (2 ounces, dry)Contains Wheat, Gluten.	210.00	1.00	0.00	0.00	0.00	0.00	42.00	2.00	3.00	7.00	1.80	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)
Pasta, Fettuccine Alfredo, WG, MMA - SR104246 (6 1/2 oz.)	541.87	22.80	14.93	0.00(M)	72.28	1494.59	43.64	6.50	4.02(M)	33.60	2.09	828.56	689.38	2.10	18.07(M)	4.59(M)
Pasta, Italian Pasta Bake, MMA, WG, Veg-RO - SR100859 (3/4 c.)	252.17	10.51	4.31	0.62(M)	49.67	341.95	19.34	2.83	0.43(M)	20.36	3.12	118.91	719.16	8.19	283.38 (M)	1.65(M)
Pasta, Jumbo 4 Cheese Ravioli, High Protein, Mrs. T's, Ateeco Inc., 41164-00378, WG, MMA - SR106843 (3 ea.)Contains Milk, Egg, Wheat, Soy.	200.00	4.00	1.50	0.00	40.00	380.00	27.00	3.00	2.00	15.00	2.70	200.00	100.00	0.00	(M)	(M)
Pasta, Lasagna Cheese Roll-up, MMA, Non-WG - SR102982 (1 rollup)Contains Milk, Egg, Wheat, Gluten.	170.00	6.00	4.00	0.00	35.00	220.00	20.00	1.00	2.00	7.00	1.08	100.00	300.00	0.00	(M)	(M)
Pasta, Lasagna Roll-Up, MMA, WG, Veg-RO - SR100702 (1 Roll up w/Sauce)Contains Milk, Egg, Wheat.	75.89	1.63	0.00	0.00	0.00	672.14	13.01	2.17	3.25	2.17	1.56	43.36	813.07	9.76	(M)	(M)
Pasta, Lasagna Rollup, Turkey and Cheese, Whole Grain, Tasty Brands, 00814WG, MMA, WG - SR106651 (1 ea.)Contains Milk, Egg, Wheat.	230.00	7.00	4.00	0.00	50.00	390.00	24.00	3.00	0.00	17.00	1.44	150.00	200.00	0.00	(M)	(M)
Pasta, Lasagna Rollup, Whole Grain Cheese & Vegetable, Tasty Brands, 00821WG, MMA, WGR, Veg-O - SR105967 (1 piece) Contains Milk, Egg, Wheat.	180.00	3.50	2.00	0.00	20.00	370.00	27.00	3.00	4.00	12.00	1.08	200.00	1250.00	9.00	(M)	(M)
Pasta, Lasagna Rollup, Whole Grain Cheese, Tasty Brands, 00801WG, MMA, WGR - SR100563 (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)
Pasta, Lasagna Rollup, Whole Grain Cheese, Tasty Brands, 00808WG, MMA, WGR - SR106649 (1 ea.)Contains Milk, Egg, Wheat.	190.00	5.00	3.00	0.00	25.00	300.00	26.00	2.00	4.00	12.00	1.08	250.00	100.00	0.00	(M)	(M)
Pasta, Lasagna Rollup, Whole Grain IQF Turkey (Ground), Tasty Brands, 00807WG, MMA, WGR - SR106648 (1 ea.)Contains Milk, Egg, Wheat.	190.00	5.00	2.00	0.00	40.00	280.00	23.00	2.00	0.00	15.00	14.40	100.00	100.00	0.00	(M)	(M)
Pasta, Lasagna Rollup, Whole Grain Turkey & Cheese, Tasty Brands, 00813WG, MMA, WGR - SR106650 (1 ea.)Contains Milk, Egg, Wheat.	240.00	9.00	4.50	0.00	55.00	450.00	23.00	2.00	0.99	16.00	1.44	200.00	200.00	0.00	(M)	(M)
Pasta, Lasagna with Ground Beef, MMA, Non-WG, Veg- - SR103226 (1 ea.)Contains Soy.	236.71	13.68	7.49	0.30(M)	43.53	552.07	11.77	2.60	1.45(M)	18.30	1.36	304.88	903.79	9.16	108.40 (M)	1.30(M)

Menu Item Nutrient Report

CRANBERRY AREA SCHOOL DISTRICT

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Pasta, Lasagna, Four Cheese Home Style Tray Pack Whole Grain, Tasty Brands, 00822WG, MMA, WGR, Veg-RO - SR106652 (1 serv.)Contains Milk, Egg, Wheat.	248.79	7.57	4.33	0.00	48.68	594.94	33.53	4.33	6.49	14.06	1.95	270.43	540.86	9.73	(M)	(M)
Pasta, Lasagna, MMA, WG, Veg-RO, Veg-O - SR102683 (1 ea.) Contains Milk, Egg, Wheat.	284.18	7.53	4.10	0.00(M)	30.80	1122.28	40.45	4.10	10.47(M)	17.70	2.30	358.42	1040.70	14.85	54.75(M)	0.37(M)
Pasta, Mac and Cheese, MMA, Non-WG - SR104033 (1 serv.) Contains Milk.	657.17	37.97	17.01	0.00(M)	74.69	1636.10	51.59	1.34	10.91(M)	27.81	2.13	627.75	1748.39	2.33	8.18(M)	0.35(M)
Pasta, Macaroni And Cheese With Sauce, MMA, Non-WG - SR105419 (6 oz.)Contains Milk, Soy.	392.28	8.30	3.06	0.00(M)	16.41	1666.24	63.78	3.08	2.15(M)	15.65	5.42	164.63	366.82	3.78	0.22(M)	3.19(M)
Pasta, Macaroni And Cheese With Sauce, MMA, WG - SR105443 (6 oz.)Contains Milk, Soy.	376.30	8.23	3.05	0.00(M)	16.41	1668.66	64.62	7.00	2.15(M)	16.98	5.70	179.87	366.82	3.78	0.22(M)	3.19(M)
Pasta, Macaroni and Cheese, Frozen, Land O'Lakes, 43280, Non-WG, MMA - SR106634 (2/3 cup serving)Contains Milk, Egg, Wheat.	350.00	22.00	13.00	1.00	60.00	900.00	22.00	1.00	3.00	16.00	1.44	450.00	750.00	0.00	(M)	(M)
Pasta, Macaroni and Cheese, MMA, Non-WG - SR103335 (2/3 cup serving)	181.06	9.11	5.25	0.00(M)	25.10	297.02	17.79	0.62	0.00(M)	7.49	0.65	172.88	285.77	0.40	281.57 (M)	0.75(M)
Pasta, Macaroni and Cheese, Northern Lebanon, MMA, - SR104230 (2/3 c.)	261.32	11.20	5.55	0.06(M)	31.54	655.97	21.68	0.63	0.00(M)	16.86	1.03	668.24	384.93	0.40	283.51 (M)	0.82(M)
Pasta, Macaroni and Cheese, Original, Straight Noodle, JTM Food Group, 5750, MMA, Non-WG - SR104883 (1 serv.)Contains Milk, Egg, Wheat.	323.14	18.52	9.67	0.00	55.57	749.19	24.70	0.00	2.06	18.52	0.00	411.64	775.95	0.00	(M)	(M)
Pasta, Macaroni and Cheese, Reduced Sodium, Reduced Fat, Land O'Lakes Inc, 43294, Non-WG, MMA - SR105865 (2/3 c.) Contains Milk, Egg, Wheat.	273.33	10.67	5.33	0.00	26.67	666.67	31.33	0.67	6.00	16.67	0.96	400.00	666.67	0.00	(M)	(M)
Pasta, Macaroni And Cheese, USDA D-26, MMA, Non-WG - SR103659 (2/3 Cup (Prepared))	357.61	21.98	16.13	0.00(M)	67.34	713.51	21.66	0.77	(M)	18.41	1.01	435.73	668.56	0.40	281.57 (M)	0.75(M)
Pasta, Macaroni Salad, Cambria County, MMA, WG - SR104930 (4 oz.)Contains Egg, Soy.	98.93	4.95	1.15	0.00(M)	56.45	77.55	12.24	1.07	2.02(M)	3.21	0.52	13.64	147.80	1.99	25.30(M)	0.32(M)
Pasta, Macaroni Salad, MMA, Non-WG - SR103788 (1/4 c.)	92.06	1.50	0.42	0.00(M)	41.96	16.45	15.18	0.70	0.77	4.03	0.80	10.62	291.47	0.16	12.79	0.32

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)
Pasta, Macroni and Cheese, Side Dish #18, MMA, WG - SR105499 (1/2 c.)	197.57	6.47	3.59	0.00(M)	21.39	432.04	24.61	2.34	2.03(M)	11.19	0.95	265.77	247.18	0.00	77.89(M)	1.31(M)
Pasta, New Macaroni and Cheese, MMA, Non-WG - SR104329 (1 c.)Contains Milk.	223.02	13.00	8.53	0.00(M)	38.10	585.96	12.92	0.37	5.00(M)	13.60	0.51	437.06 (M)	706.11 (M)	0.96(M)	2.55(M)	0.82(M)
Pasta, New Macaroni and Cheese, Western Wayne, MMA, Non-WG - SR105340 (1 portion)	234.16	12.36	8.21	0.00(M)	36.50	514.05	16.96	0.87	4.80(M)	13.81	0.62	412.42	674.75	0.96	1.31(M)	0.74(M)
Pasta, Noodle, Wh. Wheat Egg Noodles, WG - SR106824 (4 oz.) Contains Egg, Wheat.	222.75	3.04	1.01	0.00(M)	55.69	375.96	40.50	5.06	2.02	8.10	1.83	7.33	0.00	0.00	236.76 (M)	1.15(M)
Pasta, Pasta and Sauce, 2 non-WG, 1/2 RO-Veg - SR100079 (1 ea.)Contains Wheat, Gluten.	117.61 (M)	1.73(M)	0.22(M)	0.00(M)	0.00(M)	326.59 (M)	21.78(M)	1.29(M)	3.02(M)	3.41(M)	5.78(M)	17.42(M)	217.73 (M)	6.53(M)	(M)	(M)
Pasta, Penne Enriched, Cooked, Harvest Value, Non-WG - SR106420 (1/2 cup, cooked) Contains Wheat.	414.62	1.97	0.00	0.00	0.00	0.00	82.92	3.95	5.92	13.82	3.55	0.00	0.00	0.00	(M)	(M)
Pasta, Pierogies and Margarine, MMA, WG - SR103711 (3 pieces) Contains Milk, Egg, Wheat, Soy.	271.22	12.65	5.14	0.00(M)	55.09	410.19	31.08	3.00	0.00(M)	10.02	1.80	101.98	338.02	6.01	3.55(M)	0.15(M)
Pasta, Pierogy, Potato & American Cheese Filled Mini Pasta w/ WG Dough, Frozen, Mrs. T's, 41164-00833, MMA, WGR - SR100308 (6 piece whole) 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)
Pasta, Pierogy, Potato & American Cheese, Filled Pasta, Frozen, Mrs. T's, 41164-00375, MMA, WG, Veg-S - SR101972 (3 pieces)Contains Milk, Egg, Wheat, Soy.	220.00	7.00	4.00	0.00	55.00	410.00	31.00	3.00	0.00	10.00	1.80	100.00	0.00	6.00	(M)	(M)
Pasta, Potato & American Cheese Filled Pasta, Pierogy, Frozen, Mrs. T's, 41164-00376, MMA, WG - SR101490 (3 pieces)Contains Milk, Egg, Wheat, Soy.	260.00	10.00	5.00	0.00	70.00	440.00	29.00	3.00	0.00	15.00	2.70	200.00	0.00	2.40	(M)	(M)
Pasta, Potato & Cheddar Filled, Frozen, Mrs. T's, 41164-00370, Veg-S, Non-WG - SR102556 (3 pieces)Contains Milk, Egg, Wheat, Soy.	170.00	2.50	1.00	0.00	5.00	510.00	33.00	1.00	1.00	5.00	1.44	40.00	0.00	6.00	(M)	(M)
Pasta, Ravioli, Cheese, Chef Boyardee, 6/108 oz, ConAgra Foodservice, 64144-81170, Non-WG, Veg-RO - SR106679 (1 c.) Contains Milk, Wheat.	200.00	3.50	2.00	0.00	10.00	750.00	35.00	4.00	6.00	7.00	1.80	80.00	500.00	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)
Pasta, Ravioli, Cheese, Whole Grain, Tabatchnick, - SR100238 (4 5/8 Ounce serving)Contains Milk, Wheat, Soy.	280.00	6.00	2.50	0.00	35.00	400.00	24.00	3.00	2.00	19.00	1.08	400.00	0.00	0.00	(M)	(M)
Pasta, Ravioli, Jumbo Turkey and Cheese, Whole Grain, Tasty Brands, 00805WG, MMA, WG - SR106647 (3 ea.)Contains Milk, Egg, Wheat, Soy.	190.00	4.50	2.00	0.00	55.00	350.00	23.00	3.00	1.00	15.00	1.80	150.00	200.00	0.00	(M)	(M)
Pasta, Ravioli, Whole Grain Jumbo Cheese, Tasty Brands, 00804WG, MMA, WGR - SR100342 (3 ea.)Contains Milk, Egg, Wheat.	200.00	5.00	3.00	0.00	50.00	460.00	25.00	2.00	2.00	14.00	1.08	200.00	300.00	0.00	(M)	(M)
Pasta, Ravioli, Whole Grain Mini Cheese, Tasty Brands, 00834WG, MMA, WGR - SR106653 (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)
Pasta, Rotini Pasta w/ Meat Sauce Y, MMA, WG, Veg- - SR102470 (1 portion)	442.21 (M)	3.54(M)	1.02(M)	0.00(M)	18.82(M)	602.46 (M)	69.23(M)	8.49(M)	0.00(M)	20.38(M)	4.29(M)	57.68(M)	1058.76 (M)	13.33(M)	(M)	(M)
Pasta, Rotini Pasta w/ Meat Sauce, MMA, WG, Veg-RO - SR102386 (1 portion)	327.30 (M)	3.72(M)	1.31(M)	0.00(M)	25.55(M)	360.42 (M)	60.51(M)	7.53(M)	(M)	18.12(M)	4.47(M)	59.62(M)	1063.73 (M)	13.39(M)	(M)	(M)
Pasta, Rotini Pasta with Meatballs and Dinner Roll - SR102908 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	371.25	9.75	3.22	0.00(M)	38.76	746.22	48.79	6.04	4.93(M)	21.76	3.98	187.92	527.33	4.85	6.66(M)	0.49(M)
Pasta, Rotini Pasta with Meatballs, MMA, WG, Veg-R - SR102712 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	211.63	6.08	2.10	0.00(M)	28.58	459.02	26.04	3.99	3.60(M)	13.76	2.31	92.64	469.48	4.78	3.33(M)	0.24(M)
Pasta, Rotini With Meat Sauce (Ground Turkey), WYO - SR103503 (1 1/2 c.)	318.43	6.39	1.38	0.00(M)	55.00	404.00	44.16	4.00	(M)	24.46	2.92	60.01	404.00	15.00	0.00(M)	0.00(M)
Pasta, Seasoned Noodles, Side Dish #34, WG - SR104843 (1/2 c.)Contains Milk, Wheat, Soy.	98.20	0.61	0.07	0.00(M)	0.00	60.95	20.04	2.12	0.00(M)	4.36	0.78	12.70	2.12	0.00	71.03(M)	0.07(M)
Pasta, Spaghetti and Meat Sauce (Ground Beef & Gro - SR102495 (1 Cup (8 oz ladle))	341.10	11.07	3.73	0.45(M)	54.01	504.78	36.63	3.48	0.20(M)	22.32	3.11	37.83	213.97	4.24	499.52 (M)	2.27(M)
Pasta, Spaghetti and Meat Sauce (Ground Turkey), W - SR103500 (1 1/2 c.)	318.43	6.39	1.38	0.00(M)	55.00	404.00	44.16	6.40	(M)	24.46	2.92	60.01	404.00	15.00	0.00(M)	0.00(M)
Pasta, Spaghetti and Meat Sauce, D-SMS, Non-WG, Ve - SR103877 (1 portion)	418.89	16.18	5.57	0.00(M)	67.50	646.23	37.61	3.19	5.60(M)	28.02	4.24	51.88	361.11	3.47	60.26(M)	0.53(M)
Pasta, Spaghetti and Meat Sauce, Elementary D-SMS, - SR103849 (1 portion)	321.69	10.40	3.37	0.00(M)	33.75	612.47	37.61	3.19	5.60(M)	17.54	3.13	43.78	361.11	3.47	60.26(M)	0.53(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)
Pasta, Spaghetti w/ Meatballs 2 oz, MMA, WG, Veg-R - SR102218 (1 ea.)Contains Milk, Wheat.	396.26	12.91	5.20	0.00	45.56	777.38	50.19	8.40	7.01(M)	22.63	4.02	40.26	404.00	8.41	(M)	(M)
Pasta, Spaghetti, TVASD, Non-WG, MMA, Veg-RO - SR104743 (1 c.)Contains Wheat.	268.24	8.77	2.71	0.47(M)	34.58(M)	814.25	33.18	4.99	11.48(M)	15.90	2.42(M)	35.55(M)	3070.58 (M)	37.68(M)	47.52(M)	2.09(M)
Pasta, Stuffed Pasta with Meat Sauce, Grades 2-12, - SR103072 (3 pierogies with 1/2 cup sauce) Contains Milk, Egg, Wheat, Soy.	356.20	12.56	4.64	0.00(M)	35.37(M)	1112.65	45.48	3.08	8.28	15.99	3.29	60.80	520.00	15.36	(M)	(M)
Pasta, Stuffed Pasta with Meat Sauce, PreK-1, MMA, - SR104369 (2 pierogies with 1/2 cup sauce) Contains Milk, Egg, Wheat, Soy.	299.53	11.73	4.31	0.00(M)	33.71(M)	942.65	34.48	2.75	7.95	14.32	2.81	47.47	520.00	13.36	(M)	(M)
Pasta, Stuffed Shells, Tabatchnick, 99927, MMA, No - SR102606 (4 5/8 ounces) Contains Milk, Egg, Wheat.	290.00	9.00	6.00	(M)	40.00	320.00	29.00	1.00	2.00	22.00	1.80	350.00	500.00	1.20	(M)	(M)
Pasta, Stuffed Shells, Whole Grain Cheese, Tasty Brands, 00803WG, MMA, WGR - SR100564 (2 shell)Contains Milk, Egg, Wheat.	220.00	6.00	3.50	0.00	25.00	380.00	27.00	2.00	5.00	15.00	1.80	300.00	400.00	0.00	(M)	(M)
Pasta, Sweet and Sour Pasta Salad, Non-WG - SR103789 (1/2 c.)	129.07	6.82	1.75	0.00(M)	0.00	141.74	15.19	0.72	6.41(M)	1.74	0.43	6.13	207.21	4.33	32.87	0.50
Pasta, Tortellini, Tabatchnick, 7126299924, MMA, N - SR102582 (113 grams)Contains Milk, Wheat.	210.00	4.00	2.00	(M)	15.00	270.00	31.00	2.00	1.00	10.00	1.80	150.00	100.00	0.00	(M)	(M)
Pasta, Whole Grain Macaroni and Cheese, Reduced Sodium, Large Elbow, JTM Food Group, 5768, WG, MMA - SR105968 (1 serv.) Contains Milk, Egg, Wheat.	291.00	15.00	8.10	0.00	46.00	758.00	25.00	1.00	4.00	15.00	1.00	362.00	654.00	0.00	(M)	(M)
Pasta, Whole Grain Spaghetti, Dakota Growers Pasta - SR101050 (2 ounces)	200.00	1.00	0.00	0.00	0.00	10.00	40.00	6.00	2.00	7.00	1.80	20.00	0.00	0.00	(M)	(M)
Pasta, Whole Grain, Healthy Harvest, Extra Wide No - SR102956 (2 ounces)Contains Egg, Wheat.	180.00	1.00	0.00	0.00	0.00	20.00	40.00	6.00	1.00	7.00	1.80	20.00	0.00	0.00	(M)	(M)
Pasta, Whole Wheat Penne Rigati, Cooked Frozen, Marzetti, 41308-31060, WG - SR106079 (1 2 ounce serving = 2 WG)Contains Wheat.	88.00	0.60	0.00	0.00	0.00	8.00	19.60	2.80	0.80	3.20	0.72	8.00	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)
Pasta, Whole Wheat Rotini, Cooked Frozen, Marzetti, 41308-31070, WGR - SR100472 (1 2 ounce serving = 2 WG)Contains Wheat, Gluten.	80.00	0.60	0.00	0.00	0.00	8.00	17.60	2.80	0.80	2.80	0.72	8.00	0.00	0.00	(M)	(M)
Pasta, With Meat (Non-Cook) Sauce, MMA, WG, Veg-RO, Veg-O - SR106463 (1 serv.)Contains Wheat.	508.75	18.45	5.30	0.79(M)	68.13(M)	830.84	58.37	8.32	7.66(M)	26.00	2.72	131.32	859.85	19.25	500.77 (M)	1.01(M)
Pasta, With Meat (Pre-Cooked) Sauce, MMA, WG, Veg-RO, Veg-O - SR106435 (1 serv.)Contains Wheat, Soy.	413.33	10.17	2.92	0.00(M)	23.24(M)	1111.23	58.84	9.38	7.63(M)	21.85	2.89	128.82	821.15	19.25	482.03 (M)	0.58(M)
Pasta, Ziti w/Meat Sauce, MMA, WG - SR103118 (1 cup serving) Contains Wheat.	378.80	16.95	6.22	1.17(M)	54.43	356.01	35.63	5.68	4.45(M)	20.07	1.79	40.39	108.86	2.18	460.00 (M)	0.46(M)
Paste, Tahini Paste, Ambrosia - SR105352 (1 serv.)	114.00	5.70	0.80	(M)	0.00	51.00	12.50	3.60	2.10	4.40	1.62	50.00	100.00	6.00	(M)	(M)
Pastry, Danish Cheese 4", Frozen, Awrey's, 2795, N - SR101524 (1 ea.)Contains Milk, Egg, Wheat, Soy.	309.85	14.99	6.00	0.00	9.99	239.88	39.98	0.99	18.99	4.00	1.44	99.95	99.95	0.00	(M)	(M)
Pastry, Fieldstone Bakery Strawberry Delight, McKe - SR101326 (1 ea.)Contains Milk, Egg, Wheat, Soy. May contain Tree nuts.	159.89	5.00	1.50	0.00	5.00	124.92	26.98	1.00	12.99	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Pastry, Kellogg's Pop Tarts Frosted S'mores, 72/3.67 oz, Non-WG - SR106278 (1 pkg.) Contains Wheat, Soy.	400.00	10.00	3.50	0.00	0.00	420.00	72.00	2.00	37.00	6.00	3.60	200.00	1000.00	0.00	(M)	(M)
Pastry, Pillsbury Apple Strudel, 2.29 oz, General - SR101579 (1 ea.)Contains Milk, Wheat.	209.75	5.99	1.50	0.00	0.00	279.66	35.96	2.00	10.99	4.99	1.08	0.00	0.00	0.00	(M)	(M)
Pastry, Pillsbury Strudel, Cherry, Lattice Crust, - SR101581 (1 ea.)Contains Milk, Wheat.	209.75	5.99	1.50	0.00	0.00	279.66	35.96	2.00	10.99	4.99	1.08	0.00	0.00	0.00	(M)	(M)
Pastry, Pop Tarts Frosted Chocolate Fudge, 96/3.6 oz, Kellogg's, Non WG - SR105701 (3 5/8 oz.)	39395.16	949.16	326.59	20.41	0.00	44804.34	7246.26	214.33	(M)	500.09	357.21	19626.14	98181.72	0.00	(M)	(M)
Pastry, Pop-Tart Frosted Blueberry, 1.83 oz./80 ct., Kellogg's, 38000-00499, Non-WG - SR106324 (1 pastry)Contains Wheat, Soy.	200.00	5.00	1.50	0.00	0.00	170.00	38.00	0.99	16.00	2.00	1.80	0.00	500.00	0.00	(M)	(M)
Pastry, Pop-Tart Strawberry, 1.83 oz./ 80 ct., Kellogg's, 38000-00500, Non-WG - SR106326 (1 pastry)Contains Wheat, Soy.	210.00	6.00	2.00	0.00	0.00	190.00	37.00	0.99	14.00	2.00	1.80	0.00	500.00	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)
Pastry, Pop-Tarts Chocolate Chip, 72/3.67 oz, Kellogg's, 19721, Non-WG - SR106320 (1 pkg.) Contains Milk, Egg, Wheat, Soy.	420.00	12.00	4.50	0.00	0.00	490.00	72.00	2.00	35.00	5.00	5.00	192.30	962.00	0.00	(M)	(M)
Pastry, Pop-Tarts Frosted Brown Sugar Cinnamon, 72/3.52 oz, Kellogg's, Non WG - SR106277 (1 pkg.)Contains Wheat, Soy.	420.00	14.00	4.50	0.00	0.00	350.00	69.00	1.00	30.00	5.00	3.60	200.00	1000.00	0.00	(M)	(M)
Pastry, Pop-Tarts Frosted Brown Sugar Cinnamon, 80/1.76 oz, 08584, Non-WG - SR106328 (1 pastry)Contains Wheat, Soy.	210.00	7.00	2.50	0.00	0.00	170.00	35.00	1.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Pastry, Pop-Tarts Frosted Cinnamon Made With Whole Grain, Kellogg's, 38000-55122, WG - SR100502 (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)
Pastry, Pop-Tarts Frosted Hot Fudge Sundae, 3.38 oz, Kellogg's, Non WG - SR106319 (1 pkg.)Contains Wheat, Soy.	380.00	10.00	3.50	0.00	0.00	380.00	68.00	3.00	24.00	4.00	3.60	200.00	1000.00	0.00	(M)	(M)
Pastry, Pop-Tarts Frosted Strawberry Made With Whole Grain, 1.76 oz./12/10, Kellogg's, 38000-55130, WG - SR106318 (1 pastry)Contains Wheat, Soy.	180.00	2.50	1.00	0.00	0.00	180.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Pastry, Pop-Tarts Frosted Strawberry, 1.83 oz./ 80 ct., Kellogg's, 38000-00498, Non-WG - SR106321 (1 pastry)Contains Wheat, Soy.	200.00	5.00	1.50	0.00	0.00	170.00	38.00	1.00	16.00	2.00	1.80	0.00	500.00	0.00	(M)	(M)
Pastry, Pop-Tarts Frosted Strawberry, Kellogg's, 38000-31732, Non-WG - SR106246 (1 pkg.)Contains Wheat, Soy.	410.00	10.00	3.00	0.00	0.00	340.00	76.00	1.00	33.00	4.00	3.60	0.00	1000.00	0.00	(M)	(M)
Pattie, Veggie Pattie with Teriyaki Sauce, 2.90 oz, AdvancePierre Foods, 9285, MMA - SR101080 (1 ea.)Contains Wheat, Soy.	150.00	7.00	0.50	0.00	0.00	470.00	12.00	3.00	5.00	10.00	1.80	60.00	100.00	0.00	(M)	(M)
Pattie, Veggie Rib Pattie with BBQ Sauce, 2.90 oz, AdvancePierre Foods, 9396, MMA - SR101079 (1 ea.)Contains Wheat, Soy.	140.00	4.50	0.00	0.00	0.00	390.00	18.00	4.00	2.00	10.00	2.70	80.00	300.00	2.40	(M)	(M)
Patty, Veggie Pattie with Teriyaki Sauce, 2.90 oz, Flamebroiled, AdvancePierre Foods, 2338, MMA - SR101081 (1 ea.)Contains Wheat, Soy.	140.00	7.00	0.50	0.00	0.00	480.00	13.00	3.00	5.00	10.00	1.80	60.00	100.00	1.20	(M)	(M)
Pea pods; IQF, 12/2 lb; as purchased - SR105219 (1 c.)	50.00	0.00	0.00	(M)	0.00	9.99	5.99	2.00	(M)	2.00	0.56	33.54	120.40	4.67	(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, canned, light syrup pack, solids and liqu - SR100942 (1 cup, halves or slices)	135.54	0.08	0.00	(M)	0.00	12.55	36.52	3.26	33.26	1.13	0.90	7.53	888.54	6.02	212.65	0.63
Peaches, clingstone, canned, diced, packed in extra light syrup [100220, A409] - SR105220 (1/2 c.)	53.00	0.13	0.00	0.00	0.00	6.00	13.39	1.30	(M)	0.50	0.38	6.00	340.00	3.81	(M)	(M)
Peaches, clingstone, yellow, sliced , fruit and juice; fruit juice or light syrup; sugar or similar sweetener, such as corn syrup, may be added [100219, A408] - SR105221 (1/2 c.)	68.00	0.04	0.00	0.00	0.00	6.00	18.26	1.60	(M)	0.55	0.45	3.99	23.00	3.00	(M)	(M)
Peaches, yellow clingstone, canned, diced, packed in extra light sucrose syrup [110234] - SR105222 (1/4 c.)	26.50	0.06	0.00	0.00	0.00	3.00	6.70	0.65	(M)	0.25	0.19	3.00	170.00	1.90	(M)	(M)
Peaches, yellow clingstone, canned, sliced, packed in extra light syrup [100219, A433] - SR105223 (1/4 c.)	26.50	0.06	0.00	0.00	0.00	3.00	6.70	0.65	(M)	0.25	0.19	3.00	170.00	1.90	(M)	(M)
Peaches, yellow, canned, sliced, packed in extra light sucrose syrup [110236] - SR105224 (1 c.)	105.99	0.28	0.00	0.00	0.00	11.99	26.79	2.60	(M)	1.01	0.76	11.99	680.00	7.61	(M)	(M)
Peaches, yellow, freestone, frozen, diced (cut 3/8 to ½ inch), sweetened (packed in corn syrup, sugar, juice or syrup composed of peach puree and sugar); ascorbic or citric acid added [100241, A416] - SR105225 (1/2 c.)	80.00	0.00	0.00	0.00	0.00	0.00	19.00	1.00	(M)	1.00	0.36	0.00	300.00	162.00	(M)	(M)
Peanut Butter & Jelly Cup, AdvancePierre Foods, 90017, MMA - SR106556 (1 ea.) Contains Peanuts, Soy.	400.00	29.00	4.00	0.00	0.00	320.00	27.00	4.00	14.00	13.00	2.70	40.00	0.00	0.00	(M)	(M)
Peanut Butter Cup, AdvancePierre Foods, 90011, MMA - SR103461 (1 ea.) Contains Peanuts, Soy.	180.00	15.00	2.00	0.00	0.00	160.00	8.00	2.00	3.00	7.00	0.72	20.00	0.00	0.00	(M)	(M)
Peanut Butter, Creamy Plastic Pail, 6/5 lb., Monar - SR103507 (1 1/8 Ounce serving)Contains Peanuts, Soy.	210.03	17.00	3.50	0.00	0.00	160.02	5.00	2.00	3.00	9.00	0.72	20.00	0.00	0.00	(M)	(M)
Peanut butter, smooth style, with salt - SR105226 (1 Tbsp.)	94.08	8.06	1.65	(M)	0.00	73.44	3.13	0.96	(M)	4.01	0.30	6.88	0.00	0.00	0.29	0.50
Peanut butter, Smooth Style, With Salt, MMA - SR103304 (2 Tbsp.)Contains Peanuts.	188.16	16.13	3.29	(M)	0.00	146.88	6.26	1.92	(M)	8.03	0.60	13.76	0.00	0.00	0.58	1.01

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)
Peanut butter, smooth style, without salt - SR105227 (1 Tbsp.)	94.08	8.06	1.65	(M)	0.00	2.72	3.13	0.96	(M)	4.01	0.30	6.88	0.00	0.00	0.29	0.50
Peanut butter, smooth, finely ground, with added salt, no trans fats [100396, B473] - SR105375 (1/4 c.)	381.88	32.20	6.17	0.00	0.00	308.75	15.58	3.65	(M)	14.26	1.40	34.53	0.00	0.00	(M)	(M)
Peanut Butter, Smooth, The Leavitt Corp., MMA - SR103098 (2 Tbsp.)Contains Peanuts.	189.99	17.00	3.00	0.00	0.00	159.99	7.00	2.00	3.00	6.00	0.72	20.00	0.00	0.00	(M)	(M)
Peanut Butter, Smooth, USDA Commodity, MMA - SR106996 (1 c.)	1517.04	127.81	24.56	(M)	0.00	1228.08	61.87	14.71	16.77	56.58	5.57	139.32	0.00	0.00	4.00	7.74
Peanut Butter, SS Cup Shelf Stable, MMA - SR101999 (3/4 ounces)Contains Peanuts.	120.00	10.00	1.50	0.00	0.00	85.00	6.00	1.00	2.00	4.00	0.36	20.00	0.00	0.00	(M)	(M)
Pears, Bartlett, canned, diced, packed in extra light sucrose syrup [110237] - SR105228 (1/4 c.)	29.00	0.06	0.00	0.00	0.00	1.00	7.56	1.00	(M)	0.19	0.12	4.00	0.00	1.25	(M)	(M)
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434] - SR105229 (1/4 c.)	29.00	0.06	0.00	0.00	0.00	1.00	7.56	1.00	(M)	0.19	0.13	4.50	0.00	1.25	(M)	(M)
Pears, Bartlett, canned, halves, packed in extra l - SR100933 (1 c.)	3.31	0.00	0.00	0.00	0.00	0.31	0.89	0.09	(M)	0.01	0.02	0.31	0.00	0.04	(M)	(M)
Pears, bartlett, canned, sliced, fruit and juice; packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice(s) and water, lightly sweetened fruit juices, or unsweetened pear juice [100224, A433] - SR105230 (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)
Pears, Bartlett, canned, sliced, packed in extra light sucrose syrup [110239] - SR105231 (1/4 c.)	29.00	0.06	0.00	0.00	0.00	1.00	7.56	1.00	(M)	0.19	0.13	4.00	0.00	1.13	(M)	(M)
Pears, canned, juice pack, solids and liquids - SR106692 (1 cup, halves)	124.00	0.17	0.01	(M)	0.00	9.92	32.09	3.97	(M)	0.84	0.72	22.32	14.88	3.97	214.45	0.47
Pears, canned, light syrup pack, solids and liquids - SR105450 (1 cup, halves)	143.07	0.08	0.00	(M)	0.00	12.55	38.08	4.02	(M)	0.48	0.70	12.55	0.00	1.76	212.00	0.35
Pears, raw - SR105232 (1 cup, cubes)	91.77	0.23	0.03	(M)	0.00	1.61	24.52	4.99	15.70	0.58	0.29	14.49	40.25	6.92	135.18	0.52
Peas and carrots, frozen, cooked, boiled, drained, without salt - SR105304 (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

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)
Peas, Black-Eyed, Canned; fancy, 6/#10 can; as served - SR105233 (1/4 c.)	40.00	0.00	0.00	(M)	0.00	195.00	7.50	1.50	(M)	2.50	0.62	17.00	0.00	0.00	(M)	(M)
Peas, edible-podded, raw - SR105234 (1 cup, chopped)	41.16	0.20	0.04	(M)	0.00	3.92	7.40	2.55	(M)	2.74	2.04	42.14	1065.26	58.80	87.11	0.55
Peas, green, canned, seasoned, solids and liquids - SR105235 (1 c.)	113.50	0.61	0.11	(M)	0.00	576.58	21.00	4.54	(M)	7.01	2.72	34.05	982.91	26.11	196.38	2.00
Peas, Green, Canned; sweet, fancy, 6/#10 can; as served - SR105236 (1/2 c.)	60.00	0.00	0.00	(M)	0.00	409.99	10.00	3.00	(M)	4.00	0.94	30.00	280.00	0.00	(M)	(M)
Peas, green, cooked from frozen, drained, without salt [100350, A160] - SR100123 (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)
Peas, green, cooked, boiled, drained, without salt - SR104074 (1 c.)	134.40	0.35	0.06	(M)	0.00	4.80	25.01	8.80	(M)	8.58	2.46	43.20	1281.60	22.72	124.59	1.47
Peas, Pea Salad, Veg-S - SR102689 (1/2 cup, pieces or slices)Contains Egg, Soy.	190.66	11.57	1.30	0.00(M)	12.60	400.76	17.07	4.51	2.80(M)	4.19	1.28	20.53	1680.13	8.40	5.94(M)	0.02(M)
Peas, sweet or early variety, green, canned, low-sodium, drained solids [100315, A140] - SR105237 (1/2 c.)	59.00	0.30	0.05	0.00	0.00	140.00	10.69	3.50	(M)	3.76	0.81	17.00	453.00	8.20	(M)	(M)
Peas, Sweet Peas, Veg-S - SR102473 (1/2 cup serving)	135.77	3.19	0.57	0.20(M)	0.00	280.11	20.30	7.82	6.59	7.32	2.17	34.66	3102.49	14.04	113.33	1.60
Peas, TVASD, Veg-S - SR104955 (1/2 c.)Contains Soy.	91.06	2.14	0.90	0.00(M)	0.00	197.29	13.62	5.25	0.00(M)	4.92	1.51	22.75	2090.62	9.44	0.00(M)	0.28(M)
Pepper, Banana Pepper, Hot, Crinkle, Plastic Jar - SR103319 (1 Ounce serving)	5.00	0.14	0.00	0.00	0.00	280.00	1.00	1.00	0.00	0.00	0.00	20.00	0.00	1.20	(M)	(M)
Pepperoni Roll, Breaded, Whole Grain, MMA, WG - SR100005 (1 ea.)Contains Wheat, Gluten.	300.00	13.00	6.00	0.00	25.00	580.00	35.00	4.00	2.00	19.00	10.00	25.00	300.00	0.00	(M)	(M)
Pepperoni, Hormel Pepperoni 3 pc, Cooked, Hormel, - SR102768 (1 ounces)	140.00	13.00	6.00	0.00	35.00	490.00	0.00	0.00	0.00	5.00	0.36	0.00	0.00	0.00	(M)	(M)
Pepperoni, Irregular Sliced, Pizzano, Tyson Foodservice, 103112-393, MMA - SR104903 (1 serv.)	130.00	13.00	5.00	(M)	25.00	530.00	0.00	0.00	0.00	5.00	0.36	0.00	0.00	0.00	(M)	(M)
Pepperoni, Margherita Pepperoni, Armour Eckrich, 2 - SR104314 (1 ounces, dry)	130.00	12.00	5.00	0.00	20.00	510.00	1.00	0.00	1.00	6.00	(M)	(M)	(M)	(M)	(M)	(M)
Pepperoni, Regular Sliced Pepperoni, 14/oz, Frozen - SR101968 (1 oz.)	130.00	13.00	5.00	(M)	25.00	530.00	0.00	0.00	(M)	5.00	0.36	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)
Pepperoni, Regular Sliced, Bonici, Tyson Foodservice, 105017-269, MMA - SR106570 (14 slice)	140.00	12.00	5.00	0.00	30.00	540.00	0.00	0.00	0.00	6.00	0.36	20.00	0.00	0.00	(M)	(M)
Pepperoni, Seasoned Turkey, Sliced, Jennie-O Foodservice, 2130-12 , MMA - SR105986 (11 5/8 slices)	120.00	6.00	2.50	0.00	55.00	710.00	3.00	0.00	0.00	14.00	1.44	20.00	750.00	6.00	(M)	(M)
Pepperoni, Sliced 14-16 Count, Cooked, Roseli, 342216 - SR104848 (1 1/8 ounces) Contains Gluten.	140.00	13.00	5.00	0.00	30.00	510.00	0.00	0.00	0.00	6.00	0.72	0.00	0.00	0.00	(M)	(M)
Peppers, Canned; Diced sweet red peppers, 1/4" dice, 6/#10, Dunbars; as purchased - SR105238 (2 oz.)	0.00	0.00	0.00	(M)	0.00	10.00	2.00	0.00	(M)	0.00	0.16	2.34	825.60	20.98	(M)	(M)
Peppers, Canned; Fire roasted sweet red peppers, 12/#48 cn, dunbars; as purchased - SR105240 (1 oz.)	5.00	0.00	0.00	(M)	0.00	85.00	1.00	0.00	(M)	0.00	0.05	1.46	412.80	9.65	(M)	(M)
Peppers, Chili, Green, Canned; green diced, 6/100 oz, Rosarita; as served - SR105241 (2 Tbsp.)	5.00	0.00	0.00	(M)	0.00	35.00	1.00	0.00	(M)	0.00	0.00	0.00	200.00	9.00	(M)	(M)
Peppers, jalapeno, canned, solids and liquids - SR104103 (1 cup, chopped)	36.72	1.28	0.13	(M)	0.00	2272.56	6.45	3.54	(M)	1.25	2.56	31.28	2312.00	13.60	120.89	6.13
Peppers, jalapeno, raw - SR105242 (1 cup, sliced)	26.10	0.33	0.08	(M)	0.00	2.70	5.85	2.52	(M)	0.82	0.23	10.80	970.20	106.74	82.52	0.48
Peppers, sweet, green, raw - SR105243 (1 cup, chopped)	29.80	0.25	0.09	(M)	0.00	4.47	6.91	2.53	3.58	1.28	0.51	14.90	551.30	119.80	139.90	0.64
Peppers, sweet, red, raw - SR105244 (1 cup, chopped)	46.19	0.45	0.04	(M)	0.00	5.96	8.98	3.13	6.26	1.48	0.64	10.43	4665.19	190.27	137.39	0.70
Pickle relish, sweet, CND - SR104644 (1 c.)	318.50	1.15	0.13	(M)	0.00	1986.95	85.90	2.69	(M)	0.91	2.13	7.35	2984.10	2.45	152.07	4.97
Pickle, Dill Chip, 1/4", Kosher, B & G Foods Inc, - SR100254 (28 grams)	0.00	0.00	0.00	0.00	0.00	202.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pickle, Dill Crinkle-Cut Chip, 400-500 count, Monarch, 2561611, Veg-O - SR100493 (1 ea.)	5.06	0.00	0.00	0.00	0.00	394.88	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pickle, Dill, Slices, Freestone, 101, Veg-O - SR106691 (8 slice round)	0.00	0.00	0.00	0.00	0.00	12.00	0.00	2.00	0.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Pickles, cucumber, dill or kosher dill - SR105246 (1 c.)	18.60	0.22	0.06	(M)	0.00	1356.25	4.01	1.71	2.03	0.93	0.57	65.10	283.65	1.24	146.21	3.63
Pickles, cucumber, sweet (includes bread and butter pickles) - SR105247 (1 c.)	139.23	0.63	0.10	(M)	0.00	699.21	32.36	1.53	(M)	0.89	0.38	93.33	1168.92	1.07	116.59	2.52

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)
Pickles, Refrigerator Dill, Side Dish #23, Veg-O - SR106295 (1/4 c.)	16.52	0.03	0.01	0.00(M)	0.00	886.12	3.52	0.14	2.83(M)	0.20	0.16	8.15	32.98	0.81	53.65	2.43
Pie Filling, Cherry, Lucky Leaf, 28500-30030 - SR104567 (1/3 c.)	80.00	0.00	0.00	0.00	0.00	40.00	20.00	0.00	9.00	0.00	0.36	0.00	500.00	2.40	(M)	(M)
Pierogie,Wheat HP Potato & Cheese, Today's Choice Giorgio Foods Inc. 8236, MMA, WGR, Veg-O - SR107017 (132 grams) Contains Milk, Wheat, Soy.	310.00	11.00	7.00	0.00	35.00	670.00	36.00	4.00	2.00	16.00	1.80	250.00	300.00	3.60	(M)	(M)
Pierogy, Ranch Pierogy Pasta Bites, MMA, WG - SR100227 (6 piece whole)Contains Milk, Egg, Wheat, Soy.	228.60	10.35	5.43	0.00	50.00	282.63	24.00	3.00	0.00	9.00	1.80	100.00	243.00	1.20	(M)	(M)
Pineapple, Canned, chunks, in juice, fancy 100%Hawaiian, 6/106 oz; as served - SR105248 (1/2 c.)	90.00	0.00	0.00	(M)	0.00	9.99	17.00	1.00	(M)	0.51	0.35	0.00	0.00	11.99	(M)	(M)
Pineapple, Canned, crushed, coarse, in juice, fancy 100%Hawaiian, 6/107 oz; as served - SR105249 (1/2 c.)	69.99	0.00	0.00	(M)	0.00	9.99	17.00	1.00	(M)	0.44	0.35	0.00	0.00	11.99	(M)	(M)
Pineapple, canned, juice pack, solids and liquids - SR105250 (1 cup, crushed, sliced, or chunks)	149.40	0.20	0.02	(M)	0.00	2.49	39.09	1.99	35.98	1.05	0.70	34.86	94.62	23.66	207.94	0.75
Pineapple, Canned, tidbits, in juice, fancy 100% Hawaiian, 24/20 oz; as served - SR105251 (1/2 c.)	69.99	0.00	0.00	(M)	0.00	9.99	17.00	1.00	(M)	0.51	0.35	0.00	0.00	11.99	(M)	(M)
Pineapple, Canned; cubes, in light syrup, 6/#10 cans; as purchased - SR105252 (1/2 c.)	63.44	0.15	0.01	(M)	0.00	1.22	16.41	0.98	(M)	0.44	0.48	17.08	18.30	9.15	104.59	0.43
Pineapple, raw, all varieties - SR105253 (1 cup, chunks)	82.50	0.20	0.02	(M)	0.00	1.65	21.65	2.31	(M)	0.89	0.48	21.45	95.70	78.87	141.90	0.36
Pizza Crust, Whole Wheat Pizza Shells - SR103641 (1 shell)May contain Milk.	220.00	2.50	0.50	0.00	0.00	340.00	46.00	4.00	4.00	8.00	2.70	20.00	500.00	0.00	(M)	(M)
Pizza Dough, 16" Sheeted 51% Whole Grain, Frozen, Rich's, 09718, WGR - SR100689 (1/8 Pizza Crust)Contains Milk, Egg, Soy.	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pizza Dough, 16" Sheeted, Frozen, Rich's, 35086, Non-WG - SR105987 (1/8 crust)Contains Milk, Egg, Wheat, Soy.	139.44	1.00	0.00	0.00	0.00	288.84	26.89	1.00	1.00	4.98	(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)
Pizza Dough, 7" Sheeted, Frozen, Rich's, 03063, WG - SR105988 (1/3 crust)Contains Milk, Egg, Wheat, Soy.	120.00	1.00	0.00	0.00	0.00	230.00	22.00	2.00	1.00	5.00	(M)	(M)	(M)	(M)	(M)	(M)
PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust - SR105034 (1 slice)	288.75	10.94	5.05	(M)	18.90	707.70	35.09	2.52	(M)	12.58	2.75	219.45	326.55	2.10	43.55	2.83
Pizza Lunch Kit, Anytimers Cheese & Turkey Pepperoni Whole Grain, Tasty Brands, 10102, MMA, WGR - SR106655 (1 kit)Contains Milk, Wheat, Soy.	370.00	15.00	5.00	0.00	40.00	910.00	42.00	4.00	9.00	23.00	1.80	450.00	500.00	15.00	(M)	(M)
Pizza Lunch Kit, Anytimers Cheese Whole Grain, Tasty Brands, 10101, MMA, WGR - SR106654 (1 kit)Contains Milk, Wheat, Soy.	370.00	16.00	6.00	0.00	30.00	780.00	41.00	4.00	9.00	22.00	1.08	500.00	500.00	9.00	(M)	(M)
Pizza Quesadilla, Cheese, 4.8 oz, Con Agra, The Max, 7738712699, WGR, MMA - SR102399 (1 pizza)Contains Milk, Wheat, Soy, Gluten.	329.98	12.00	3.50	0.00	10.00	829.94	40.00	4.00	3.00	16.00	2.70	199.99	299.98	0.00	(M)	(M)
Pizza Sauce with Basil, Kosher - SR103336 (1/4 c.)	20.00	0.00	0.00	0.00	0.00	160.00	4.00	1.00	3.00	1.00	0.72	20.00	1000.00	6.00	(M)	(M)
Pizza Sauce, Classic Italian Pizza Sauce, Canned, - SR101091 (1/4 c.)	30.00	0.00	0.00	0.00	0.00	320.00	5.00	2.00	3.00	1.00	0.36	20.00	300.00	2.40	(M)	(M)
Pizza Sauce, Extra Heavy Pizza Sauce w/ Basil, Red Gold, 3-00-72940-81903-6, RPKNX99, Veg-RO - SR100406 (1/8 Cup (8 oz ladle))	15.00	0.00	0.00	0.00	0.00	90.00	3.00	0.99	1.00	0.99	0.54	0.00	400.00	2.40	(M)	(M)
Pizza Shell, Half Sheet, Whole Wheat, 16", DeIORIO - SR101159 (1 ea.)Contains Wheat, Soy, Gluten.	150.00	1.50	0.00	0.00	0.00	270.00	27.00	2.00	2.00	5.00	1.44	0.00	0.00	0.00	(M)	(M)
Pizza Shell, White Whole Wheat, KB Pizza Crust Co. - SR101944 (1 Slice (1/8th of Pizza))Contains Wheat, Soy, Gluten. Processed in a facility that also processes Milk.	131.31	1.54	0.00	0.00	0.00	208.56	27.04	3.09	2.32	4.63	1.39	15.45	308.97	2.78	(M)	(M)
Pizza Stick, Max Sticks WG Mozzarella, 1.93 oz, Frozen, ConAgra 12602, MMA, WGR - SR105904 (1 stick.)Contains Milk, Wheat, Soy.	150.00	6.00	3.00	0.00	15.00	400.00	16.00	1.00	2.00	8.00	1.08	150.00	100.00	0.00	(M)	(M)
Pizza w/ Wheat Crust, 5", Today's Choice Giorgio Foods, Inc 8391, MMA, WGR, Veg-RO - SR107019 (1 pizza)Contains Milk, Wheat, Soy.	330.00	11.00	6.00	0.00	5.00	390.00	36.00	6.00	6.00	25.00	0.90	350.00	400.00	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)
Pizza with Cheese Topping, MMA, Non-WG, Veg-RO - SR103131 (1 slice presliced)	265.12	6.62	4.82	0.00(M)	18.00	738.62	30.05	1.76	2.16(M)	19.79	2.20	451.54	244.68	3.70	35.66(M)	0.29(M)
Pizza, 100% Mozzarella Cheese, 16", Whole Grain, Red Sauce, Pre-Sliced, Kasa's Foods, KAS00091, MMA, WGR, Veg-RO - SR105690 (1 slice)Contains Milk, Wheat, Soy.	370.00	14.00	9.00	0.00	35.00	820.00	40.00	4.00	6.00	21.00	6.30	450.00	500.00	1.20	(M)	(M)
Pizza, 100% Mozzarella Cheese, 16", Whole Grain, White Sauce, Pre-Slice, Kasa's Foods, KAS00090, MMA, WGR, Veg-O - SR105687 (1 slice)Contains Milk, Wheat, Soy.	350.00	15.00	9.00	0.00	35.00	700.00	34.00	3.00	4.00	20.00	5.40	400.00	400.00	1.20	(M)	(M)
Pizza, 100% Mozzarella Cheese, 16", Whole Grain, White Sauce, Whole Uncut Pie, Kasa'a Foods, KAS00066, MMA, WG, Veg-O - SR105686 (1 slice)Contains Milk, Wheat, Soy.	350.00	15.00	9.00	0.00	35.00	700.00	34.00	3.00	4.00	20.00	5.40	400.00	400.00	1.20	(M)	(M)
Pizza, 100% Mozzarella Cheese, 18", White Sauce, Pre-Sliced, Kasa's Foods, KAS00003, MMA, Non-WG, Veg-O - SR102071 (1 slice cooked)Contains Milk, Wheat, Soy.	390.00	15.00	9.00	0.00	35.00	760.00	43.00	1.00	4.00	20.00	5.40	400.00	400.00	1.20	(M)	(M)
Pizza, 100% Mozzarella, Cheese w/White Sauce 16", - SR103375 (1 slice)Contains Milk, Wheat, Soy.	360.00	14.00	9.00	0.00	35.00	700.00	36.00	1.00	4.00	19.00	4.50	400.00	400.00	1.20	(M)	(M)
Pizza, 100% Mozzarella, Cheese, 16", Whole Uncut Pie, Red Sauce, Kasa's Foods, KAS00044, MMA, Non-WG, Veg-RO - SR105683 (1 slice)Contains Milk, Wheat, Soy.	380.00	14.00	9.00	0.00	35.00	820.00	41.00	2.00	6.00	20.00	5.40	450.00	500.00	1.20	(M)	(M)
Pizza, 100% Mozzarella, Cheese, 18", Red Sauce, Pre-Sliced, Frozen, Kasa's, KAS00001, MMA, Non-WG, Veg-RO - SR102069 (1 slice cooked)Contains Milk, Wheat, Soy.	390.00	14.00	9.00	0.00	35.00	850.00	45.00	2.00	6.00	21.00	6.30	450.00	500.00	1.20	(M)	(M)
Pizza, 100% Mozzarella, Cheese, 18", Whole Grain, Whole Uncut Pie, Red Sauce, Kasa's Foods, KAS00004, MMA, WG, Veg-RO - SR105677 (1 slice)Contains Milk, Wheat, Soy.	390.00	14.00	9.00	0.00	35.00	840.00	43.00	4.00	6.00	22.00	6.30	450.00	500.00	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)
Pizza, 100% Mozzarella, Cheese, Whole Uncut Pie, 18", w/ Red Sauce, Kasa's Foods, KAS00002, MMA, Non-WG, Veg-RO - SR105670 (1 slice)Contains Milk, Wheat.	390.00	14.00	9.00	0.00	35.00	850.00	45.00	2.00	6.00	21.00	6.30	450.00	500.00	1.20	(M)	(M)
Pizza, 12" Cheese, Pizza Hut, Non-WG, MMA - SR104862 (1 slice)	264.00	11.70	4.30	0.00	24.30	548.60	28.00	2.00	(M)	11.30	0.35	5041.00	82525.00	0.00	(M)	(M)
Pizza, 12" Pepperoni, Pizza Hut, Non-WG, MMA - SR104863 (1 slice)	264.00	11.70	4.30	0.00	24.30	548.60	28.00	2.00	(M)	11.30	0.35	5041.00	82525.00	0.00	(M)	(M)
Pizza, 14" Whole Wheat, Pepperoni, 8 slices, Papa John's, MMA, WG, Veg-RO - SR104761 (1 slice)	370.00	18.00	8.00	0.00	45.00	1020.00	40.00	4.00	5.00	15.00	2.70	300.00	300.00	3.60	(M)	(M)
Pizza, 16" Hand Tossed Pizza 51% Whole Grain Cheese, Big Daddy's, Schwan's Foodservice, 78398, WG, MMA, Veg-RO - SR100684 (5 ounces)Contains Milk, Wheat, Soy.	340.00	14.00	7.00	0.00	35.00	570.00	36.00	4.00	6.00	18.00	1.80	350.00	400.00	0.00	(M)	(M)
Pizza, 16" Pepperoni, 8 slices, Papa John's, MMA, - SR102358 (1 Slice (1/8th of Pizza)) Contains Milk, Wheat.	420.00	17.00	7.00	0.00	35.00	1110.00	50.00	2.00	6.00	16.00	2.70	200.00	200.00	4.80	(M)	(M)
Pizza, 16" Wedge Cut, Wheat Crust, Frozen, Giorgio Foods, 5245, MMA, WG, Veg-RO - SR100429 (1 slice cooked) Contains Milk, Wheat, Soy.	330.00	11.00	6.00	0.00	25.00	400.00	36.00	5.00	6.00	24.00	2.70	350.00	500.00	12.00	(M)	(M)
Pizza, 16" Whole Wheat Pizzeria Style Pepperoni Pizza, 5.08 oz Slice, Frozen, Nardone Bros Baking Co, 16wpsp2, MMA, Veg-RO, WGR - SR104251 (1 slice) Contains Milk, Wheat.	314.37	13.18	8.11	0.00	30.42	547.61	29.41	3.04	4.06	20.28	2.74	456.34	405.63	6.08	(M)	(M)
Pizza, 16" Whole Wheat, Cheese, 10 Slices, Papa John's, MMA, WG, Veg-RO - SR106577 (1 slice) Contains Milk, Wheat.	360.00	15.00	8.00	0.00	45.00	950.00	43.00	4.00	5.00	15.00	2.70	350.00	400.00	4.80	(M)	(M)
Pizza, 16" Whole Wheat, Pepperoni, 10 Slices, Papa John's, MMA, WG, Veg-RO - SR106578 (1 slice)Contains Milk, Wheat.	390.00	18.00	8.00	0.50	46.00	1070.00	43.00	4.00	5.00	16.00	2.70	300.00	400.00	4.80	(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)
Pizza, 16", Whole Grain, 100% Mozzarella Cheese, Whole Uncut Pie, Red Sauce, Kasa's Foods, KAS00065, MMA, WG, Veg-RO - SR102171 (1/8 piece whole) Contains Milk, Wheat, Soy.	370.22	14.01	9.01	0.00	35.02	820.48	40.02	4.00	6.00	21.01	6.30	450.26	500.29	1.20	(M)	(M)
Pizza, 4" x 6" Whole Wheat Cheese Pizza, Nardone B - SR101089 (1 pizza)Contains Milk, Wheat, Soy, Gluten.	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, 4" x 6" Whole Wheat Pepperoni Pizza, Nardon - SR101090 (1 pizza)Contains Milk, Wheat, Soy, Gluten.	340.00	16.00	8.00	0.00	40.00	750.00	27.00	4.00	8.00	22.00	0.72	300.00	400.00	9.00	(M)	(M)
Pizza, 4"x6" Whole Wheat Cheese Pizza, Nardone Bro - SR103905 (1 pizza)Contains Milk, Wheat, Gluten.	290.00	11.00	6.00	0.00	30.00	410.00	25.00	3.00	6.00	21.00	1.80	100.00	500.00	27.00	(M)	(M)
Pizza, 5" Deep Dish Pizza Cheese CN, Frozen, Red Baron, 78584, MMA, Non-WG, Veg-RO - SR101345 (1 pizza)Contains Milk, Wheat, Soy.	400.00	20.00	10.00	0.00	35.00	820.00	39.00	2.00	11.00	18.00	1.80	350.00	500.00	0.00	(M)	(M)
Pizza, 6" Round Whole Wheat Cheese Pizza, 153g, Fr - SR104252 (1 pizza)Contains Milk, Wheat.	310.00	12.00	6.00	0.00	30.00	440.00	30.00	3.00	9.00	22.00	2.70	450.00	400.00	9.00	(M)	(M)
Pizza, 7" Deep Dish, Bosco's Pizza Co., 736, MMA, Non-WG, VEG-RO - SR104723 (1 pizza) Contains Milk, Wheat.	500.00	15.00	7.00	0.00	30.00	830.00	67.00	4.00	6.00	25.00	3.60	400.00	750.00	6.00	(M)	(M)
Pizza, Big Daddy's 16" Hand Tossed Pizza 51% WG Cheese Pre-Sliced, Big Daddy's, Schwan's Foodservice, 78397, WG, MMA, Veg-RO - SR101621 (5 ounces)Contains Milk, Wheat, Soy.	339.76	13.99	7.00	0.00	34.98	569.59	35.97	4.00	6.00	17.99	1.80	349.75	399.71	0.00	(M)	(M)
Pizza, Big Daddy's Bold 16" 51% WG Rolled Edge Cheese, Schwan's Food Service, Inc, 78985 WG, MMA, Veg-RO - SR100496 (1 slice)Contains Milk, Wheat, Soy.	400.00	16.00	7.00	0.00	35.00	620.00	43.00	4.00	7.00	19.00	2.70	350.00	400.00	0.00	(M)	(M)
Pizza, Big Daddy's original 16" Rolled Edge Pork Pepperoni, Schwan's Food Service, 73143. MMA, Non-WG - SR104705 (1 Slice (1/8th of Pizza))Contains Milk, Wheat, Soy.	410.00	18.00	8.00	0.00	40.00	810.00	43.00	2.00	6.00	19.00	3.60	250.00	500.00	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)
Pizza, Big Daddy's Original, 16" Rolled Edge Cheese, Schwan's Food Service Inc., 73142, MMA, Non-WG - SR102010 (1 Slice (1/8th of Pizza))Contains Milk, Wheat, Soy.	400.00	17.00	9.00	0.00	40.00	680.00	40.00	2.00	6.00	19.00	2.70	350.00	500.00	0.00	(M)	(M)
Pizza, Big Daddy's Rolled Edge Cheese, Harvest 16" WG, Schwan's Foodservice, 68543, MMA, WG, Veg-RO - SR106080 (5 ounces)Contains Milk, Wheat, Soy.	340.00	14.00	6.00	0.00	35.00	510.00	35.00	4.00	6.00	18.00	2.70	300.00	400.00	0.00	(M)	(M)
Pizza, Breakfast Pizza Bagel, WW, Nardone Bros, 96 - SR103541 (1 piece)Contains Milk, Wheat, Soy, Gluten.	230.00	6.00	3.50	0.00	15.00	440.00	30.00	3.00	5.00	14.00	1.80	250.00	200.00	6.00	(M)	(M)
Pizza, Breakfast Pizza Sausage, MMA, Non-WG - SR100569 (3 1/4 oz.)	226.55	11.12	3.36	(M)	13.56	626.17	22.43	1.09	(M)	9.38	1.74	139.25	280.08	0.42	(M)	(M)
Pizza, Breakfast Pizza, Whole Wheat, Sausage & Che - SR102226 (1 piece)Contains Milk, Wheat.	230.00	8.00	3.50	0.00	20.00	500.00	29.00	3.00	3.00	14.00	1.80	150.00	300.00	9.00	(M)	(M)
Pizza, Breakfast Sausage Pizzazz, 2x6 MAX, Con Agra, 10077387-125623, MMA, WG - SR106111 (1 piece)Contains Milk, Wheat, Soy, Gluten.	160.00	7.00	2.50	0.00	10.00	500.00	16.00	2.00	2.00	8.00	1.08	150.00	100.00	0.00	(M)	(M)
Pizza, Breakfast, Egg, White Flour Crust, 8 Cut, Mickey's, MMA, Non-WG - SR104792 (1/8 pie) Contains Milk, Egg, Wheat.	350.00	18.00	11.00	0.00	150.00	600.00	25.00	1.00	1.00	22.00	1.80	450.00	500.00	0.00	(M)	(M)
Pizza, Breakfast, Sausage & Gravy, MAX Double Stuff, Con Agra, 20077387-128119, MMA, WG - SR106129 (1 piece) Contains Milk, Wheat, Soy, Gluten.	220.00	9.00	3.00	0.00	10.00	550.00	26.00	3.00	3.00	10.00	1.44	150.00	200.00	0.00	(M)	(M)
Pizza, Buffalo Chicken, MMA, WG, Marian HS - SR106198 (1 piece) Contains Wheat, Soy, Gluten. Processed in a facility that also processes Milk.	165.79	11.43	7.13	0.00	44.44	458.89	2.60	0.00	0.00(M)	14.19	0.12	349.31	381.39	1.60	(M)	(M)
Pizza, Cheese Crunchers, Rich's, 65225, MMA, WG - SR100373 (2 piece whole)Contains Milk, Wheat, Gluten.	196.52	9.34	3.93	0.00	14.74	402.87	20.14	2.46	1.47	9.83	0.35	98.26	98.26	0.00	(M)	(M)
Pizza, Cheese Pita Pizza, MMA, Non-WG, Veg-RO - SR103622 (1 pita, large (6-1/2" dia))Contains Milk, Wheat.	340.15	16.99	4.41	0.00	25.23	877.65	41.70	3.00	5.29	13.12	4.20	203.01	1211.21	24.00	(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)
Pizza, Cheese Pizza with Whole Grain Crust, MMA, WG, Veg-RO - SR105070 (1 slice)Contains Milk, Egg, Soy.	187.50	10.52	6.35	0.00(M)	32.32	475.77	5.92	0.75	2.25(M)	16.92	0.96	417.31	927.65	3.60	26.65(M)	1.94(M)
Pizza, Cheese Pizza, 16", Big Daddy's - SR100904 (1 ea.) Contains Milk, Wheat, Soy.	300.00	10.00	4.50	0.00	20.00	510.00	34.00	2.00	5.00	17.00	2.70	250.00	300.00	0.00	(M)	(M)
Pizza, Cheese Slice Real Whole Wheat Frozen, The M - SR102622 (4 2/3 ounces)Contains Milk, Wheat, Soy.	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pizza, Cheese, 100% Mozzarella, WG, Conagra Foods, - SR100994 (1 ea.)Contains Milk, Wheat, Soy.	322.07	8.67	4.96	0.00	24.77	929.04	39.64	6.19	4.96	22.30	3.35	371.62	371.62	0.00	(M)	(M)
Pizza, Cheese, 16" 8 slices, Papa John's, MMA, Non - SR101717 (1 Slice (1/8th of Pizza))Contains Milk, Wheat.	360.00	13.00	6.00	0.00	30.00	930.00	50.00	2.00	6.00	14.00	2.70	250.00	300.00	4.80	(M)	(M)
Pizza, Cheese, 4x6 Fit for Kids, The Max, ConAgra Foodservice, 77387-12655, MMA, WG, Veg-RO - SR105484 (1 pizza)Contains Milk, Wheat, Soy.	270.00	9.00	3.00	0.00	10.00	750.00	33.00	4.00	5.00	15.00	4.50	250.00	500.00	0.00	(M)	(M)
Pizza, Cheese, 4x6 Personal, Frozen, Nardone Bros - SR101748 (1 ea.)	326.00	17.00	4.00	0.00	8.00	825.00	28.00	1.00	5.00	15.00	2.88	400.00	1050.00	6.60	(M)	(M)
Pizza, Cheese, 5" Round, Frozen, 5.35oz, Nardone Bros., 5WRMNY2, MMA, WG, Veg-RO - SR106083 (1 ea.)Contains Milk, Wheat.	330.00	12.00	7.00	0.00	30.00	680.00	33.00	3.00	2.00	21.00	1.80	400.00	500.00	12.00	(M)	(M)
Pizza, Cheese, 5" Round, Frozen, Nardone Bros. Bak - SR100436 (1 ea.)	390.00	12.00	6.00	0.00	30.00	340.00	45.00	2.00	6.00	22.00	3.60	450.00	400.00	6.00	(M)	(M)
Pizza, Cheese, 8 cut, MICKEY'S, MMA, WG, Veg-RO - SR101076 (1 Slice (1/8th of Pizza)) Contains Milk, Wheat, Gluten. Processed in a facility that also processes Egg.	330.00	16.00	10.00	0.00	45.00	730.00	29.00	3.00	5.00	19.00	2.70	450.00	750.00	0.00	(M)	(M)
Pizza, Cheese, Elementary, S-13-3, MMA, Non-WG, Veg-RO - SR104922 (1 slice)Contains Wheat, Soy.	246.50	5.96	3.13	0.00(M)	15.19	411.26	34.24	2.61	0.60(M)	12.52	2.52	224.50	1498.93	16.20	(M)	(M)
Pizza, Cheese, Fresh, Pizza Company, MMA, WG - SR100298 (1 slice)Contains Milk, Wheat, Gluten.	390.00	19.00	9.00	0.00	46.00	900.00	37.00	4.00	2.00	19.00	2.70	400.00	500.00	0.60	(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, Cheese, High School, S-13 -1, MMA, WG, Veg-RO - SR104920 (1 slice)Contains Milk, Soy.	395.02	13.33	6.73	0.00(M)	30.37	553.07	44.46	5.45	1.74(M)	21.10	2.91	439.47	1099.00	16.20	(M)	(M)
Pizza, Cheese, High School, S-13 -2, MMA, Non-WG, Veg-RO - SR104921 (1 slice)	332.67	10.60	6.48	0.00(M)	30.37	455.38	34.94	2.64	0.62(M)	18.62	2.75	426.99	1718.99	16.20	(M)	(M)
Pizza, Cheese, Large Stuffed Crust, Gilardi, 5.46 oz, Gilardi, ConAgra Foods Inc, 1627220111, MMA, WGR - SR106093 (1 piece) Contains Milk, Wheat, Soy, Gluten.	360.00	13.00	7.00	0.00	35.00	640.00	44.00	4.00	4.00	18.00	3.60	400.00	500.00	0.00	(M)	(M)
Pizza, Cheese, MAX Double Stuff, IW 3.74 oz, Con Agra, 20077387126849, MMA, WG - SR106118 (1 piece)Contains Milk, Wheat, Soy, Gluten.	240.00	7.00	4.00	0.00	20.00	550.00	28.00	3.00	3.00	17.00	2.70	300.00	400.00	0.00	(M)	(M)
Pizza, Cheese, MAX Fit for Kids Lunch Around, Con Agra, 20077387-127242, MMA, WG, VEG RO - SR106127 (1 piece) Contains Milk, Wheat, Soy, Gluten.	290.00	8.00	2.00	0.00	5.00	400.00	40.00	4.00	5.00	16.00	2.70	300.00	400.00	0.00	(M)	(M)
Pizza, Cheese, MAX Fit for Kids Plus 4x6, Con Agra, 20077387-127181, MMA, WG, Veg-RO - SR106123 (1 piece)Contains Milk, Wheat, Soy, Gluten.	280.00	8.00	3.00	0.00	15.00	560.00	37.00	4.00	4.00	16.00	3.60	300.00	400.00	0.00	(M)	(M)
Pizza, Cheese, MAX Fit for Kids Real Slice Con Agra, 20077387-127204, MMA, WG, Veg-RO - SR106125 (1 piece)Contains Milk, Wheat, Soy, Gluten.	280.00	8.00	3.00	0.00	15.00	560.00	37.00	4.00	4.00	16.00	3.60	300.00	400.00	0.00	(M)	(M)
Pizza, Cheese, MMA, WG - SR101951 (1 1 Slice)May contain Milk.	235.22	15.26	8.61	0.00(M)	35.44	464.42	9.23	1.00	1.38(M)	15.15	0.85	423.62	580.16	5.24	0.02(M)	0.02(M)
Pizza, Cheese, MMA, WG, Veg-RO, Marian HS - SR106197 (1 piece)Contains Wheat, Soy, Gluten. Processed in a facility that also processes Milk.	212.91	13.50	9.00	0.00	39.38	508.85	6.02	0.72	2.89(M)	15.91	0.42	480.19	619.63	1.73	(M)	(M)
Pizza, Cheese, Non-WG, MMA - SR104333 (1 slice)	266.11	7.65	3.48	0.00(M)	15.26	543.39	35.00	2.64	0.79(M)	12.79	2.46	228.50	1484.91	16.20	13.13(M)	1.05(M)
Pizza, Cheese, Smart Slice, 14" WG Reg Cheese Reg - SR104071 (1 slice)Contains Milk, Wheat, Soy.	300.00	14.00	8.00	0.00	45.00	780.00	31.00	3.00	3.00	15.00	1.80	350.00	750.00	6.00	(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)
Pizza, Cheese, The Max, 5" Lunch Around, ConAgra Foods Inc, 7738712514, MMA, WGR, Veg-RO - SR106092 (1 piece) Contains Milk, Wheat, Soy, Gluten.	340.00	10.00	3.50	0.00	10.00	700.00	43.00	3.00	5.00	17.00	4.50	250.00	200.00	0.00	(M)	(M)
Pizza, Cheese, The MAx, Lunch Around, 5.05 oz, ConAgra Foods Inc, 10077387125371, MMA, WG, Veg-RO - SR105908 (1 piece)Contains Milk, Wheat, Soy, Gluten.	320.00	11.00	3.50	0.00	10.00	610.00	40.00	5.00	5.00	15.00	2.70	250.00	300.00	0.00	(M)	(M)
Pizza, Cheese, Thick Crust, 4x6, 5.1 oz, Tony's, Schwan's Food Service, Inc. 68521, MMA, WG, Veg-RO - SR106637 (1 pizza) Contains Milk, Wheat, Soy.	350.00	15.00	7.00	0.00	35.00	440.00	36.00	4.00	14.00	17.00	1.80	350.00	400.00	0.00	(M)	(M)
Pizza, Cheese, Whole Grain, 16" 8 Cut, Domino's Pizza, MMA, WG, Veg-RO - SR106571 (1 slice) Contains Milk, Wheat, Soy.	330.00	14.00	8.00	0.00	45.00	850.00	36.00	4.00	4.00	16.00	2.70	350.00	750.00	6.00	(M)	(M)
Pizza, Cheese/Cheese Substitute Pepperoni w/ Whole - SR103418 (5 ounces)	350.00	19.00	6.00	0.00	25.00	730.00	27.00	3.00	8.00	17.00	2.70	300.00	400.00	9.00	(M)	(M)
Pizza, Cheese; CN labeled, The Max, stuffed crust 50/50, 4.84 oz, ConAgra Foodservice, 77387-12407, MMA, Non-WGR - SR101889 (1 piece)Contains Milk, Wheat, Soy.	330.00	14.00	4.50	0.00	15.00	840.00	36.00	2.00	4.00	16.00	2.70	300.00	500.00	0.00	(M)	(M)
Pizza, Cheese; The Max, CN labeled, real slice 50/50; as served - SR105361 (1 piece)	270.00	9.00	3.00	(M)	10.00	800.00	32.00	3.00	(M)	16.00	5.60	236.00	567.00	0.00	(M)	(M)
Pizza, Deep Dish 5", 100% Mozz Cheese Pizza, Tony's, Schwan's Food Service, Inc. 78368, MMA, WG, Veg-RO - SR100368 (141 grams)Contains Milk, Wheat, Soy.	340.00	13.00	6.00	0.00	30.00	570.00	39.00	4.00	15.00	18.00	2.70	300.00	300.00	0.00	(M)	(M)
Pizza, Dippers, Farm Rich, 65233, MMA, WG - SR104763 (2 clusters)Contains Milk, Wheat, Soy.	250.00	7.00	3.00	0.00	15.00	570.00	29.00	2.00	6.00	18.00	1.54	480.00	518.00	1.25	(M)	(M)
Pizza, Double Cheese Pizza, Frozen, 541CM, Nardone - SR104729 (1 pizza)Contains Milk, Wheat.	300.00	11.00	6.00	0.00	30.00	420.00	29.00	1.00	5.00	21.00	0.72	400.00	400.00	6.00	(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)
Pizza, Flatbread, Whole Grain Cheesy Garlic, Tony's, Schwan's Foodservice, 72565, WG, MMA - SR106788 (2 stick.)Contains Milk, Wheat, Soy.	310.00	12.00	4.50	0.00	15.00	580.00	38.00	4.00	12.00	15.00	2.70	300.00	300.00	0.00	(M)	(M)
Pizza, French Bread Cheese Pizza w/ WW Crust, Nard - SR101130 (1 Slice (5.50 oz))Contains Milk, Wheat, Soy, Gluten.	329.84	10.99	7.00	0.00	29.99	459.78	32.98	3.00	7.00	23.99	0.72	399.81	399.81	9.00	(M)	(M)
Pizza, French Bread Cheese Pizza, 6", 51% WG, Tony's, Schwan's Food Service, Inc. 72671, MMA, WG, Veg-RO - SR106081 (1 portion)Contains Milk, Wheat, Soy, Gluten.	340.00	15.00	8.00	0.00	45.00	810.00	35.00	4.00	6.00	18.00	1.80	400.00	750.00	9.00	(M)	(M)
Pizza, French Bread Cheese Pizza, 6", Tony's, Schwan's Food Service, Inc. 78356, MMA, WG, Veg-RO - SR100365 (1 portion) Contains Milk, Wheat, Soy.	300.00	11.00	4.00	0.00	20.00	570.00	34.00	3.00	4.00	17.00	1.80	300.00	500.00	6.00	(M)	(M)
Pizza, French Bread Multi Cheese Garlic Pizza, 6", Tony's, Schwan's Food Service, Inc. 78359, MMA, WG - SR104979 (1 portion) Contains Milk, Wheat, Soy.	330.00	15.00	6.00	0.00	20.00	680.00	30.00	3.00	2.00	18.00	1.80	300.00	500.00	0.00	(M)	(M)
Pizza, French Bread, 5.50 oz, Frozen - SR100437 (1 ea.)	340.00	12.00	7.00	0.00	30.00	650.00	36.00	1.00	6.00	22.00	0.72	450.00	400.00	9.00	(M)	(M)
Pizza, Frozen; Tony's(r) outer stuff cheese stuffe - SR102318 (5 3/4 oz.)	381.87	14.47	5.64	(M)	24.14	1199.82	43.88	1.56	(M)	19.32	3.33	409.97	706.52	0.59	(M)	(M)
Pizza, Galaxy 4" Cheese 50/50 Mozz/Sub Mozz, Tony's, Schwan's Food Service, Inc. 72576, MMA, WGR, Veg-RO - SR106082 (1 ea.)Contains Milk, Wheat, Soy.	290.00	12.00	3.50	0.00	15.00	530.00	32.00	3.00	13.00	14.00	2.70	300.00	500.00	0.00	(M)	(M)
Pizza, Harvest (TM) 16' Cheese Pizza CN - SR101638 (4 1/4 ounces)Contains Milk, Wheat, Soy.	299.99	10.00	4.50	0.00	20.00	509.99	34.00	2.00	5.00	17.00	2.70	249.99	299.99	0.00	(M)	(M)
Pizza, Homemade, Pepperoni, WG, Veg-RO - SR104117 (1 piece)Contains Milk, Egg, Soy.	277.38	13.46	7.49	0.00(M)	38.70	667.03	17.39	2.11	3.02(M)	21.70	1.26	472.49	536.96	2.30	29.85(M)	2.17(M)
Pizza, Hot Pockets Pizza Stix, Frozen, Nestle Professional, 10043695053002, MMA, Non-WG - SR104871 (1 piece)Contains Milk, Egg, Wheat, Soy.	210.00	8.00	3.00	0.00	10.00	500.00	27.00	1.00	3.00	6.00	1.80	150.00	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)
Pizza, Jumbo Bagel, Frozen, Tasty Brands, 52105, MMA, Non-WG, Veg-RO - SR104828 (1 bagel)Contains Milk, Wheat, Soy. Processed in a facility that also processes Egg.	340.00	12.00	7.00	0.00	30.00	560.00	40.00	4.00	4.00	21.00	2.70	400.00	1000.00	6.00	(M)	(M)
Pizza, Jumbo Bagel, Whole Grain, Tasty Brands, 52106, MMA, WGR, Veg-RO - SR106642 (1 ea.) Contains Milk, Wheat, Soy.	300.00	10.00	5.00	0.00	35.00	670.00	32.00	4.00	4.00	14.00	2.70	300.00	750.00	12.00	(M)	(M)
Pizza, Justino's Typical Slice Pizza, MMA, Non-WG - SR103429 (1 1 Slice)	365.53	13.28	7.61	0.00(M)	43.38	800.69	45.87	7.57	2.67(M)	18.66	2.35	407.30	429.14	0.89	63.98(M)	3.65(M)
Pizza, Medium Stuffed Crust Pepperoni Pizza, Gilardi, ConAgra Foods Inc, 20016272201148, MMA, WG - SR106096 (1 piece) Contains Milk, Wheat, Soy, Gluten.	300.00	11.00	5.00	0.00	30.00	650.00	35.00	4.00	4.00	17.00	2.70	300.00	400.00	0.00	(M)	(M)
Pizza, Mini Bagels, Cheese and Chicken Pepperoni, Whole Grain, Tasty Brands, 52223, MMA, WGR, Veg-O - SR106644 (4 ea.) Contains Milk, Wheat, Soy. Processed in a facility that also processes Egg.	240.00	9.00	4.00	0.00	20.00	760.00	25.00	5.00	5.00	19.00	2.70	200.00	750.00	6.00	(M)	(M)
Pizza, Mini Bagels, Cheese, Whole Grain, Tasty Brands, 52222, WGR, MMA, Veg-O - SR106643 (4 ea.)Contains Milk, Wheat, Soy. Processed in a facility that also processes Egg.	260.00	9.00	5.00	0.00	20.00	560.00	24.00	4.00	4.00	21.00	1.80	350.00	750.00	6.00	(M)	(M)
Pizza, Mozzarella Sticks, The Max, 77387-12592, MMA, WG - SR100379 (3 7/8 ounces) Contains Milk, Wheat, Gluten.	310.00	13.00	4.50	0.00	10.00	740.00	34.00	3.00	6.00	15.00	2.70	250.00	200.00	0.00	(M)	(M)
Pizza, Pepperoni Hot Pocket w/Sauce, MMA, Non-WG, - SR104491 (1 hot pocket (1 NLEA serving))	399.62	18.09	8.00	0.00(M)	45.00	1020.30	47.74	3.43	0.87(M)	12.44	4.30	254.99	218.08	5.23	(M)	(M)
Pizza, Pepperoni Pizza, 10B, MMA, WG, Veg-RO - SR105886 (1 pizza)Contains Milk, Wheat, Soy.	283.75	10.13	3.38	0.00	12.50	780.00	33.13	4.00	5.00	15.75	4.75	250.25	500.00	0.00	(M)	(M)
Pizza, Pepperoni w/ Wheat Crust, 16" sliced, Today's Choice, Giorgio Foods, Inc., 5754, MMA. WGR. Veg-RO - SR107013 (1 piece)Contains Milk, Wheat, Soy.	360.00	15.00	7.00	0.00	20.00	570.00	35.00	5.00	6.00	24.00	1.80	300.00	400.00	12.00	(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)
Pizza, Pepperoni w/ Whole Wheat Crust 5", Today's Choice Giorgio Foods, Inc., 7794, MMA, WGR, Veg-RO - SR107015 (1 pizza) Contains Milk, Wheat, Soy.	350.00	13.00	7.00	0.00	20.00	480.00	35.00	5.00	6.00	24.00	1.80	300.00	400.00	9.00	(M)	(M)
Pizza, Pepperoni, MAX 4x6 Fit for Kids, Con Agra, 10077387126569, MMA, WG, Veg-RO - SR106116 (1 piece) Contains Milk, Wheat, Soy, Gluten.	270.00	9.00	3.00	0.00	15.00	810.00	33.00	4.00	5.00	15.00	5.40	200.00	500.00	0.00	(M)	(M)
Pizza, Pepperoni, MAX Fit for Kids 4x6, Con Agra, 10077387-125852, MMA, WG, Veg-RO - SR106112 (1 piece)Contains Milk, Wheat, Soy, Gluten.	270.00	8.00	4.00	0.00	20.00	810.00	33.00	4.00	5.00	18.00	5.40	250.00	500.00	0.00	(M)	(M)
Pizza, Pepperoni, MAX Real Slice 100% Mozz, Con Agra, 20077387-12686, MMA, WG, VEG-RO - SR106119 (1 piece)Contains Milk, Wheat, Soy, Gluten.	270.00	8.00	4.00	0.00	20.00	810.00	32.00	5.00	4.00	18.00	2.70	300.00	300.00	0.00	(M)	(M)
Pizza, Pepperoni, MAX Real Slice 4.67 oz, Con Agra, 20077387126818, MMA, WG, Veg-RO - SR106117 (1 piece) Contains Milk, Wheat, Soy, Gluten.	270.00	10.00	3.50	0.00	15.00	860.00	32.00	4.00	5.00	16.00	1.80	250.00	500.00	0.00	(M)	(M)
Pizza, Pepperoni, MAX Stuffed Crust, Con Agra, 10077387-126156, MMA, WG, Veg-RO - SR106113 (1 piece)Contains Milk, Wheat, Soy, Gluten.	320.00	12.00	6.00	0.00	30.00	820.00	34.00	3.00	4.00	19.00	2.70	350.00	400.00	0.00	(M)	(M)
Pizza, Pepperoni, Small Stuffed Crust Pizza, Gilardi, ConAgra Foods Inc, 20016272201162, MMA, WG - SR106098 (1 piece) Contains Milk, Wheat, Soy, Gluten.	220.00	9.00	4.50	0.00	30.00	490.00	24.00	2.00	3.00	12.00	1.80	250.00	300.00	0.00	(M)	(M)
Pizza, Pepperoni, The Max, Lunch Around, ConAgra Foods Inc, 10077387125159, MMA, WG, Veg-RO - SR106109 (1 piece) Contains Milk, Wheat, Soy, Gluten.	320.00	12.00	3.50	0.00	15.00	560.00	39.00	5.00	5.00	16.00	2.70	200.00	300.00	0.00	(M)	(M)
Pizza, Pepperoni, The MAX, Lunch Around, ConAgra Foodservice, 10077387125388, MMA, WG, Veg-RO - SR105978 (1 piece) Contains Milk, Wheat, Soy, Gluten.	320.00	12.00	3.50	0.00	15.00	650.00	39.00	5.00	5.00	16.00	2.70	200.00	300.00	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)
Pizza, Perkasie, MMA, Non-WG, Veg-RO - SR101763 (1 portion)	401.27 (M)	14.65(M)	5.15(M)	0.00(M)	19.77(M)	829.47 (M)	42.73(M)	1.64(M)	0.70(M)	23.74(M)	3.13(M)	492.31 (M)	1170.65 (M)	6.33(M)	37.09(M)	3.40(M)
Pizza, Pizza Chiaros, MMA, Non-WG, Veg-RO - SR101649 (1 piece)	407.64 (M)	13.00(M)	6.35(M)	(M)	32.32(M)	850.28 (M)	48.99(M)	3.82(M)	0.93(M)	22.39(M)	3.05(M)	558.55 (M)	1287.48 (M)	31.03(M)	32.00(M)	2.94(M)
Pizza, Pizza Gran Sasso, MMA, Non-WG, Veg-RO - SR101643 (1 Piece/Portion/Unit/Item/Serving)	339.11 (M)	12.03(M)	6.77(M)	(M)	40.54(M)	615.85 (M)	38.34(M)	1.34(M)	1.39(M)	18.13(M)	2.40(M)	373.24 (M)	348.53 (M)	0.46(M)	35.06(M)	2.73(M)
Pizza, Pizza Quesadilla with Chicken, The Max, Fro - SR102016 (1 piece)Contains Milk, Wheat, Soy.	320.00	14.00	3.00	0.00	15.00	880.00	35.00	1.00	3.00	15.00	2.70	200.00	300.00	0.00	(M)	(M)
Pizza, Pizza Roll, MMA, Non-WG - SR100967 (1 portion)Contains Milk.	210.29	7.50	3.50	0.00(M)	15.00	440.03	25.06	1.04	2.00(M)	9.01	1.48	221.72	201.84	0.00	0.01(M)	0.01(M)
Pizza, Red Baron Deep Dish 5" 100% Mozzarella Chee - SR101607 (1 pizza)Contains Milk, Wheat, Soy.	400.00	20.00	10.00	0.00	35.00	820.00	39.00	2.00	11.00	18.00	1.80	350.00	500.00	0.00	(M)	(M)
Pizza, RF Turkey and Beef Pepperoni, Stuffed Crust Cheese, Gilardi, ConAgra Foods Inc, 1627220114, MMA, WGR - SR106094 (1 piece)Contains Milk, Wheat, Soy, Gluten.	370.00	13.00	6.00	0.00	35.00	700.00	44.00	4.00	4.00	19.00	3.60	350.00	400.00	0.00	(M)	(M)
Pizza, Rojo Fiesta 5" w/ Wheat Crust, Today's Choice Giorgio Foods Inc 9196, MMA, WGR - SR107011 (1 pizza)Contains Milk, Wheat, Soy.	330.00	11.00	6.00	0.00	25.00	490.00	36.00	6.00	5.00	23.00	2.70	300.00	300.00	3.60	(M)	(M)
Pizza, Rojo Fiesta w/ Wheat Crust 16", Today's Choice Giorgio Foods Inc 9194, MMA, WGR - SR107025 (1 slice)Contains Milk, Wheat, Soy.	340.00	12.00	7.00	0.00	30.00	510.00	36.00	6.00	5.00	24.00	2.70	300.00	300.00	3.60	(M)	(M)
Pizza, Sausage, MAX Fit for Kids 4x6, Con Agra, 20077387-127037, MMA, WG, Veg-RO - SR106121 (1 piece)Contains Milk, Wheat, Soy, Gluten.	280.00	9.00	3.50	0.00	10.00	760.00	34.00	7.00	3.00	16.00	2.70	200.00	200.00	0.00	(M)	(M)
Pizza, Sausage, MAX Real Slice, Con Agra Foods, 10077387124435, MMA, WG, Veg-RO - SR106110 (1 piece) Contains Milk, Wheat, Soy, Gluten.	270.00	10.00	3.50	0.00	15.00	810.00	32.00	4.00	5.00	16.00	5.40	220.00	550.00	0.00	(M)	(M)
Pizza, School Pizza without Pepperoni, Elementary, - SR103726 (1 ea.)Contains Milk.	384.83	17.09	7.21	0.00(M)	30.00	1159.51	37.06	4.13	4.51(M)	21.85	2.30	468.55	838.08	10.47	22.23(M)	1.88(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, School Pizza without Pepperoni, Secondary, - SR103447 (1 ea.)	529.27	25.66	12.42	0.00(M)	47.25	1521.30	48.78	5.51	6.02(M)	26.02	3.25	650.30	981.01	13.96	29.63(M)	2.50(M)
Pizza, Shell, Whole Wheat, 16", DeIORIO'S, 539, WG - SR101157 (1 Slice (1/24th of Pizza Shell)) Contains Wheat, Gluten. Processed in a facility that also processes Milk.	150.00	1.50	0.00	0.00	0.00	270.00	27.00	2.00	2.00	5.00	1.44	0.00	0.00	0.00	(M)	(M)
Pizza, Shell, Whole Wheat, 18x24, 48 oz, Morabito, - SR100207 (1 Slice (1/24th of Pizza Shell))Contains Wheat, Soy, Gluten.	110.00	2.00	0.00	0.00	0.00	280.00	24.00	3.00	1.00	5.00	2.70	40.00	0.00	0.00	(M)	(M)
Pizza, Sicilian 12x16 51% WG Rolled Edge, Schwan Food Company, 78388, MMA, WG, Veg-RO - SR100217 (1 Slice (1/8 of Pie = 2 MMA, 2WG, 1/8 Veg-RO))Contains Milk, Wheat, Soy, Gluten.	340.00	14.00	6.00	0.00	35.00	520.00	36.00	4.00	6.00	18.00	2.70	300.00	400.00	0.00	(M)	(M)
Pizza, Small Stuffed Crust Cheese Pizza, Gilardi, ConAgra Foods Inc, 20016272201155, MMA, WG - SR106097 (1 piece)Contains Milk, Wheat, Soy, Gluten.	220.00	9.00	5.00	0.00	25.00	450.00	24.00	2.00	3.00	12.00	1.80	300.00	300.00	0.00	(M)	(M)
Pizza, Southwest 16" w/ Wheat Crust, Today's Choice Giorgio Foods Inc 8711, MMA, WGR - SR107021 (1 piece)Contains Milk, Wheat, Soy.	330.00	12.00	7.00	0.00	30.00	550.00	35.00	6.00	5.00	24.00	2.70	300.00	300.00	3.60	(M)	(M)
Pizza, Southwest 5", Today's Choice Giorgio Foods, Inc. 8371, MMA, WGR - SR107018 (1 pizza) Contains Milk, Wheat, Soy.	330.00	11.00	6.00	0.00	30.00	560.00	36.00	6.00	5.00	23.00	2.70	300.00	300.00	3.60	(M)	(M)
Pizza, Southwest, MAX Real Slice, Con Agra, 20077387126238, MMA, WG - SR106114 (1 piece) Contains Milk, Wheat, Soy, Gluten.	280.00	10.00	3.00	0.00	15.00	730.00	33.00	4.00	2.00	17.00	2.70	200.00	100.00	0.00	(M)	(M)
Pizza, Stuffed Crust Pepperoni, Reduced Fat, 4.87oz, The MAX, ConAgra Foodservice, 77387-12682, MMA, WG, Veg-RO - SR105004 (1 pizza)Contains Milk, Wheat, Soy.	329.85	13.99	4.50	0.00	19.99	869.59	34.98	3.00	4.00	16.99	1.80	249.88	299.86	0.00	(M)	(M)
Pizza, Stuffed Crust, Cheese, 4x6, Nardone, 72SCMA - SR101831 (1 ea.)Contains Milk, Wheat. Processed in a facility that also processes Egg, Soy.	380.00	16.00	5.00	0.00	20.00	770.00	42.00	1.00	7.00	17.00	2.70	100.00	100.00	6.00	(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)
Pizza, Taco w/ Tortilla Chips, MMA, WGR - SR106981 (1 portion)Processed in a facility that also processes Peanuts.	387.29	16.66	7.38	0.35(M)	45.76	786.25	39.48	4.43	1.76(M)	18.56	3.00	313.54	750.41	3.78	88.96(M)	3.48(M)
Pizza, The Max 3x4 Turkey Sausage Breakfast Pizzaz - SR103459 (1 portion)Contains Milk, Wheat, Soy.	190.00	7.00	1.50	0.00	5.00	440.00	22.00	3.00	2.00	8.00	1.44	150.00	400.00	0.00	(M)	(M)
Pizza, The Max 4x6 Premium Cheese Pizza, Frozen, C - SR102899 (1 4x6 pizza)Contains Milk, Wheat, Soy.	370.00	15.00	4.50	0.00	15.00	940.00	42.00	2.00	(M)	17.00	5.40	350.00	500.00	0.00	(M)	(M)
Pizza, The Max Fit for Kids Plus, 4x6 WG Mozzarella Cheese, Con Agra, The Max, 77387-12584, MMA, WGR, Veg-RO - SR105902 (1 pizza)Contains Milk, Wheat, Soy.	268.39	7.23	4.13	0.00	20.64	743.23	34.06	4.13	5.16	18.58	5.57	309.68	516.13	0.00	(M)	(M)
Pizza, The Max Fit for Kids Plus, Stuffed Crust Pizza w/Reduced Fat Cheese, ConAgra, 77387-12716, MMA, WG, Veg-O - SR105362 (1 pizza)Contains Milk, Wheat, Soy.	360.00	9.00	3.00	0.00	5.00	570.00	52.00	7.00	9.00	18.00	2.70	300.00	100.00	0.00	(M)	(M)
Pizza, The Max Mozzarella Pizza Sticks Bulk 12439 - SR101354 (1 stick.)Contains Milk, Wheat, Soy.	150.00	6.00	2.00	0.00	5.00	370.00	17.00	2.00	0.00	7.00	1.08	150.00	100.00	0.00	(M)	(M)
Pizza, The Max Pizza Quesadilla Cheese 12531 - SR101357 (1 each quesadilla)Contains Milk, Wheat, Soy.	340.00	13.00	4.00	0.00	5.00	910.00	41.00	3.00	6.00	15.00	0.36	300.00	750.00	0.00	(M)	(M)
Pizza, The Max Stuffed Crust Pepperoni, RF, Con Agra Foods, 77387-124084, MMA, Non-WG - SR106104 (1 piece)Contains Milk, Wheat, Soy, Gluten.	330.00	14.00	4.50	0.00	20.00	880.00	36.00	2.00	4.00	16.00	2.70	250.00	300.00	0.00	(M)	(M)
Pizza, The Max Stuffed Crust Sausage, Con Agra Foods, 77387 -124091, MMA, Non-WG - SR106105 (1 piece)Contains Milk, Wheat, Soy, Gluten.	330.00	14.00	4.50	0.00	20.00	860.00	35.00	3.00	4.00	17.00	2.70	300.00	300.00	0.00	(M)	(M)
Pizza, The Max Stuffed Crust, 100% Mozzarella Cheese, Frozen, 5 oz, Conagra Foods, 77387-12616, MMA, WGR, Veg-RO - SR102041 (1 slice cooked) Contains Milk, Wheat, Soy.	310.07	11.00	6.00	0.00	30.01	760.16	32.01	3.00	4.00	19.00	1.80	400.08	400.08	0.00	(M)	(M)
Pizza, The Max Whole Grain MaxStix Pizza Sticks - SR101363 (1 stick.)Contains Milk, Wheat, Soy.	150.00	7.00	2.50	0.00	5.00	390.00	16.00	2.00	1.00	7.00	0.72	150.00	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)
Pizza, The Max Whole Grain Quesadilla Chicken 12700, Frozen, ConAgra Foods, The Max, 77387-12700, MMA, WG, Veg-RO - SR101365 (1 each quesadilla) Contains Milk, Wheat, Soy, Gluten.	320.00	11.00	2.50	0.00	20.00	770.00	38.00	4.00	5.00	18.00	2.70	200.00	300.00	0.00	(M)	(M)
Pizza, The Max Whole Grain Stuffed Crust Pizza - SR101359 (1 slice cooked)Contains Milk, Wheat, Soy, Gluten.	329.99	14.00	4.50	0.00	15.00	819.98	35.00	3.00	4.00	16.00	1.80	299.99	299.99	0.00	(M)	(M)
Pizza, Three Cheese Pizza, Entree #23, MMA, WG, Veg-RO - SR105503 (1 slice)	365.38	16.18	9.26	0.01(M)	37.49	705.74	35.29	3.85	1.48(M)	20.67	2.13	473.03	458.26	1.48	58.39(M)	2.08(M)
Pizza, Tony's Classic Wedge 7" 51% WG Cheese/Cheese sub Pizza, Frozen, Schwans Food Service Inc, 73158, MMA, WG, Veg-RO - SR101611 (1 pizza) Contains Milk, Wheat, Soy.	290.00	11.00	4.00	0.00	15.00	540.00	34.00	4.00	15.00	15.00	2.70	300.00	500.00	0.00	(M)	(M)
Pizza, Tony's Deep Dish 5" 51% Whole Grain 100% Mozzarella Cheese Pizza, Frozen, Schwan's Food Service, 78368, MMA, WG, Veg-RO - SR101617 (1 pizza) Contains Milk, Wheat, Soy.	340.00	13.00	6.00	0.00	30.00	570.00	39.00	4.00	15.00	18.00	2.70	300.00	300.00	0.00	(M)	(M)
Pizza, Tony's Smart Pizza Classic Wedge with Whole - SR101664 (1 pizza)Contains Milk, Wheat, Soy.	300.00	11.00	5.00	0.00	25.00	600.00	35.00	5.00	14.00	17.00	1.80	250.00	400.00	0.00	(M)	(M)
Pizza, Tony's SmartPizza, Whole Grain 4x6 Cheese Pizza 50/50, Frozen, Schwan's Food Service, Inc. 78673, MMA, WG, Veg-RO - SR101504 (1 piece)Contains Milk, Wheat, Soy.	290.00	11.00	4.00	0.00	15.00	540.00	34.00	4.00	15.00	15.00	2.70	300.00	500.00	0.00	(M)	(M)
Pizza, Turkey Pepperoni w/ Wheat Crust 5", Today's Choice Giorgio Foods Inc. 8671, MMA, WGR, Veg-RO - SR107020 (1 pizza)Contains Milk, Wheat, Soy.	330.00	10.00	5.00	0.00	30.00	70.00	36.00	6.00	6.00	25.00	2.70	300.00	400.00	9.00	(M)	(M)
Pizza, Turkey Pepperoni w/ Wheat Crust, 16" sliced, Today's Choice Giorgio Foods, Inc. 8071, MMA, WGR, Veg-RO - SR107016 (1 piece)Contains Milk, Wheat, Soy.	320.00	10.00	5.00	0.00	30.00	550.00	35.00	5.00	6.00	25.00	2.70	300.00	400.00	12.00	(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)
Pizza, Turkey Pepperoni, MAX Fit for Kids 4x6, Con Agra, 20077387-127198, MMA, WG, VEG-RO - SR106124 (1 piece) Contains Milk, Wheat, Soy, Gluten.	280.00	9.00	3.00	0.00	15.00	600.00	37.00	4.00	4.00	16.00	3.60	250.00	400.00	0.00	(M)	(M)
Pizza, Turkey Pepperoni, MAX Fit for Kids Real Slice, Con Agra, 20077387-12721, MMA, WG, VEG-RO - SR106126 (1 piece) Contains Milk, Wheat, Soy, Gluten.	280.00	9.00	3.00	0.00	15.00	600.00	37.00	4.00	4.00	16.00	3.60	250.00	400.00	0.00	(M)	(M)
Pizza, Turkey Pepperoni, MAX Fit for Kids Stuffed Crust, Con Agra, 20077387-127174, MMA, WG, VEG-RO - SR106122 (1 piece) Contains Milk, Wheat, Soy, Gluten.	290.00	9.00	3.00	0.00	15.00	600.00	38.00	3.00	4.00	16.00	2.70	350.00	500.00	0.00	(M)	(M)
Pizza, WG Cheese Pizza,16", Rolled Edge, Big Daddy's, Schwan's Foodservice, 78926, WG, MMA, Veg-RO - SR100372 (1 1 slice (4.38 oz, 1/10 of pizza))Contains Milk, Wheat, Soy.	280.00	8.00	3.00	0.00	15.00	460.00	33.00	3.00	4.00	19.00	2.70	350.00	400.00	0.00	(M)	(M)
Pizza, Wheat Cheese 14", Papa John's, WG, MMA, Veg - SR104631 (1 slice)Contains Milk, Wheat.	350.00	15.00	8.00	0.00	45.00	930.00	40.00	4.00	5.00	15.00	2.70	350.00	400.00	4.80	(M)	(M)
Pizza, Whole Grain Cheese Pre-Sliced, Frozen, Big Daddy's, 78992, WG, MMA, Veg-RO - SR106638 (4 3/8 ounces) Contains Milk, Wheat, Soy.	351.76	13.62	5.67	0.00	28.37	556.00	37.45	3.40	5.67	19.29	3.06	283.68	340.41	0.00	(M)	(M)
Pizza, Whole Grain DoubleStuff Cheese, THE MAX, Con Agra Foods, 77387-12683, MMA, WGR - SR101053 (3 3/4 ounces) Contains Milk, Wheat, Soy.	237.67	6.93	3.96	0.00	19.81	544.66	27.73	2.97	2.97	16.84	2.67	297.09	396.12	0.00	(M)	(M)
Pizza, Whole Grain DoubleStuff Tpepp 100% Mozzarel - SR101048 (3 3/4 ounces) Contains Milk, Wheat, Soy.	237.67	7.92	3.47	0.00	19.81	574.37	26.74	2.97	2.97	16.84	2.67	297.09	396.12	0.00	(M)	(M)
Pizza, Whole Grain Rich (16 oz) Cheese Pizza - 8 c - SR102916 (1/8 pizza)	330.00	16.00	10.00	0.00	45.00	730.00	28.00	3.00	5.00	19.00	2.70	450.00	750.00	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)
Pizza, Whole Grain, 100% Mozzarella Cheese, 18" Round, Pre-Sliced, Red Sauce, Kasa's Foods, KAS00013, MMA, WGR, Veg-RO - SR102819 (1 slice regular)Contains Milk, Wheat, Soy.	390.00	14.00	9.00	0.00	35.00	840.00	43.00	4.00	6.00	22.00	6.30	450.00	500.00	1.20	(M)	(M)
Pizza, Whole Grain/Reduced Fat Stuffed Crust Pizza, Bosco's Pizza Co., 1462, WGR, MMA, Veg-RO - SR101010 (1/8 pizza)Contains Milk, Wheat.	350.00	11.00	5.00	0.00	25.00	580.00	43.00	4.00	5.00	21.00	2.70	400.00	750.00	3.60	(M)	(M)
Pizza, Whole Wheat Pepperoni Pizza, Nardone, 96WW1 - SR104383 (1 pizza)	310.00	16.00	8.00	0.00	40.00	630.00	22.00	3.00	5.00	20.00	1.80	350.00	750.00	12.00	(M)	(M)
Pizza, Whole Wheat pizza, Cheese/Plain, Seasons Pi - SR101209 (1 Slice (1/8th of Pizza))	390.37	12.97	6.31	0.00(M)	30.00	870.97	46.94	1.75	1.57(M)	20.96	4.03	412.94	620.56	4.11	0.01(M)	0.01(M)
Pizza, Whole Wheat Wedge Cheese, Frozen, 5oz, Nardone Bros., 96WWED2, MMA, WGR, Veg-RO - SR106084 (5 ounces) Contains Milk, Wheat. Processed in a facility that also processes Soy.	310.00	12.00	6.00	0.00	30.00	360.00	30.00	3.00	6.00	22.00	2.70	450.00	500.00	9.00	(M)	(M)
Pizza, Whole Wheat Wedge Cheese, Frozen, Nardone B - SR104621 (4 1/3 ounces) Contains Milk, Wheat. Processed in a facility that also processes Soy.	270.00	11.00	6.00	0.00	30.00	400.00	22.00	3.00	5.00	21.00	1.80	450.00	500.00	6.00	(M)	(M)
Pizza, Whole Wheat, 4"x 6", Stuffed Crust Cheese P - SR102223 (1 piece)Contains Milk, Wheat, Soy, Gluten.	360.00	12.00	7.00	0.00	30.00	710.00	40.00	5.00	4.00	23.00	2.70	450.00	500.00	9.00	(M)	(M)
Pizza, Whole Wheat, Cheese, Pizzeria Style, 5 oz S - SR104271 (1 slice)Contains Milk, Wheat.	310.00	13.00	8.00	0.00	30.00	540.00	29.00	3.00	4.00	20.00	2.70	450.00	400.00	6.00	(M)	(M)
Pizza, Whole Wheat, Pepperoni, 6" Round, Personal - SR104272 (1 pizza)Contains Milk, Wheat.	350.00	16.00	8.00	0.00	40.00	690.00	30.00	4.00	7.00	22.00	2.70	300.00	500.00	12.00	(M)	(M)
Pizza, Whole Wheat, Round, 5", Cheese Pizza, Nardo - SR102224 (1 piece)Contains Milk, Wheat, Soy, Gluten.	360.00	13.00	7.00	0.00	30.00	760.00	40.00	4.00	3.00	22.00	0.36	400.00	500.00	12.00	(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)
Pizza, Whole Wheat, Stuffed Crust Cheese Pizza Wedge, 4.95oz, Nardone Bros, 72WWSCM2, MMA, WG, Veg-RO - SR106085 (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)
Platter, Yogurt and Cheese, MMA, Veg-RO, F - SR100470 (1 PLATE)Contains Milk, Wheat, Soy.	425.39	6.41	3.09	0.00(M)	15.13	558.44	75.77	9.01	37.91(M)	18.93	2.17	421.42	8017.53	9.88	155.72 (M)	0.35(M)
Plums, raw - SR105254 (1 cup, sliced)	75.90	0.46	0.03	(M)	0.00	0.00	18.84	2.31	16.37	1.16	0.28	9.90	569.25	15.68	143.93	0.61
Popcorn Chicken, Homestyle Breaded Bites, FC, Tyso - SR100343 (15 piece)	282.31	18.41	3.68	0.00	36.82	552.35	17.18	0.00	0.00	13.50	1.77	49.10	122.74	0.00	(M)	(M)
Popcorn Chicken, Tyson Popcorn Chicken Bites with - SR100330 (136 grams)Contains Wheat, Soy.	382.62	17.82	3.17	0.00	31.65	694.69	40.77	3.00	2.00	16.60	2.96	82.19	105.49	0.00	(M)	(M)
Popcorn, Reduced Fat White Cheddar, Smartfood, 72/.5 oz bags, Frito-Lay, Non-Creditable - SR102133 (1 bag, single serving)Contains Milk.	60.00	2.50	0.00	0.00	0.00	125.00	9.00	1.00	0.00	2.00	0.00	0.00	0.00	0.00	(M)	(M)
Popcorn, Smartfood White Cheddar, Popped Original, Frito-Lay, 11130, Non-Creditable - SR104238 (1 bag, single serving)Contains Milk.	100.00	6.00	1.50	0.00	5.00	180.00	9.00	1.00	1.00	2.00	0.00	20.00	0.00	0.00	(M)	(M)
Pork Carnitas, Shredded, Fully Cooked, Northwest Distribution, 722423F, MMA - SR104893 (1 3 oz serving)Contains Soy.	170.00	11.00	4.00	0.00	55.00	530.00	2.00	0.00	1.00	14.00	1.08	20.00	300.00	0.00	(M)	(M)
Pork Chop, Whole Grain Country Fried, AdvancePierre Foods, 69019, MMA, WG - SR106865 (1 ea.)Contains Egg, Wheat, Soy.	250.00	14.00	3.50	0.00	90.00	390.00	15.00	3.00	1.00	15.00	1.80	40.00	100.00	0.00	(M)	(M)
Pork Loin Roast, MMA - SR105129 (1 3/4 oz.)	112.70	3.46	1.27	0.04	53.14	59.56	0.75	0.00	0.00	19.56	0.71	5.50	8.25	0.00	66.83	1.02
Pork Sausage, Pattie, 1 oz, Jones Dairy, 111157, MMA - SR106552 (2 patty)	220.00	21.00	7.00	0.00	40.00	490.00	1.00	0.00	0.00	7.00	0.36	20.00	0.00	0.00	(M)	(M)
Pork Sausage, Pattie, 2 oz, Jones Dairy, 111007, MMA - SR100482 (1 patty)	218.96	20.16	7.00	0.00	41.31	481.04	1.37	0.00	0.00	7.28	0.20	0.00	0.00	0.00	(M)	(M)
Pork Sausage, Precooked Patty Mild 1.0 oz, Frozen, - SR100696 (1 patty)	120.00	11.00	0.00	0.00	20.00	190.00	0.00	0.00	0.00	4.00	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)
Pork, Bacon, Lay Flat, 18/22, Sysco, 6928832, Non- - SR104162 (2 serving 2 slices)	70.00	6.00	2.00	(M)	10.00	260.00	0.00	0.00	0.00	4.00	0.00	0.00	0.00	0.00	(M)	(M)
Pork, BBQ Chopped, Brookwood Farms, 12305, MMA - SR104891 (1 serv.)	237.00	12.90	4.20	0.00	74.40	711.00	12.20	0.23	(M)	17.90	1.30	15.80	251.40	4.10	(M)	(M)
Pork, BBQ Glazed Pork Rib Patty, AdvancePierre Foods, 20481-761, MMA - SR106534 (3 1/8 ounces) Contains Soy.	220.00	15.00	5.00	0.00	40.00	460.00	8.00	2.00	6.00	15.00	1.80	150.00	200.00	0.00	(M)	(M)
Pork, BBQ, Pulled,MMA, Veg-RO - SR100654 (4 ounces)Contains Soy.	170.00	6.00	2.00	0.00	44.00	566.00	13.00	2.00	9.00	17.00	1.00	40.00	378.00	5.00	(M)	(M)
Pork, Cooked Ham, Water Added, Chesapeake Valley F - SR102902 (2 ounces)	81.00	3.04	1.01	0.00	20.25	536.63	2.02	0.00	2.02	9.11	0.37	0.00	0.00	0.00	(M)	(M)
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled - SR105255 (1 oz.)	47.91	1.91	0.46	(M)	21.55	16.44	0.25	0.00	(M)	7.41	0.26	1.99	2.27	0.00	18.43	0.35
Pork, fresh, loin, whole, separable lean only, cooked, broiled - SR105256 (1 oz.)	59.50	2.78	1.03	(M)	22.38	18.13	0.00	0.00	(M)	8.10	0.26	4.82	1.98	0.20	17.20	0.40
Pork, Fully Cooked BBQ Seasoned Pork Patties - SR101488 (1 pattie)Contains Soy.	120.00	7.00	2.50	0.00	30.00	280.00	4.00	1.00	2.00	11.00	1.44	20.00	100.00	1.20	(M)	(M)
Pork, Fully Cooked Pork Sausage Patties CN, MMA - SR101486 (2 Patties)	130.00	9.00	3.00	0.00	40.00	310.00	1.00	0.00	0.00	12.00	1.44	20.00	0.00	0.00	(M)	(M)
Pork, Fully Cooked Shredded Pork, Quantum Foods, 26200, MMA - SR104894 (1 portion)	160.00	7.00	2.50	0.00	70.00	300.00	1.00	0.00	1.00	22.00	0.72	0.00	0.00	0.00	(M)	(M)
Pork, Fully Cooked, Hardwood, smoked, bacon, Tyson - SR104697 (2 serving 2 slices)	80.00	6.00	2.00	0.00	15.00	320.00	0.00	0.00	0.00	5.00	0.00	0.00	0.00	0.00	(M)	(M)
Pork, Ham Patty, Ground 2 oz., Smoked Cured Frozen - SR103043 (2 ounces)	190.00	16.00	6.00	0.00	40.00	520.00	2.00	0.00	1.00	7.00	0.36	20.00	0.00	0.00	(M)	(M)
Pork, Ham, Cooked W Water Added, 1/13#, Hormel, 08 - SR103700 (2 oz.)	60.00	3.00	1.00	(M)	25.00	660.00	0.00	0.00	(M)	9.00	0.36	0.00	0.00	0.00	41.14	2.19
Pork, ham, cured, diced, precooked, water added, ¼ inch cubes [100188, A727] - SR105257 (2 1/2 oz.)	74.87	1.88	0.63	0.00	31.19	723.78	4.21	0.00	(M)	9.98	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)
Pork, ham, cured, precooked, heated, water added, boneless (97% fat free (3% fat) [100184, A693] - SR105258 (2 1/2 oz.)	81.30	2.08	0.82	0.00	37.52	625.37	3.32	0.00	(M)	11.67	2.71	0.00	0.00	0.00	(M)	(M)
Pork, Ham, Square Water-Added Peppered Ref, Vacuum - SR100715 (2 ounces)	50.00	2.00	1.00	0.00	25.00	470.00	1.00	0.00	1.00	10.00	1.08	20.00	0.00	0.00	(M)	(M)
Pork, leg roast (fresh ham), boneless, roasted, trimmed, separable, lean and fat only [100173, A672] - SR105259 (1 oz.)	77.96	5.05	1.85	0.00	27.34	17.21	0.00	0.00	(M)	7.69	0.30	4.05	3.04	0.10	(M)	(M)
Pork, Leg Roast, Frozen, USDA - SR104133 (1 ounces, dry)	77.00	4.99	1.80	0.00	27.00	17.00	0.00	0.00	0.00	7.60	0.29	4.00	3.00	0.10	(M)	(M)
Pork, Meatball, Medium, Reduced Sodium, JTM Food G - SR104075 (4 ea.)	158.23	10.02	3.40	0.00	34.05	229.33	5.01	1.00	2.00	13.02	1.00	67.10	25.04	1.00	(M)	(M)
Pork, Patty Rib Shape, Flamebroiled, Cooked, Froze - SR101258 (2 1/2 oz.)Contains Soy.	162.01	10.13	3.54	0.00	30.38	394.90	8.10	1.01	5.06	12.15	1.09	40.50	101.26	1.22	(M)	(M)
Pork, Patty, Breaded, 40/3.75 oz., Ckd, W/Vpp, Fz, - SR101854 (3 7/8 ounces)	312.00	20.00	6.30	0.30	42.00	637.00	17.00	2.00	1.00	16.00	2.52	50.00	150.00	0.00	(M)	(M)
Pork, Patty, Rib Shape, in Honey BBQ Sauce, Smokie Grill, AdvancePierre Foods, 3717, MMA - SR104326 (1 ea.)Contains Milk, Wheat, Soy.	200.00	12.00	4.00	0.00	45.00	660.00	12.00	1.00	9.00	13.00	1.08	40.00	300.00	1.20	(M)	(M)
Pork, Pork Roast, MMA - SR101950 (1 serving (4 oz))	237.99	15.66	5.16	0.00(M)	71.44	410.52	1.53	0.16	0.00(M)	22.43	0.98	24.27	14.99	0.78	75.95(M)	2.03(M)
Pork, Pty Rib Shp Flmbrl 200/2.5 oz w/Bbq Sce Fc, - SR101381 (2 1/2 ounces)Contains Soy.	145.00	8.80	3.00	0.10	45.00	383.00	7.00	1.00	5.00	12.00	1.08	30.00	150.00	1.80	(M)	(M)
Pork, Reduced Sodium Sauced Pork Rib Patty, JTM Fo - SR102854 (2 7/8 ounces)	170.00	10.00	3.50	0.00	40.00	400.00	6.00	1.00	5.00	14.00	1.00	2.00	100.00	1.00	(M)	(M)
Pork, Rib Pattie wih Built-in BBQ Sauce, Super Rib, AdvancePierre Foods, 44-531, MMA - SR104468 (1 ea.)Contains Soy.	190.00	12.00	4.00	0.00	35.00	470.00	9.00	1.00	6.00	14.00	1.44	40.00	100.00	1.20	(M)	(M)
Pork, Rib Pattie, RIB-B-Q, with Built in BBQ Sauce, AdvancePierre Foods, 1860, MMA - SR106839 (1 ea.)Contains Milk, Wheat, Soy.	300.00	24.00	9.00	0.00	60.00	600.00	5.00	1.00	3.00	14.00	1.44	40.00	400.00	2.40	(M)	(M)
Pork, Rib Pattie, with BBQ Sauce, AdvancePierre Foods, 3787, MMA - SR106616 (1 ea.)Contains Milk, Wheat, Soy.	190.00	10.00	3.50	0.00	40.00	400.00	10.00	1.00	7.00	13.00	1.08	20.00	200.00	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)
Pork, Rib Pattie, with Spicy BBQ Sauce, Smokie Grill, AdvancePierre Foods, 3719, MMA - SR106621 (1 ea.)Contains Soy.	220.00	13.00	4.50	0.00	60.00	620.00	12.00	1.00	10.00	13.00	1.44	20.00	100.00	2.40	(M)	(M)
Pork, Rib Patty BBQ, Reduced Sodium, JTM Food Group, CP5614, M/MA - SR105895 (1 patty)Contains Wheat, Soy.	152.00	9.00	3.10	0.00	41.00	419.00	4.00	1.00	2.00	14.00	1.00	34.00	99.00	1.00	(M)	(M)
Pork, RIB-B-Q Pork Rib Pattie with Built in BBQ Sa - SR102500 (1 piece)Contains Milk, Wheat, Soy.	200.00	16.00	6.00	0.00	35.00	370.00	4.00	1.00	3.00	10.00	1.44	40.00	300.00	2.40	(M)	(M)
Pork, Riblet,, with Honey BBQ Sauce, Smokie Grill, AdvancePierre Foods, 3722, MMA - SR106619 (1 ea.)Contains Milk, Wheat, Soy.	140.00	8.00	2.50	0.00	30.00	450.00	7.00	1.00	5.00	11.00	1.08	20.00	200.00	1.20	(M)	(M)
Pork, Sausage Link, Smart Picks, AdvancePierre Foods, 3755, MMA - SR106611 (1 link)	70.00	5.00	1.50	0.00	25.00	260.00	0.00	0.00	0.00	7.00	0.36	20.00	0.00	0.00	(M)	(M)
Pork, Sausage Links, Cooked, Skinless, Hatfield Quality Meats, 3565, MMA - SR106000 (2 links)	140.00	12.00	4.00	0.00	30.00	350.00	1.00	0.00	0.00	7.00	0.36	20.00	0.00	1.20	(M)	(M)
Pork, Sausage Pattie, Smart Picks, AdvancePierre Foods, 3750 MMA - SR106526 (1 1/4 ounces)	70.00	4.00	1.50	0.00	25.00	260.00	0.00	0.00	0.00	7.00	0.36	20.00	0.00	0.00	(M)	(M)
Pork, Sausage Patties, Mild, Fully Cooked, Jimmy D - SR104182 (1 patty)	170.00	15.00	5.00	0.00	30.00	400.00	1.00	0.00	0.00	6.00	0.36	20.00	0.00	0.00	(M)	(M)
Pork, Sausage Patty 2oz, Cooked, Hatfield Quality Meats, 3567, MMA - SR106001 (1 patty)	180.00	16.00	5.00	0.00	35.00	450.00	1.00	0.00	1.00	9.00	0.72	20.00	0.00	1.20	(M)	(M)
Pork, Sausage Patty, 1.5 oz, Fully Cooked, Silver Medal, Farmland Foods, 138147, MMA - SR105478 (1 patty)	190.00	17.00	6.00	0.00	45.00	380.00	1.00	0.00	0.00	8.00	0.36	0.00	0.00	0.00	(M)	(M)
Pork, Sausage Patty, Cooked, Hatfield Quality Meats, 3530, MMA - SR105999 (2 Patties)	190.00	16.00	6.00	0.00	40.00	450.00	1.00	0.00	1.00	10.00	0.72	20.00	0.00	1.20	(M)	(M)
Pork, Sausage Pork Link, Cooked, Frozen, Northside - SR102309 (2 links)	222.75	20.25	7.09	0.00	50.63	465.75	0.00	0.00	0.00	8.10	0.00	0.00	0.00	0.00	(M)	(M)
Pork, Sausage Pork Patty Cooked Frozen w/ VPP, Adv - SR102909 (1 1/8 Ounce serving)Contains Soy.	60.00	4.00	1.50	0.00	15.00	140.00	0.00	0.00	0.00	6.00	0.36	0.00	0.00	0.00	(M)	(M)
Pork, Sausage Pork Patty, 1.4 oz Brown & Serve Mil - SR101561 (1 ea.)	109.15	8.93	2.98	0.00	29.77	198.45	0.99	0.00	0.99	5.95	0.36	19.84	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)
Pork, Sausage, .067 oz Link, Jones Dairy Farm, 018 - SR102805 (1 link)	50.00	4.00	1.50	0.00	10.00	120.00	1.00	0.00	0.00	3.00	0.36	0.00	0.00	0.00	(M)	(M)
Pork, Sausage, Patty, Smart Picks, AdvancePierre Foods, 3761, MMA - SR106612 (1 patty)Contains Soy.	80.00	4.50	1.50	0.00	20.00	120.00	1.00	1.00	1.00	7.00	0.72	20.00	0.00	0.00	(M)	(M)
Pork, Seared Pork Chop, Entree #18, MMA - SR105501 (3 oz.)	162.03	6.30	1.95	0.05(M)	56.73	437.78	0.10	0.06	0.00(M)	26.20	0.68	9.14	6.66	0.08	74.30(M)	1.89(M)
Pork, Seasoned, Culinary Standards, 98465, MMA - SR100376 (3 5/8 ounces) Contains Milk.	210.00	9.00	2.50	0.00	95.00	380.00	0.00	0.00	0.00	31.00	1.08	0.00	0.00	0.00	(M)	(M)
Pork, Shredded, Cuban, Fully Cooked, Quantum Foods, 26201, MMA - SR104898 (1 portion)	210.00	9.00	3.50	0.00	95.00	370.00	0.00	0.00	0.00	29.00	1.08	0.00	0.00	0.00	(M)	(M)
Pork, Super Rib Pork Pattie w/ Built in BBQ Sauce, 2.5oz, AdvancePierre Foods, 1-44-531-0, MMA - SR106590 (1 patty) Contains Soy.	120.00	6.00	2.00	0.00	25.00	37.00	7.00	1.00	5.00	10.00	1.08	20.00	100.00	1.20	(M)	(M)
Pork, Tangy Pork Roll Sausage, Hatfield, 3215, MMA - SR100694 (1 slice regular)	90.00	6.00	3.00	0.00	20.00	340.00	1.00	0.00	1.00	6.00	0.36	0.00	0.00	0.00	(M)	(M)
Pork, Whole Grain Breaded Pork Patty, AdvancePierre Foods, 69041, MMA, WG - SR106530 (3 3/4 ounces)	300.00	21.00	6.00	0.00	55.00	460.00	7.00	2.00	1.00	20.00	1.44	60.00	0.00	0.00	(M)	(M)
Potato Bar, D-62, MMA, WG, Veg-DG, Veg-RO, Veg-S - SR106378 (1 serv.)Contains Milk, Wheat, Soy.	589.59	15.92	6.20	0.58(M)	42.76	889.47	87.89	10.47	6.27(M)	27.41	5.11	92.63	837.31	42.72	125.26 (M)	1.08(M)
Potato Dish, Ybm Potato Knish, WG, Veg-S - SR104197 (1 4 oz piece)Contains Soy.	245.76	9.11	3.42	0.00(M)	0.00	61.83	36.94	3.19	0.72(M)	5.16	1.88	24.50	367.01	7.72	109.36 (M)	1.49(M)
Potato Puffs, Frozen, Oven-heated, Commodity, Veg- - SR103715 (3/4 c.)	182.40	8.28	1.75	(M)	0.00	460.80	26.64	2.40	(M)	1.97	0.61	13.44	4.80	6.05	57.31	1.81
Potato, Au Gratin Cooked, JR Simplot, Veg-S - SR103376 (1/2 c.)Contains Milk, Soy.	98.77	1.52	0.00	0.00(M)	0.00	486.52	18.99	1.52	1.52	2.28	0.27	45.85	0.00	4.56	8.83(M)	0.01(M)
Potato, Baked Sweet Potato Chunks, Veg-RO - SR105092 (1/2 c.)Contains Soy.	120.25	0.29	0.06	0.00(M)	0.00(M)	75.63	27.67	4.12(M)	5.74(M)	2.15	0.84(M)	41.16(M)	19466.22(M)	3.29(M)	106.04 (M)	1.36(M)
Potato, baked, flesh and skin, without salt - SR105260 (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

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, Colossal Crisp, Premium Cut French Fries, - SR102137 (1/2 cup serving)Contains Wheat.	110.00	5.00	1.00	0.00	0.00	200.00	15.00	1.00	0.99	1.00	0.36	0.00	0.00	6.00	(M)	(M)
Potato, Crisscuts, Frozen Waffle Fries, Seasoned, Lamb Weston, D23, Veg-S - SR105909 (3 ounces)	160.00	8.00	2.00	0.00	0.00	310.00	19.00	2.00	1.00	2.00	0.72	0.00	0.00	4.80	(M)	(M)
Potato, Cubed 1/2" Recipe Quick, Frozen, J R Simpl - SR104735 (1/2 c.)	144.77	0.00	0.00	0.00	0.00	27.14	32.57	1.81	0.00	3.62	1.30	18.10	0.00	10.86	(M)	(M)
Potato, Cubed Seasoned Potato, Roasted, J R Simplo - SR100382 (1/2 c.)Contains Milk.	146.67	4.67	0.67	0.00	0.00	373.33	24.00	1.33	1.33	2.67	0.96	13.33	66.67	1.60	(M)	(M)
Potato, Diced, Frozen; Breakfast, Lamb Weston, Veg - SR104412 (2/3 c.)	110.00	2.00	0.50	(M)	0.00	329.99	20.00	2.00	(M)	2.00	0.81	0.00	0.00	6.00	(M)	(M)
Potato, Evercrisp Thin Fries, Ore-Ida, Mccain, OIF01028A, Veg-S - SR100509 (2 1/2 oz.)Contains Wheat.	128.99	5.95	0.99	0.00	0.00	297.68	17.86	0.99	0.00	0.99	0.71	0.00	0.00	3.57	(M)	(M)
Potato, Extra Rich Potato Pearls, Prepared, Veg-S - SR105015 (1/2 c.)Contains Milk.	104.69	1.29	0.32	0.00(M)	2.10	43.21	19.26	1.52	3.29(M)	3.21	0.28	78.37	105.26	7.34	0.00(M)	0.00(M)
Potato, Flavorlast, Regular, French Fries, 3/8", McCain, MCF03785 Veg-S - SR104857 (3 ounces, dry)	140.00	4.00	1.00	1.50	0.00	450.00	23.00	2.00	0.90	2.00	0.36	0.00	0.00	4.80	(M)	(M)
Potato, Formed Products, Tater Puff, 6/5#, H31, Fr - SR104601 (3 oz.)	150.00	7.00	2.00	(M)	0.00	329.99	18.99	2.00	(M)	2.00	0.80	0.00	0.00	9.00	(M)	(M)
Potato, Formed Products; Tater puff, 6/5#, h30; as - SR104627 (10 piece)	150.00	7.00	3.49	(M)	10.00	329.99	18.99	2.00	(M)	2.00	0.71	0.00	0.00	9.00	(M)	(M)
Potato, Franch Fries, Striaght Cut Extra Long, 5/1 - SR103953 (1/2 c.)	109.64	3.49	0.00	0.00	0.00	24.92	16.94	1.99	0.00	1.99	0.36	0.00	0.00	2.39	(M)	(M)
Potato, French Fried, Frozen, Curley QQQ's, 1/3 cu - SR102322 (3 oz.)Contains Wheat.	180.00	8.00	2.00	(M)	0.00	420.00	24.00	3.00	1.00	2.00	1.08	0.00	0.00	4.80	(M)	(M)
Potato, French Fried, Frozen; G7 stealth thin regular cuts (5/16), x32; as purchased - SR105059 (3 oz.)	220.00	9.00	2.50	(M)	0.00	300.00	31.00	2.00	(M)	3.00	0.71	0.00	0.00	6.00	(M)	(M)
Potato, French Fries, McCain 3/8" Straight Cut, Fr - SR100928 (2 1/3 ounces)	79.90	2.50	0.00	0.00	0.00	19.98	13.98	1.00	0.00	2.00	0.00	0.00	0.00	3.60	(M)	(M)
Potato, French Fries, McCain, 3/8" Crinkle Cut, Fr - SR104149 (3 ounces, dry)	150.00	6.00	0.50	0.00	0.00	380.00	23.00	2.00	0.99	2.00	0.72	20.00	0.00	3.60	(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 Fries, Thin Cut, ORE-IDA EVERCRISP, - SR100243 (2 1/2 ounces) Contains Wheat.	131.01	6.05	1.01	0.00	0.00	302.34	18.14	1.01	0.00	1.01	0.73	0.00	0.00	3.63	(M)	(M)
Potato, French Fry 1/4" Curly Frozen Unseasoned, M - SR102624 (85 grams)	130.00	4.50	1.00	1.50	0.00	40.00	20.00	3.00	0.00	3.00	0.00	0.00	0.00	4.80	(M)	(M)
Potato, French Fry 5/16", Frozen, Mccain Food USA, - SR101975 (2 1/3 ounces)	130.00	5.00	0.99	0.00	0.00	340.00	20.00	2.00	0.00	1.00	0.36	0.00	0.00	3.60	(M)	(M)
Potato, French Fry, 1/2" Crinkle Cut, Grade A, Fro - SR103950 (3 ounces, dry)	119.93	4.50	1.00	0.00	0.00	14.99	18.99	2.00	0.00	2.00	0.36	9.99	0.00	2.40	(M)	(M)
Potato, French Fry, 5/16" Stealth Coated, Frozen, - SR101954 (22 ea.)	140.00	4.00	1.50	0.00	0.00	280.00	22.00	2.00	0.00	2.00	0.99	0.00	0.00	4.00	(M)	(M)
Potato, French Fry, 7/16", Frozen, Mccain Food USA - SR101973 (1 serving 1/2 cup)	131.01	3.53	1.00	0.00	0.00	372.89	23.18	2.02	0.00	2.02	0.36	0.00	0.00	2.42	(M)	(M)
Potato, French Fry, Colossal Crisp Shoestrings, 1/4", Lamb Weston, C0034, Veg-S - SR105905 (1/2 c.)	100.00	5.00	1.50	0.00	0.00	180.00	13.00	1.00	0.00	1.00	0.36	0.00	0.00	1.20	(M)	(M)
Potato, French Fry, Extra Long, Garlic Flavor, Fro - SR102033 (2 1/2 ounces)	131.01	6.05	1.01	0.00	0.00	443.44	19.15	2.02	0.00	2.02	(M)	0.00	(M)	(M)	(M)	(M)
Potato, French Fry, Oven Roasted Wedge, Frozen, Lamb Weston, S0007, Veg-S - SR105910 (1/2 c.)	60.00	0.50	0.00	0.00	0.00	150.00	13.00	1.00	0.00	1.00	0.36	0.00	0.00	6.00	(M)	(M)
Potato, French Fry, Oven Shoestrings, 1/4", Stealth Fries, Lamb Weston, S14, Veg-S - SR105001 (1/2 c.)	130.00	6.00	0.50	0.00	0.00	180.00	18.00	2.00	0.99	2.00	0.36	0.00	0.00	4.80	(M)	(M)
Potato, French Fry, Straight Cut, 3/8", Frozen, La - SR101751 (2 ounces)Contains Wheat, Gluten.	110.00	5.00	1.00	0.00	0.00	200.00	15.00	1.00	0.00	1.00	0.99	0.00	0.00	6.00	(M)	(M)
Potato, French Fry, Sweet, Straight, Frozen - SR100443 (3 ounces)	180.00	8.00	0.99	0.00	0.00	100.00	25.00	3.00	7.00	2.00	0.99	22.00	3000.00	6.00	(M)	(M)
Potato, French Fry, Twister, Seasoned, Frozen, Lam - SR101758 (3/4 cup whole) Contains Wheat.	160.00	8.00	2.00	0.00	0.00	320.00	20.00	2.00	0.00	2.00	1.08	0.00	0.00	6.00	(M)	(M)
Potato, French Fry, Waffle, Frozen, Mccain Food US - SR101993 (3 1/4 ounces) Contains Wheat.	170.00	8.00	1.00	0.00	0.00	600.00	22.00	2.00	0.00	2.00	0.72	0.00	0.00	6.00	(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)
Potato, French Fry, Wedge, Seasoned, Frozen, Lamb - SR101957 (7 ea.)	130.00	6.00	1.50	0.00	0.00	270.00	18.00	2.00	0.00	2.00	0.99	0.00	0.00	6.00	(M)	(M)
Potato, French-Fry Sweet 5/16" Battered Frozen - SR101920 (71 grams)Contains Wheat.	110.00	4.00	0.50	0.00	0.00	90.00	16.00	3.00	7.00	0.50	1.44	20.00	7000.00	6.00	(M)	(M)
Potato, French-Fry Sweet Crinkle Cut, McCain Foods - SR103981 (17 pieces)	140.00	6.00	1.00	0.00	0.00	310.00	21.00	3.00	7.00	1.00	1.08	20.00	1500.00	1.20	(M)	(M)
Potato, french-fry wedge cut w/ peel, frozen, JR S - SR100300 (3 ounces)	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, French-Fry Wedge, Seasoned, Frozen, J R Si - SR104676 (3 ounces)Contains Wheat.	149.91	7.00	2.00	0.00	0.00	299.82	17.99	3.00	0.00	2.00	0.72	0.00	0.00	2.40	(M)	(M)
Potato, Fry 1/3" Loop Battered, Raw, J R Simplot, - SR101726 (3 ounces)	140.00	6.00	1.50	2.00	0.00	350.00	20.00	3.00	0.00	2.00	0.72	10.00	0.00	0.60	(M)	(M)
Potato, Fry Wedge 8 Cut Battered Frzn, Savory Ssnd - SR101303 (3 ounces)	130.00	6.00	1.50	0.00	0.00	260.00	18.00	3.00	0.00	2.00	0.72	0.00	0.00	2.40	(M)	(M)
Potato, Golden Hash Brown Patties Oval 2.25oz, Ore-Ida, McCain, OIF00589A, Veg-S - SR102593 (2 1/4 ounces)	130.00	7.00	0.50	0.00	0.00	240.00	15.00	2.00	0.00	1.00	0.00	0.00	0.00	2.40	(M)	(M)
Potato, Golden Patties, Frozen, Veg-S - SR101441 (2 1/4 ounces)	130.00	7.00	0.50	0.00	0.00	240.00	15.00	2.00	0.00	1.00	0.00	0.00	0.00	2.40	(M)	(M)
Potato, Hash Brown Patty 2.25 oz Raw Frozen, Veg-S - SR101870 (2 1/4 ounces)	110.00	0.00	0.00	0.00	0.00	0.00	30.00	3.00	19.00	1.00	0.36	0.00	100.00	9.00	(M)	(M)
Potato, Hash Brown Patty, 2.25 oz, Frozen, Mccain - SR101764 (2 ea.)	260.00	15.00	1.00	0.00	0.00	490.00	30.00	3.00	0.00	2.00	(M)	20.00	(M)	(M)	(M)	(M)
Potato, Hash Brown Patty, J R Simplot, 430018, Veg-S - SR105912 (1 patty)	130.00	8.00	1.00	0.00	0.00	230.00	14.00	2.00	0.00	1.00	0.37	0.00	0.00	4.88	(M)	(M)
Potato, Hash Brown Shred Fancy Grade A IQF Frozen, - SR103475 (3 ounces)	70.00	0.00	0.00	0.00	0.00	40.00	16.00	2.00	1.00	2.00	0.72	0.00	0.00	9.00	(M)	(M)
Potato, Hash Brown Triangle Patties, Ore-Ida, McCain, OIF00049A, Veg-S - SR102739 (2 1/4 pieces)	220.00	11.00	1.50	0.00	0.00	450.00	29.00	3.00	0.99	2.00	0.72	0.00	0.00	1.20	(M)	(M)
Potato, Hash Browns, Triangle, Frozen, OreIda, OIF - SR102018 (1 ea.)	110.00	6.00	1.00	0.00	0.00	140.00	13.00	2.00	0.00	1.00	0.00	0.00	0.00	2.40	(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, Hashbrown Stick, McCain, MCX03710, Veg-S - SR105329 (1 stick.)	100.00	3.50	0.00	0.00	0.00	280.00	15.00	1.00	0.00	1.00	0.00	0.00	0.00	2.40	(M)	(M)
Potato, Hashbrowns, Natural Cuts, Frozen; Lamb Wes - SR103152 (2/3 c.)	110.00	2.00	0.50	(M)	0.00	329.99	20.00	2.00	(M)	2.00	0.81	0.00	0.00	6.00	(M)	(M)
Potato, Home Fry Sliced, Refridgerate, Cross Valle - SR103150 (1 portion)	90.00	0.00	0.00	0.00	0.00	45.00	21.00	2.00	0.00	2.00	0.00	0.00	0.00	6.00	(M)	(M)
Potato, Homestyle Babycakes Mini Potato Pancakes, McCain Foods, MCF03758, Veg-S - SR105455 (8 ea.)	340.00	21.00	3.00	0.00	0.00	940.00	37.00	4.00	0.00	3.00	1.08	40.00	200.00	15.00	(M)	(M)
Potato, Homestyle, Babycakes, Mini, McCain, MCF03758, Veg-S - SR105031 (5 pieces)	150.00	9.00	1.50	0.00	0.00	420.00	16.00	2.00	0.00	1.00	0.36	0.00	0.00	4.80	(M)	(M)
Potato, Instant Mashed Granule Deh w/Vit C, JR Simplot, 10071179401322, Veg-S - SR100898 (3 ounces)Contains Milk, Soy.	50.00	0.00	0.00	0.00	0.00	85.00	10.00	4.00	4.00	3.00	1.08	20.00	2000.00	9.00	(M)	(M)
Potato, Instant Mashed Potato with Vitamin C, Dehy - SR102478 (1/2 cup, cooked)Contains Milk, Soy.	60.01	0.67	0.00	0.00	0.00	213.36	11.34	0.67	0.00	1.33	0.48	13.34	0.00	20.00	(M)	(M)
Potato, Mashed Dehydrated with Vitamin C, Add Wate - SR102135 (2/3 Cup (Prepared))	80.00	1.00	0.00	(M)	0.00	310.00	17.00	1.00	1.00	2.00	(M)	20.00	(M)	30.00	(M)	(M)
Potato, Mashed, Complete Buttered, Universal Solut - SR100147 (2/3 c.)	125.06	2.63	2.35	0.00	0.05	545.27	23.71	1.79	1.43	2.36	0.34	9.39	3.12	15.27	(M)	(M)
Potato, Mashed, Instant, Veg-S - SR103563 (1/4 cup serving) Contains Milk, Soy.	50.56	1.35	0.31	0.37(M)	0.29	106.53	7.93	0.55	0.00(M)	1.09	0.20	20.30	61.28	0.10	55.98(M)	0.35(M)
Potato, Mashed, True Recipe Instant Mashed Complet - SR104060 (3 ounces)Contains Milk, Soy.	250.00	0.00	0.00	0.00	0.00	425.00	50.00	20.00	20.00	15.00	5.40	100.00	10000.00	45.00	(M)	(M)
Potato, Mashed-Truerecipe, Veg-S - SR101770 (1/2 cup serving)	211.58 (M)	6.41(M)	3.92(M)	(M)	17.57(M)	526.73 (M)	34.60(M)	2.66(M)	0.00(M)	4.86(M)	0.45(M)	80.50(M)	233.73 (M)	14.21(M)	178.22 (M)	2.54(M)
Potato, Oreida Tator Tot 6X5 LBS, Veg-S - SR101468 (9 pieces)	150.00	7.00	1.00	0.00	0.00	360.00	19.00	2.00	0.00	2.00	0.36	0.00	0.00	3.60	(M)	(M)
Potato, Ovations Regular Fries, McCain, MCF03762, Veg-S - SR101339 (2 1/2 oz.)	109.15	3.47	0.50	0.00	0.00	128.99	17.86	0.99	0.00	1.99	0.36	0.00	0.00	3.57	(M)	(M)
Potato, Potato Rounds, Frozen, Madeira, 100358, Ve - SR104397 (13 piece)	120.00	3.50	1.00	0.00	0.00	20.00	20.00	2.00	1.00	2.00	0.36	0.00	0.00	6.00	(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)
Potato, Potato Wedges,Veg-S - SR104506 (1 c.)	154.98	0.02	0.00	0.00(M)	0.00	566.22	33.59	3.91	29.40	5.18	1.43	27.01	44.66	34.53	0.04(M)	1.48(M)
Potato, Puff, Star Shaped, Frozen, Lamb Weston Sal - SR101953 (9 ea.)	180.00	10.00	1.00	0.00	0.00	390.00	20.00	2.00	0.00	2.00	0.99	0.00	0.00	2.00	0.00	0.00
Potato, Puffs, Veg-S - SR106456 (3 oz.)	180.00	7.46	2.13	(M)	0.00	551.99	24.26	2.13	(M)	2.13	0.85	0.00	0.00	9.60	(M)	(M)
Potato, Red Chunk Seasoned Rosemary Roasted Frozen - SR102625 (3 ounces)Contains Milk.	90.00	3.00	0.50	0.00	0.00	150.00	13.00	2.00	1.00	2.00	0.72	20.00	0.00	0.00	(M)	(M)
Potato, Red, Oasis, Veg-S - SR100663 (1 c.)	150.00	0.00	0.00	0.00	0.00	0.00	32.50	3.75	28.75	5.00	1.35	25.00	0.00	33.75	(M)	(M)
Potato, Redstone Canyon 8 Cut Wedge Fries, McCain, MCX03626, Veg-S - SR101760 (2 7/8 ounces)Contains Wheat.	120.52	5.02	1.00	0.00	0.00	431.85	18.08	2.01	0.00	2.01	1.08	0.00	0.00	2.41	(M)	(M)
Potato, Redstone Canyon Spiral Cut French Fries, McCain, MCL03622, Veg-S - SR100380 (1/2 cup fries)Contains Wheat.	110.33	5.01	0.50	0.00	0.00	300.91	15.05	1.00	0.00	1.00	0.36	0.00	0.00	3.61	(M)	(M)
Potato, Redstone Canyon Spirals, Veg-S - SR101372 (3 ounces) Contains Wheat, Gluten.	150.00	7.00	1.00	0.00	0.00	420.00	21.00	2.00	0.00	2.00	0.72	0.00	0.00	4.80	(M)	(M)
Potato, Reduced Sodium, Cosmic Smiles, Frozen, Mccain Foods USA, MCX03936, Veg-S - SR105454 (4 ea.)	140.00	6.00	1.00	0.00	0.00	190.00	20.00	2.00	0.00	2.00	0.36	0.00	0.00	2.40	(M)	(M)
Potato, Scalloped Potato, Veg-S - SR104393 (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, Scalloped Potatoes, Dried, Bountiful Harve - SR103972 (1/3 cup, dry)Contains Milk, Wheat, Soy.	175.22	2.19	1.46	0.00	0.00	671.68	36.50	2.92	4.38	4.38	0.53	58.41	0.00	3.50	(M)	(M)
Potato, Seasoned Fries, Frozen; Lamb's Natural Twister seasoned fries, c0084, Veg-S - SR105911 (3 oz.)	139.99	5.00	1.50	(M)	0.00	20.00	21.00	2.00	(M)	2.00	0.71	0.00	0.00	6.00	(M)	(M)
Potato, Shoestring Fries 1/4" Extra Long, McCain, MCX01, Veg-S - SR104837 (2 1/4 ounces)	109.64	3.49	0.00	0.00	0.00	24.92	16.94	1.99	0.00	1.99	0.36	0.00	0.00	2.39	(M)	(M)
Potato, Smiles Shaped, McCain, OIF03456, Veg-S - SR101907 (4 ea.)	130.00	4.50	0.50	0.00	0.00	180.00	20.00	2.00	0.00	2.00	0.36	0.00	0.00	2.40	(M)	(M)
Potato, Sweet Pearl, Mashed, Instant, Basic Americ - SR100258 (1/4 Cup (8 oz ladle))	104.33	22.00	1.00	0.00	0.00	238.66	24.02	1.42	6.17	1.56	0.36	20.00	5000.00	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)
Potato, Sweet Potato French Fry, 3/8 Crinkle Cut, - SR102938 (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, Sweet Potato Gems - SR100257 (1/4 c.)	45.10	1.24	0.19	0.02	0.00	73.93	8.04	0.62	3.15	0.59	0.19	12.02	1681.02	2.02	(M)	(M)
Potato, Sweet Potato Mashed, Veg-RO - SR100552 (2/3 c.)	129.99	0.49	0.00	(M)	0.00	49.99	31.00	3.00	(M)	0.99	0.71	59.99	5500.00	2.39	(M)	(M)
Potato, Sweet Potato, Fries, 1/4", Veg-RO - SR104831 (3 ounces, dry)	130.00	5.00	1.50	0.00	0.00	280.00	20.00	2.00	0.00	2.00	0.36	0.00	0.00	4.80	(M)	(M)
Potato, Tater Nugget Gem, Frozen, JR Simplot, 0041 - SR101256 (3 ounces)	170.00	10.00	2.50	0.00	0.00	340.00	19.00	2.00	0.00	2.00	0.72	20.00	0.00	1.20	(M)	(M)
Potato, Tater Tot, Frozen, Mccain Foods USA, OIF00 - SR101762 (9 pieces)	140.00	7.00	1.00	0.00	0.00	310.00	17.00	2.00	0.00	2.00	0.00	0.00	0.00	1.20	(M)	(M)
Potato, Tater Tots Shaped, Ore-Ida, Mccain, OIF00215A, Veg-S - SR103488 (1/2 c.)	130.81	6.04	1.01	0.00	0.00	311.93	16.10	2.01	0.00	2.01	0.00	0.00	0.00	3.62	(M)	(M)
Potato, Tater Tots, Golden Oven Nuggets, Cavendish Farms, 56210 04101, Veg-S - SR105481 (1/2 c.)	224.00	9.80	1.40	0.00	0.00	462.00	29.40	2.80	0.00	2.80	1.01	28.00	0.00	1.68	(M)	(M)
Potato, Tater Tri Tot, Triangle, Frozen, JR Simplo - SR103935 (2 ounces, dry)	90.00	4.50	1.00	0.00	0.00	200.00	12.00	1.00	0.00	1.00	0.36	0.00	0.00	2.40	(M)	(M)
Potato, Thin Concertina Canola Quick Fries, 1.7 oz serving, Lamb Weston, 23L, Veg-S - SR105906 (1/2 cup serving)	100.00	3.50	0.00	0.00	0.00	20.00	15.00	1.00	0.00	1.00	0.36	0.00	0.00	4.80	(M)	(M)
Potato, Ultimate Cross Trax Skin-On, Frozen, McCai - SR104501 (1 serv.)Contains Wheat.	180.00	8.00	1.00	0.00	0.00	360.00	25.00	3.00	0.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Potato, Wedge, Triangle, Frozen, Lamb Weston Sales - SR101952 (1 ea.)	100.00	5.00	1.50	0.00	0.00	230.00	12.00	1.00	0.00	1.00	0.99	0.00	0.00	1.20	(M)	(M)
Potato,Tator Tots, Shaped Potatoes, ORE-IDA, Veg-S - SR100242 (2 5/8 ounces)	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)
Potato. Tater Nugget, Frozen, Gem, JR Simplot, 100 - SR103933 (3 ounces, dry)	197.00	11.20	3.23	0.00	0.00	396.00	22.20	2.35	0.50	1.97	0.54	10.00	0.00	0.00	(M)	(M)
Potatoes, boiled, cooked in skin, flesh, without salt - SR105262 (1/2 c.)	67.86	0.08	0.02	(M)	0.00	3.12	15.70	1.40	(M)	1.46	0.24	3.90	2.34	10.14	60.04	0.72

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)
Potatoes, Canned, Complete Mashed Potatoes with Vitamin C, Idaho Supreme, 25790, Veg-S - SR105040 (2 Tbsp.)Contains Milk, Soy.	110.00	20.00	0.00	0.00	0.00	25.00	22.00	2.00	1.00	2.00	0.36	20.00	100.00	30.00	(M)	(M)
Potatoes, Cheeseburger Potato Bowl, MMA, Veg-S - SR104328 (1 bowl)	467.16	26.49	11.58	0.69(M)	89.19	597.30	32.61	4.42	0.00(M)	28.00	2.46	281.42	687.15	13.09	276.63 (M)	2.13(M)
Potatoes, Cheesy Mashed, Side Dish #33, Veg-S - SR106313 (1 #8 scoop)	112.74	3.67	1.69	0.15(M)	7.21	491.15	17.24	2.59	1.32(M)	3.23	0.61	52.72	152.66	21.30	90.90(M)	2.16(M)
Potatoes, Cheesy Potatoes, I-31, MMA, Veg-S - SR106379 (1/2 c.)	176.40	4.56	2.84	0.00(M)	13.50	218.89	28.50	2.10	0.03(M)	6.52	1.38	99.68	137.35	8.80	0.04(M)	0.03(M)
Potatoes, Cheesy Potatoes, Veg-S - SR100852 (1/2 c.)Contains Wheat.	199.16	12.61	5.28	0.00(M)	18.76	472.77	16.24	1.67	0.76(M)	6.12	0.57	97.02	131.57	4.66	33.09(M)	0.27(M)
Potatoes, Country Style 8 Cut Wedge Fries, Frozen, ORE-IDA, McCain Foods, OIF00024A, Veg-S - SR103986 (3 ounces)	100.31	2.79	0.00	0.00	0.00	33.44	16.72	2.23	0.00	2.23	0.80	0.00	0.00	4.01	(M)	(M)
Potatoes, Easy Roasted Potatoes, Veg-S - SR103638 (1/2 cup serving)	126.84	5.68	0.42	0.00(M)	0.00	43.76	18.04	1.32	0.00(M)	2.14	0.87	13.46	1.62	5.67	78.12(M)	1.23(M)
Potatoes, Farmer's Kitchen Chopped Roasted Redskin, McCain, MCF04851, Veg-S - SR100923 (3 1/4 ounces)	100.02	2.00	0.00	0.00	0.00	150.03	19.00	2.00	2.00	2.00	0.72	0.00	0.00	6.00	(M)	(M)
Potatoes, French Fries, Golden Crinkles, Frozen, O - SR103396 (3 ounces)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, French Fries, Waffle Cut, Frozen, ORE-I - SR100418 (1/2 cup serving)	140.00	5.00	1.00	0.00	0.00	80.00	22.00	3.00	1.00	2.00	0.72	0.00	0.00	3.60	(M)	(M)
Potatoes, Hash Brown, Crispy Cubes, Seasoned, 6/6# - SR102421 (3 ounces)Contains Wheat.	130.00	6.00	2.00	0.00	0.00	330.00	18.00	2.00	0.00	2.00	0.72	0.00	0.00	6.00	(M)	(M)
Potatoes, Hash Browns, Lamb's Supreme, Lamb's Tri- - SR102141 (1 pattie)	100.00	5.00	1.50	0.00	0.00	230.00	12.00	1.00	0.99	1.00	0.36	0.00	0.00	1.20	(M)	(M)
Potatoes, Hash Browns, Veg-S - SR106453 (2 1/4 oz.)	155.94	8.37	1.05	0.00(M)	0.00	440.52	18.64	2.09	0.00(M)	1.05	0.39	0.00	0.00	5.10	(M)	(M)
Potatoes, hashed brown, frozen, plain, prepared - SR106785 (1/2 c.)	170.04	8.97	3.50	(M)	0.00	26.52	21.92	1.56	(M)	2.46	1.18	11.70	0.00	4.91	43.76	0.89
Potatoes, Lamb's Seasoned Twister, Original Recipe - SR102325 (3/4 c.)Contains Wheat.	160.00	8.00	2.00	0.00	0.00	420.00	20.00	2.00	0.99	2.00	1.08	0.00	0.00	6.00	(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)
Potatoes, Mashed Potatoes and Gravy, Veg-S - SR106887 (1/2 c.)Contains Milk, Wheat, Soy.	59.13	0.71	0.00	0.00(M)	1.81	213.92	11.05	0.56	0.00(M)	1.61	2.11	4.81	0.00	2.00	114.74 (M)	0.12(M)
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added - SR106787 (1 c.)	203.70	10.77	6.70	0.37	29.40	344.40	22.83	1.68	(M)	3.72	0.34	67.20	361.20	20.37	170.52	2.16
Potatoes, Mashed, Northern Lebanon, Veg-S - SR104234 (1/2 c.)	53.16	3.93	0.72	0.68(M)	0.00	550.90	4.10	0.35	0.00(M)	0.41	0.06	7.12	162.25	0.99	152.28 (M)	1.32(M)
Potatoes, Mashed, Potato Pearls, 12/28 oz. Pouch, - SR100424 (1/2 c.)	73.50	1.10	0.10	0.00	0.00	343.50	14.60	1.20	0.60	1.40	0.18	10.00	0.00	3.60	(M)	(M)
Potatoes, Mashed, Simplot Traditions, Prepared, 22800, Veg-S - SR106298 (1/2 c.) Contains Milk.	45.00	0.50	0.00	0.00(M)	0.00	166.78	8.50	0.50	0.00	1.00	2.00	2.78	0.00	2.00	59.19(M)	0.06(M)
Potatoes, Miniature Flame-Roasted, Roast Works Baby Bakers, J.R. Simplot Company, 10071179000488, Veg-S - SR106219 (1/4 c.)	48.76	0.92	0.14	0.01	8.16	86.78	8.16	0.02	0.13	1.50	0.40	5.75	0.09	0.02	(M)	(M)
Potatoes, Ore Ida Versitots Tator Tots, Veg-S - SR101207 (9 pieces)	140.00	7.00	1.00	0.00	0.00	310.00	17.00	2.00	0.00	2.00	0.36	0.00	0.00	1.20	(M)	(M)
Potatoes, Ore-Ida Golden Twirl Spiral Cut French F - SR100930 (2 ounces)	90.21	3.01	0.00	0.00	0.00	25.06	13.03	2.00	0.00	2.00	0.00	0.00	0.00	3.61	(M)	(M)
Potatoes, Oval Hash Brown Patties, Frozen, Ore-Ida - SR100937 (2 pieces)	229.24	8.97	1.50	0.00	0.00	588.04	32.89	2.99	0.00	1.99	0.36	0.00	0.00	5.98	(M)	(M)
Potatoes, Oven Fried/Tater Tots, Veg-S - SR103979 (1/2 c.)	140.08	7.00	1.00	0.00	0.00	310.18	17.01	2.00	0.00	2.00	0.00	0.00	0.00	1.20	(M)	(M)
Potatoes, Oven Fries, Frozen, Madeira Farms, B0164 - SR102973 (13 pieces)	120.00	3.50	1.00	0.00	0.00	20.00	20.00	2.00	0.99	2.00	0.36	0.00	0.00	6.00	(M)	(M)
Potatoes, Oven Ready 1/2" Crinkle Fries, Ore-Ida, McCain, OIF00055A, Veg-S - SR106339 (2 5/8 oz.)	110.01	2.50	0.00	0.00	0.00	20.00	17.00	2.00	0.00	2.00	0.36	0.00	0.00	4.80	(M)	(M)
Potatoes, Parsley, Side Dish #21, Veg-S - SR106293 (1 #10 scoop)	159.72	2.32	0.41	0.27(M)	0.04	951.14	31.80	4.05	1.43	3.74	1.47	30.89	137.40	36.00	327.21	4.56
Potatoes, Pearls, Enriched Mashed, Basic American - SR104220 (1/8 c.)	100.00	2.00	0.00	0.00	0.00	570.00	19.00	2.00	1.00	2.00	0.36	20.00	0.00	9.00	(M)	(M)
Potatoes, Potato Bucks, Frozen, Simplot, Veg-S, 10 - SR103732 (12 1/2 ea.)	160.00	9.00	2.50	0.00	0.00	400.00	19.00	2.00	0.00	2.00	0.72	20.00	0.00	4.80	(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)
Potatoes, Potato Pearls, Veg-S - SR103406 (1/2 cup serving)	44.90	2.94	1.78	(M)	7.78	209.39	3.58	0.20	0.00(M)	1.12	0.04	34.19	85.94	0.72	88.07(M)	0.63(M)
Potatoes, Pre-Formed Potato Rounds, Frozen, Veg-S - SR103989 (9 pieces)	140.00	7.00	1.00	0.00	0.00	190.00	19.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	(M)	(M)
Potatoes, REAL Mashed Potatoes, Prepared, Idohoan - SR104674 (1/2 c.)May contain Milk, Soy.	63.90	0.80	0.00	0.00(M)	0.00	250.45	13.58	0.80	0.80(M)	1.60	0.29	18.82	0.00	2.88	94.70(M)	0.10(M)
Potatoes, Redstone Canyon Crosstrax Waffle Cut Fre - SR100946 (3 1/4 ounces) Contains Wheat.	170.00	8.00	1.00	0.00	0.00	600.00	22.00	2.00	0.00	2.00	0.72	0.00	0.00	6.00	(M)	(M)
Potatoes, Russet, Flesh and Skin, Raw, Veg-S - SR103366 (1/2 cup, diced)	59.25	0.06	0.02	(M)	0.00	3.75	13.55	0.98	(M)	1.61	0.65	9.75	0.75	4.28	58.94	0.85
Potatoes, Seasoned Potato Wedges, Cavendish, 5621005223, Veg-S - SR105041 (3 ounces, dry)Contains Wheat.	119.93	3.50	0.50	0.00	0.00	329.81	19.99	2.00	0.00	2.00	0.72	19.99	0.00	0.00	(M)	(M)
Potatoes, Smiley or Cosmic Fries, Veg-S - SR103955 (1/2 c.)	126.46	4.38	0.49	0.00	0.00	175.10	19.46	1.95	0.00	1.95	0.35	0.00	0.00	2.34	(M)	(M)
Potatoes, sweet (golden, yellow, or mixed), baked, random cut (chunks, pieces, or slices), without salt [100353, A224] - SR105263 (1/2 c.)	88.00	0.11	0.02	0.00	0.00	7.00	20.59	1.60	(M)	1.50	0.48	31.00	18366.00	8.00	(M)	(M)
Potatoes, Tater Bucks and Ketchup, Veg-S - SR103731 (1/2 c.)	223.33	12.00	3.33	0.00	0.00	618.33	28.33	2.67	2.00	2.67	0.96	26.67	0.00	6.40	(M)	(M)
Potatoes, Tater Puffs, Lamb-Weston, 2620, Veg-S - SR101273 (1 Serving (8 Pieces = 2.5 oz = 1/2c Veg-S))Contains Soy.	135.00	6.75	1.69	0.00	0.00	278.44	16.03	1.69	0.84	1.69	0.61	0.00	0.00	2.02	(M)	(M)
Potatoes, Two Potato Mash, Veg-S - SR100848 (1/2 c.)Contains Milk, Soy.	96.97	0.47	0.03	0.00(M)	0.00	156.40	21.04	1.46	3.61	1.98	1.12	26.56	5767.44	13.45	48.98(M)	0.50(M)
Potatoes, Whipped Potatoes, Veg-S - SR102183 (1/2 c.)May contain Milk, Soy.	64.09	0.80	0.00	0.00(M)	0.00	600.03	13.62	0.80	0.80(M)	1.60	0.29	19.08	0.00	2.88	94.71(M)	0.99(M)
Potatoes,rounds (3/4 - 1" diameter by 1 - 1 1/4" length), frozen, no aritificial color, preservatives, or flavor enhancers allowed [100358, A204] - SR105525 (4 piece)	67.00	3.00	1.00	1.00	0.00	107.00	9.00	1.00	(M)	1.00	0.16	0.00	0.00	0.53	(M)	(M)
Power Upz, Ultimate Breakfast, Sandwich, Tyson, 21 - SR104718 (1 piece)Contains Milk, Egg, Wheat, Soy.	250.00	13.00	5.00	0.00	160.00	640.00	15.00	2.00	4.00	18.00	1.44	150.00	500.00	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)
Preferred Meal Systems, Pre-plated, Chicken Patty, - SR100174 (1 package 1 package)	275.00	13.10	2.60	0.00	42.00	413.00	24.10	5.70	2.30	18.40	2.90	88.70	96.30	56.00	(M)	(M)
Preserves, Strawberry SS Cup Shelf Stable - SR101796 (1/2 ounces)	35.00	0.00	0.00	0.00	0.00	0.00	9.00	0.00	7.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pretzel Roll, Medium Bavarian Pretzel Roll, 2.7 oz - SR102338 (1 roll.)Contains Wheat, Gluten.	230.00	3.50	1.00	0.00	0.00	240.00	45.00	1.00	6.00	6.00	2.70	20.00	0.00	1.20	(M)	(M)
Pretzel, WG Soft, 3.5 oz, New York Pretzel, 190, WG - SR105959 (1 pretzel)Contains Wheat.	224.00	1.00	0.00	0.00	0.00	75.00	53.00	6.00	2.00	10.00	1.44	0.00	0.00	0.00	(M)	(M)
Pretzel, 0.5 oz 51% WG SuperPretzel Nuggets, Froze - SR101187 (1 piece)Contains Wheat, Gluten.	30.00	0.00	0.00	0.00	0.00	30.00	6.50	0.50	0.00	1.00	0.36	0.00	0.00	0.00	(M)	(M)
Pretzel, 1.0 oz Bavarian Pretzel Slider Roll, Frozen, J&J Snack Foods, 7107, Non-WG - SR101189 (1 roll.)Contains Wheat.	80.00	1.00	0.50	0.00	0.00	20.00	14.00	0.00	2.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Pretzel, 1.0 oz Mini Soft Pretzels Pre-Baked, Froz - SR101186 (1 pretzel)Contains Wheat.	70.88	0.51	0.00	0.00	0.00	65.81	16.20	1.01	0.00	2.02	1.09	0.00	0.00	0.00	(M)	(M)
Pretzel, Gourmet Pretzel Roll-Medium, N-WG - SR101042 (2 3/4 ounces)	230.00	3.50	1.00	0.00	0.00	240.00	45.00	1.00	6.00	5.00	2.10	11.40	0.00	0.00	(M)	(M)
Pretzel, Ham & Cheese on Pretzel Bun, MMA, Non-WG - SR102465 (1 ea.)Contains Wheat, Gluten.	384.30	12.79	5.77	0.00(M)	58.16	1049.51	48.44	1.00	7.59(M)	19.89	3.50	213.35	215.74	1.20	12.47(M)	1.41(M)
Pretzel, Pretzel with Cheese Sauce, WG - SR103450 (1 ea.) Contains Milk, Wheat, Soy.	200.00	5.50	1.50	0.00	0.00	275.00	32.00	3.00	2.00	5.50	1.80	20.00	0.00	0.00	(M)	(M)
Pretzel, Rold Gold Heartzels, SS, Frito-Lay, 15940, WGR - SR105324 (1 pkg.)Contains Wheat.	80.00	1.50	0.00	0.00	0.00	200.00	15.00	2.00	0.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Pretzel, Rold Gold Tiny Twist, Hard Pretzel, 2 oz package, Frito Lay, Non-WG - SR106502 (1 Bag)Contains Wheat.	230.00	2.00	0.00	0.00	0.00	900.00	47.00	2.00	1.00	4.00	1.80	0.00	0.00	0.00	(M)	(M)
Pretzel, Soft 51% Whole Grain 2.2oz, SuperPretzel, J&J, 30110, WGR - SR102290 (1 ea.) Contains Wheat.	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	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)
Pretzel, Soft 51% Whole Grain 5oz, SuperPretzel, J&J, 30114, WGR - SR100444 (1/2 pretzel) Contains Wheat.	170.00	1.00	0.00	0.00	0.00	150.00	36.00	4.00	1.00	6.00	1.80	20.00	0.00	1.20	(M)	(M)
Pretzel, Soft FunShapes Heart 51% Whole Grain 2.2oz, SuperPretzel, J&J, 3702, WGR - SR106699 (1 ea.)Contains Wheat.	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	(M)	(M)
Pretzel, Soft FunShapes Shamrock 51% Whole Grain 2.2oz, SuperPretzel, J&J, 3703, WGR - SR106700 (1 ea.) Contains Wheat.	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	(M)	(M)
Pretzel, Soft FunShapes Snowman 51% Whole Grain 2.2oz, SuperPretzel, J&J, 3679, WGR - SR106697 (1 ea.) Contains Wheat.	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	(M)	(M)
Pretzel, Soft FunShapes Star 51% Whole Grain 2.2oz, SuperPretzel, J&J, 3704, WGR - SR106696 (1 ea.)Contains Wheat.	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	(M)	(M)
Pretzel, Soft FunShapes Turkey 51% Whole Grain 2.2oz, SuperPretzel, J&J, 3749, WGR - SR106698 (1 ea.)Contains Wheat.	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20	(M)	(M)
Pretzel, Soft Rod, Whole Wheat, Baked Carton, Frozen, J&J Snack Foods, 338103, 1 oz WG - SR105323 (1 ea.)	70.00	0.50	0.00	0.00	0.00	65.00	14.00	1.00	0.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Pretzel, Soft Rods 51% Whole Grain 1oz, SuperPretzel, J&J, 31012, WGR - SR100240 (1 ea.) Contains Wheat.	70.00	0.50	0.00	0.00	0.00	65.00	14.00	1.00	0.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Pretzel, Soft, Frozen, 2.5 oz, J&J Snack Food Corp, 3010, Non-WG - SR106694 (1 ea.)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)
Pretzel, Soft, Frozen, 5 oz, J&J Snack Food Corp, 3014, Non-WG - SR106695 (1 ea.)Contains Wheat.	360.00	2.00	0.00	0.00	0.00	300.00	76.00	2.00	2.00	12.00	3.60	0.00	0.00	0.00	(M)	(M)
Pretzel, Soft, Frozen, J&J Snack Food Corp, 3100, - SR100445 (1 ea.)Contains Wheat.	260.00	1.50	0.00	0.00	0.00	230.00	53.00	2.00	1.00	9.00	3.60	20.00	0.00	0.00	(M)	(M)
Pretzel, Twist, Mini, Monarch, 244199 - SR103939 (1 ounces, dry)	110.00	0.00	0.00	0.00	0.00	470.00	25.00	1.00	1.00	3.00	1.80	20.00	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)
Pretzel, WG Soft Jumbo 1/2, 2.5 oz, New York Pretzel, 192, WG - SR105961 (1/2 pretzel)Contains Wheat.	170.00	1.00	0.00	0.00	0.00	75.00	30.00	3.00	1.00	5.00	1.44	0.00	100.00	1.20	(M)	(M)
Pretzel, WG Soft Jumbo, 6 oz, New York Pretzel, 191, WG - SR105960 (1/2 pretzel)Contains Wheat.	225.00	1.00	0.00	0.00	0.00	75.00	49.00	5.00	1.00	10.00	1.44	0.00	0.00	0.00	(M)	(M)
Pretzel, WG Soft, 2.2 oz, New York Pretzel, 195, WG - SR105962 (1 pretzel)Contains Wheat.	140.00	0.50	0.00	0.00	0.00	75.00	30.00	3.00	1.00	5.00	1.44	0.00	100.00	1.20	(M)	(M)
Pretzels, Rold Gold Tiny Twist, Hard Pretzel, Frito-Lay, Non-WG - SR102156 (1/2 oz.)Contains Wheat.	55.00	0.50	0.00	0.00	0.00	225.00	11.50	0.50	0.50	1.00	0.54	0.00	0.00	0.00	(M)	(M)
Pretzels; goldfish pepperidge farm(r) goldfish(r). - SR102857 (3/4 oz.)	90.00	2.00	0.00	(M)	0.00	300.00	15.00	1.00	(M)	2.00	1.08	0.00	0.00	0.00	(M)	(M)
Pretzels; goldfish pepperidge farm, non-WG - SR104068 (3/4 oz.)Contains Wheat, Gluten.	90.00	2.00	0.00	(M)	0.00	300.00	15.00	1.00	(M)	2.00	1.08	0.00	0.00	0.00	(M)	(M)
Pudding, Chocolate Pudding, Ready to Use, Canned, Knouse Foods Inc, 37802 - SR106707 (1/2 c.)Contains Milk.	190.00	9.00	1.50	3.00	0.00	180.00	26.00	0.00	19.00	2.00	0.00	60.00	0.00	1.20	(M)	(M)
Pudding, Chocolate RTU, Canned shelf Stable, MONAR - SR100723 (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, Harvest Value Chocolate Pudding, #10 can, - SR102159 (128 grams)Contains Milk.	130.00	5.00	0.50	1.50	(M)	190.00	22.00	(M)	16.00	1.00	(M)	20.00	(M)	(M)	(M)	(M)
Pudding, Harvest Value Vanilla, #10 Can - SR102163 (128 grams)Contains Milk.	130.00	3.50	0.50	1.00	(M)	170.00	26.00	(M)	19.00	0.00	(M)	20.00	(M)	(M)	(M)	(M)
Pudding, Snack Pack Chocolate, 3.5 oz Pudding Cup - SR102161 (1 cup serving)Contains Milk.	120.00	3.50	2.00	0.00	(M)	135.00	21.00	1.00	16.00	2.00	0.36	100.00	(M)	(M)	(M)	(M)
Pudding, Snack Pack Vanilla, 12/4/3.5 oz - SR102162 (1 cup serving)Contains Milk.	120.00	3.50	2.00	0.00	(M)	130.00	20.00	(M)	1.00	1.00	(M)	200.00	(M)	(M)	(M)	(M)
Pudding, Vanilla Pudding, Artificially Flavored, Ready to Use, Canned, Knouse Foods Inc - SR103987 (1/2 c.)Contains Milk.	190.00	9.00	1.50	3.00	0.00	180.00	26.00	0.00	19.00	2.00	0.00	60.00	0.00	1.20	(M)	(M)
Pudding, Vanilla RTU, Canned Shelf Stable, MONARCH - SR100724 (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)

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)
Quesadilla, Cheese and Chicken, Whole Grain, Tasty Brands, 25102, MMA, WG - SR106639 (1 ea.)Contains Milk, Wheat, Soy.	330.00	12.00	5.00	0.00	30.00	570.00	36.00	4.00	5.00	19.00	1.80	400.00	300.00	0.00	(M)	(M)
Quesadilla, Cheese, Whole Grain, 4.45 oz, Tasty Brands, 25101, MMA, WG - SR102172 (1 each quesadilla)Contains Milk, Wheat, Soy.	350.00	14.00	7.00	0.00	30.00	700.00	37.00	3.00	6.00	19.00	1.80	500.00	300.00	0.00	(M)	(M)
Quesadilla, Chicken and Cheese Quesadilla, 14A, MMA, WG - SR105493 (1 ea.)Contains Wheat.	268.98	11.13	4.30	0.00	62.98	824.05	21.18	2.00	0.00(M)	22.05	0.67(M)	297.50 (M)	179.00 (M)	9.72(M)	(M)	(M)
Quesadilla, Chicken, MMA, WG - SR100788 (1 ea.)Contains Wheat.	257.74	8.50	3.56	0.00(M)	48.06	286.78	27.43	5.70	1.65(M)	20.71	1.95	193.98	332.40	8.76	20.57(M)	0.10(M)
Quesadilla, Coyote Grill 51% WG Chicken & Cheese Quesadilla, Schwan's Food Service, 78373, MMA, WG - SR105335 (2 pieces) Contains Milk, Egg, Wheat, Soy.	300.00	11.00	4.50	0.00	45.00	560.00	31.00	3.00	1.00	19.00	2.70	250.00	200.00	0.00	(M)	(M)
Quesadilla, Pizza, Ground Beef, Whole Grain, Froze - SR102638 (1 pizza)Contains Milk, Wheat, Soy.	340.00	12.00	3.00	0.00	10.00	740.00	41.00	4.00	4.00	16.00	3.60	250.00	400.00	0.00	(M)	(M)
Quesadilla, Southwest, Twice Grilled Quesadilla, I - SR101162 (4 5/8 ounces)Contains Milk, Wheat, Soy, Gluten.	358.00	15.30	8.60	0.00	(M)	768.00	38.00	1.70	(M)	18.00	2.10	505.00	440.00	(M)	(M)	(M)
Quesadilla, Whole Grain Pizza Quesadilla Chicken 5 oz, Conagra, The Max, 7738712700, WGR, MMA, V - SR100050 (5 ounces, dry)Contains Milk, Wheat, Soy, Gluten.	320.00	11.00	2.50	0.00	20.00	770.00	38.00	4.00	(M)	18.00	2.70	200.00	300.00	0.00	(M)	(M)
Radishes, raw - SR104575 (1 cup slices)	18.56	0.12	0.04	(M)	0.00	45.24	3.94	1.86	(M)	0.79	0.39	29.00	8.12	17.17	110.51	0.64
Rainbow Trout Melts--3.6 oz Rainbow Trout Portions - SR103974 (1 piece)	234.60	12.24	3.57	0.00	35.70	572.22	15.30	1.02	(M)	16.32	0.41	95.88	161.16	0.46	59.35	2.24
Raisins, golden seedless - SR105264 (1/2 c.)	218.95	0.33	0.11	(M)	0.00	8.70	57.65	2.90	(M)	2.46	1.30	38.42	0.00	2.32	10.85	1.20
Raisins, seedless, not packed, regular moisture [100294, A500] - SR105265 (1/2 c.)	217.00	0.33	0.04	0.00	0.00	8.00	57.41	2.70	(M)	2.23	1.36	36.00	0.00	1.70	(M)	(M)
Raisins, Seedless, Sun-dried, 1.5 oz Packed, Champion, F - SR106860 (1 pkg.)	138.21	0.00	0.02	0.00	(M)	10.63	32.96	2.13	30.83	1.06	0.80	21.26	0.00	0.96	(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)
Ravioli, Beef Ravioli in Tomato & Meat Sauce - SR101496 (8 1/3 ounces)Contains Milk, Wheat, Soy.	230.00	7.00	3.00	0.00	30.00	640.00	27.00	5.00	0.00	15.00	2.70	20.00	200.00	0.00	(M)	(M)
Ravioli, Beef Ravioli, Canned, CN Labeled, Chef Boyardee, ConAgra, 64144-81080, MMA, Veg-RO - SR106054 (8 1/3 ounces)Contains Milk, Wheat, Soy.	231.87	7.42	3.25	0.00	27.82	630.69	27.82	4.64	5.57	14.84	2.50	18.55	185.50	0.00	(M)	(M)
Ravioli, Ravioli Beef Meat Sce F&E CN, MMA, Veg-RO - SR101497 (8 pieces)Contains Milk, Wheat, Soy.	242.00	8.00	3.50	0.00	25.00	670.00	28.00	3.00	0.00	14.00	0.00	0.00	0.00	0.00	(M)	(M)
Ravioli, Tabatchnick Ravioli with Marinara Sauce, - SR100328 (256 grams)Contains Milk, Wheat, Soy.	376.25	9.97	2.93	0.00	34.78	1021.13	36.32	3.43	11.79	20.66	1.72	433.14	668.16	5.34	(M)	(M)
Refried beans, canned (includes USDA commodity) - SR105266 (1 c.)	216.58	2.79	0.93	(M)	0.00	1068.62	36.32	12.14	1.09	12.88	3.98	78.54	0.00	14.28	181.24	4.78
Refried Beans, Cheesy Beans, Veg-BP, MMA - SR106880 (3/4 c.)	238.25	6.87	3.72	0.00(M)	14.63	1002.99	28.21	9.25	0.84(M)	16.87	3.07	294.84	163.65	10.89	138.16 (M)	3.65(M)
Rib-B-Que Pork Sandwich-Elem,Advance Pierre, Morab - SR101533 (1 sandwich)Contains Milk, Wheat, Soy.	290.00	8.00	2.00	0.00	40.00	640.00	25.00	4.00	4.00	18.00	2.52	60.00	300.00	1.20	(M)	(M)
Rib-B-Que Sandwich, MMA, WG - SR101938 (1 sandwich)Contains Milk, Wheat, Soy.	290.00	8.00	2.00	0.00	40.00	640.00	25.00	4.00	4.00	18.00	2.52	60.00	300.00	1.20	(M)	(M)
Rice Crispy, Goodyman Rice Crispy (.8oz), Super Bakery, 9425, Non-WG - SR105647 (1 piece)	90.00	2.00	1.00	0.00	0.00	120.00	17.00	0.00	7.00	1.00	1.08	0.00	0.00	0.00	(M)	(M)
Rice Crispy, Goodyman Rice Crispy (1.2oz), Super Bakery, 9426, Non-WG - SR105648 (1 piece)	90.00	2.00	1.00	0.00	0.00	120.00	17.00	0.00	7.00	1.00	1.80	0.00	100.00	0.00	(M)	(M)
Rice Crispy, Goodyman Rice Crispy (2.1oz), Super Bakery, 9428, Non-WG - SR105650 (1 piece)	90.00	2.00	1.00	0.00	0.00	120.00	17.00	0.00	7.00	1.00	2.70	0.00	200.00	0.00	(M)	(M)
Rice Crispy, Whole Grain Goodyman Brown Rice Crispy (.8 oz), Super Bakery, 9430, WG - SR105651 (1 piece)	100.00	2.50	1.00	0.00	0.00	120.00	17.00	0.00	7.00	1.00	0.00	0.00	0.00	0.00	(M)	(M)
Rice Pilaf, Rice Pilaf with Vegetables, 1 WG, 1/8 - SR100133 (1/2 c.)	139.29	2.19	0.45	0.17(M)	0.76	137.18	26.30	1.24	0.42(M)	3.43	0.51	17.25	423.70	0.40	83.28(M)	0.63(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)
Rice, Brown Rice Pilaf WG - SR100048 (1/2 c.)	141.40	1.67	0.41	(M)	2.66	128.91	26.43	0.82	1.67(M)	4.51	0.95	10.53	2.71	0.35	87.05(M)	0.92(M)
Rice, brown, medium-grain, cooked - SR105143 (1/2 c.)	109.20	0.81	0.16	(M)	0.00	0.98	22.92	1.75	(M)	2.26	0.52	9.75	0.00	0.00	71.14	0.38
Rice, Fried, Side Dish #14, Non-WG, MMA, Veg-O - SR106291 (1 #10 scoop)	220.55	10.63	1.49	0.00(M)	66.96	1014.57	26.09	1.49	6.69(M)	5.33	1.69	24.07	2337.14	3.13	85.87(M)	1.39(M)
Rice, Fried, Vegetarian, Boil In Bag, Frozen, Schw - SR101996 (1 cup serving)Contains Wheat, Soy.	210.00	1.50	0.00	0.00	0.00	530.00	44.00	2.00	4.00	6.00	0.72	40.00	500.00	4.00	(M)	(M)
Rice, Honey BBQ Flavored Red Beans and Brown Rice, - SR102177 (1/3 cup, dry)May contain Milk.	200.00	1.00	0.00	0.00	0.00	460.00	43.00	5.00	7.00	6.00	1.08	40.00	0.00	0.00	(M)	(M)
Rice, Infused Roasted Chicken Flavor, Uncle Ben's, 02570, Non-WG - SR105318 (1 c.)Contains Milk, Wheat, Soy.	150.00	0.50	0.00	0.00	0.00	610.00	33.00	0.00	0.00	4.00	1.80	20.00	0.00	0.00	(M)	(M)
Rice, long grain, brown, cooked, without salt [100499, B545] - SR105141 (1/2 c.)	108.00	0.88	0.18	0.00	0.00	5.00	22.39	1.80	(M)	2.52	0.41	10.00	0.00	0.00	(M)	(M)
Rice, long grain, brown, quick-cooking (partially cooked, then dehydrated), cooked, without salt [100500, B537] - SR105140 (1/2 c.)	108.00	0.88	0.18	0.00	0.00	5.00	22.39	1.80	(M)	2.52	0.41	10.00	0.00	0.00	(M)	(M)
Rice, medium grain, white, cooked, without salt, enriched (thiamin, riboflavin, niacin, folic acid, iron; may have vitamin D and calcium added) [100496, B522] - SR105139 (1/2 c.)	121.00	0.21	0.05	0.00	0.00	0.00	26.59	0.30	(M)	2.21	1.39	3.00	0.00	0.00	(M)	(M)
Rice, Mexican Fiesta, Uncle Ben's, 3308, Non-WG - SR105914 (1 Cup (Prepared))	190.00	1.00	0.00	0.00	0.00	660.00	43.00	1.00	1.00	5.00	1.80	40.00	100.00	1.20	(M)	(M)
Rice, Mexican Fiesta, Uncle Ben's, Mars Food US LL - SR100768 (1 cup serving)Contains Soy.	190.00	1.00	0.00	0.00	0.00	644.00	43.00	1.00	3.00	5.00	3.60	20.00	750.00	18.00	(M)	(M)
Rice, Oriental, Uncle Ben's, 3251279, Non-WG - SR105316 (1 c.)Contains Wheat, Soy.	200.00	1.00	0.00	0.00	0.00	740.00	42.00	1.00	1.00	6.00	3.60	20.00	750.00	2.40	(M)	(M)
Rice, Original, White, Uncle Ben's, Non-WG - SR104860 (1 c.)	170.00	0.00	0.00	0.00	0.00	0.00	37.00	0.00	0.00	4.00	1.80	60.00	0.00	0.00	(M)	(M)
Rice, Rice Pilaf, B-04-2, Non-WG - SR103831 (1/2 c.)	121.28	1.16	0.25	0.00(M)	0.03	11.92	24.39	0.52	0.16(M)	2.43	0.21	13.03	351.59	0.48	66.30(M)	0.13(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)
Rice, Seasoned Brown, WGR - SR106969 (1/2 c.)Contains Milk, Soy.	228.38	7.37	3.28	0.00(M)	0.00	1136.14	36.48	1.80	0.20(M)	3.80	0.81	18.33	576.40	0.34	122.84 (M)	2.91(M)
Rice, Seasoned, Side Dish #27, WG - SR106296 (1 #10 scoop)	40.67	0.90	0.16	0.08(M)	0.01	397.71	7.29	0.61	0.04(M)	0.83	0.17	5.45	137.10	0.05	44.41(M)	1.07(M)
Rice, Spanish Rice, WG, Veg-O - SR104450 (1/3 c.)	79.14	1.21	0.28	0.00(M)	2.69	559.94	14.57	1.08	0.35(M)	2.56	0.28	12.92	132.72	4.83	16.39(M)	0.31(M)
Rice, Spanish, Non-WG - SR103729 (1/2 c.)	129.15	2.88	0.60	0.72(M)	0.00	323.42	23.17	1.05	2.11(M)	2.63	0.95	33.90	119.12	1.90	76.60(M)	0.08(M)
Rice, Spanish, Uncle Ben's, Non-WG - SR103698 (2 oz.)	198.95	0.50	0.00	0.00	0.00	557.05	43.77	1.99	3.98	4.97	1.79	59.68	0.00	3.58	(M)	(M)
Rice, Uncle Ben's Taco Flavored Pinto Beans and Br - SR102182 (1/3 cup (2 oz dry))	210.00	2.50	1.00	0.00	5.00	410.00	40.00	4.00	2.00	7.00	1.80	60.00	0.00	0.00	(M)	(M)
Rice, Vegetable Fried Rice Whole Grain Brown, Green Dragon, Asian Food Solutions, 78001, WG, Veg-O - SR100655 (4 1/2 ounces)Contains Milk, Wheat, Soy.	110.00	1.00	0.00	0.00	0.00	280.00	23.00	3.00	2.00	2.00	0.90	0.00	1000.00	7.20	(M)	(M)
Rice, white, long-grain, parboiled, enriched, cooked - SR105135 (1 c.)	194.34	0.59	0.12	(M)	0.00	3.16	41.16	1.42	(M)	4.60	2.86	30.02	0.00	0.00	111.17	0.47
Rice, white, long-grain, regular, cooked - SR105133 (1 c.)	205.40	0.44	0.12	(M)	0.00	1.58	44.51	0.63	(M)	4.25	1.90	15.80	0.00	0.00	108.14	0.65
Rice, Whole Grain Vegetable Fried Rice, Schwan's Fod Service, 69062, WG - SR103689 (1 cup serving)Contains Milk, Egg, Wheat, Soy.	220.00	7.00	1.50	0.00	135.00	320.00	32.00	3.00	3.00	7.00	1.08	40.00	2000.00	1.20	(M)	(M)
Roll, 16 Split Top 8 Grain Dinner Roll, Nickles, 1 - SR103074 (1 Roll (32 grams))Contains Wheat, Soy, Gluten.	80.00	1.00	0.00	0.00	0.00	150.00	15.00	1.00	2.00	3.00	1.08	40.00	0.00	0.00	(M)	(M)
Roll, 3 x 3 Whole Wheat Ciabatta Rolls, Morabito, - SR100408 (1 roll (3x3))Contains Wheat, Soy.	130.00	0.00	0.00	0.00	0.00	330.00	27.00	0.99	0.00	4.00	1.80	0.00	0.00	0.00	(M)	(M)
Roll, Cater Long Roll, Buono Bros.Bakery, Non-WG - SR102871 (1 roll medium submarine, hoagie)Contains Wheat, Gluten.	112.00	0.75	0.00	(M)	0.00	127.00	21.00	(M)	(M)	3.70	(M)	(M)	(M)	(M)	(M)	(M)
Roll, Ciabatta 4" Square, sliced, Tff Baked, Froze - SR100793 (1 ea.)Contains Wheat, Gluten.	280.99	2.51	0.00	(M)	0.00	592.09	54.19	2.01	1.00	10.04	3.61	0.00	(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)
Roll, Cinnamon Cream Cheese, Par-Baked, 4.75oz, Sara Lee, 08419, Non-WGR - SR106011 (1 roll.)Contains Milk, Egg, Wheat, Soy.	570.00	26.00	12.00	0.00	30.00	580.00	78.00	1.00	36.00	7.00	3.60	60.00	1000.00	0.00	(M)	(M)
Roll, Cinnamon WG Sweet Potato Swirl, Un-Iced 2.5 oz, Hadley Farms, 377IW, WGR - SR106008 (1 roll.)Contains Milk, Wheat, Soy.	210.00	7.00	1.50	0.00	0.00	230.00	33.00	5.00	7.00	5.00	1.44	0.00	2000.00	0.00	(M)	(M)
Roll, Cinnamon WG, 1.5 oz, Hadley Farms, 1670IW, WG - SR106004 (1 roll.)Contains Milk, Wheat, Soy.	130.00	4.00	1.00	0.00	0.00	125.00	22.00	2.00	8.00	3.00	0.72	20.00	1000.00	0.00	(M)	(M)
Roll, Dinner, Multi Grain, Holsum, Bulk, 776, WG - SR104853 (1 roll.)Contains Wheat.	110.00	1.00	0.00	0.00	0.00	200.00	20.00	1.00	2.00	4.00	1.08	20.00	0.00	0.00	(M)	(M)
Roll, Honey Bun, Capt'n Gregory Fort, Individually - SR101609 (1 roll.)Contains Milk, Egg, Wheat, Soy. Processed in a facility that also processes Tree nuts.	249.56	12.98	5.99	0.00	0.00	219.61	31.94	0.00	13.97	4.99	4.49	149.74	748.68	95.83	(M)	(M)
Roll, Jims Roll, Buono Bros. Bakery, Non-WG - SR102865 (1 roll medium submarine, hoagie) Contains Wheat, Gluten.	150.00	1.00	0.00	(M)	0.00	170.00	28.00	(M)	(M)	5.00	(M)	(M)	(M)	(M)	(M)	(M)
Roll, Kaiser, White WW, Holsum, 1008, WG - SR103744 (1 roll.) Contains Wheat, Gluten.	160.00	2.00	0.00	0.00	0.00	350.00	30.00	3.00	2.00	6.00	1.80	60.00	0.00	0.00	(M)	(M)
Roll, Mini Kaiser Roll, Tuzzi, 11 oz, 764, Non-WG - SR103019 (1 ea.)	100.00	1.00	0.00	0.00	0.00	200.00	21.00	0.99	0.99	3.00	1.08	20.00	0.00	0.00	(M)	(M)
Roll, Multigrain Dinner Roll, 1.5oz Roll, Non-WG - SR102430 (1 Dinner Roll)Contains Wheat, Soy. May contain Milk.	120.00	1.00	0.00	0.00	0.00	200.00	24.00	2.00	4.00	4.00	1.44	20.00	0.00	0.00	(M)	(M)
Roll, Potato, Hamburger, 2.15 oz. Morabito, Non-WG - SR104700 (1 roll.)	160.00	1.00	0.00	0.00	0.00	300.00	33.00	1.00	3.00	5.00	0.00	40.00	0.00	1.20	(M)	(M)
Roll, Pretzel, 2.2 oz, 51% Whole Grain Pretzel Roll with No Sodium, J&J Snack Foods Corp, 7051, WG - SR100474 (1 ea.) Contains Wheat.	160.00	2.50	1.00	0.00	0.00	0.00	29.00	3.00	2.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Roll, Regular Hoagie Roll, 3.5 oz, Non-WG - SR104093 (1 roll.) Contains Wheat, Gluten.	263.00	2.00	0.00	(M)	0.00	298.00	49.00	(M)	(M)	8.80	(M)	(M)	(M)	(M)	(M)	(M)
Roll, Small Hoagie Roll, 3 oz, Non-WG - SR104094 (1 roll.) Contains Wheat, Gluten.	225.00	1.50	0.00	(M)	0.00	255.00	42.00	(M)	(M)	7.50	(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)
Roll, Split Dinner, 1 oz, Holsum, 2707, WG - SR101750 (1 ea.) Contains Wheat, Soy.	70.00	1.00	0.00	0.00	0.00	170.00	14.00	1.00	2.00	3.00	0.72	40.00	0.00	0.00	(M)	(M)
Roll, Wheat Split Top Dinner, Amoroso, Unspec Manf - SR101389 (1 Roll (32 grams)) Contains Wheat, Soy.	80.00	1.00	0.00	0.00	0.00	170.00	16.00	2.00	3.00	3.00	1.08	60.00	0.00	0.00	(M)	(M)
Roll, Wheat Unsliced Baked Frozen, WG - SR101912 (3 1/2 ounces)Contains Wheat, Soy.	300.00	5.00	1.00	0.00	0.00	600.00	55.00	6.00	9.00	8.00	1.80	20.00	0.00	0.00	(M)	(M)
Roll, White Wheat Club, 1.8 oz, Amoroso, Unspec Ma - SR101401 (1 roll.)	130.00	1.50	0.00	0.00	0.00	250.00	26.00	2.00	2.00	5.00	1.44	20.00	0.00	0.00	(M)	(M)
Roll, White Wheat Dinner, 1.5 oz, Amoroso, Unspec - SR101400 (1 roll.)	120.00	1.50	0.00	0.00	0.00	230.00	22.00	3.00	2.00	6.00	1.44	20.00	0.00	0.00	(M)	(M)
Roll, White Wheat Philly, 2 oz, Amoroso, Unspec Ma - SR101394 (1 roll (57g))	140.00	1.50	0.50	0.00	0.00	280.00	27.00	4.00	2.00	7.00	1.44	20.00	0.00	0.00	(M)	(M)
Roll, Whole Wheat American Hamburger Bun, Tri-State Buns, 973, WG - SR106724 (1 bun) Contains Wheat, Soy. Processed in a facility that also processes Tree nuts, Peanuts.	130.00	1.50	0.00	0.00	0.00	290.00	26.00	2.00	3.00	6.00	1.44	100.00	0.00	0.00	(M)	(M)
Roll, Whole Wheat Hoagie, Holsum, 113563-4, WG - SR101721 (1 ea.)Contains Wheat.	210.00	2.00	0.00	0.00	0.00	500.00	40.00	3.00	3.00	8.00	1.80	60.00	0.00	0.00	(M)	(M)
Roll, Whole Wheat Roll, 2oz, WG - SR103580 (2 ounces)	153.41	6.65	2.28	0.00(M)	3.43	2.27	21.36	3.19	3.24(M)	3.67	0.97	9.26	2.25	0.00	20.52(M)	0.07(M)
Roll, Whole Wheat, Deluxe Italian Bakery, 665,642, WG - SR106726 (1 roll.)	130.00	2.00	0.00	0.00	0.00	180.00	18.00	2.00	2.00	5.00	1.08	40.00	0.00	0.00	(M)	(M)
Roll, Whole Wheat, Dinner, Deluxe Italian Bakery, 686,587, WG - SR106725 (1 roll.)	110.00	0.00	0.50	(M)	0.00	250.00	22.00	3.00	3.00	5.00	1.08	40.00	0.00	0.00	(M)	(M)
Rolls, Dutch Country Wheat Hamburger Rolls, Non-WG - SR101927 (1 1 Slice)Contains Wheat.	90.00	1.00	0.00	0.00	0.00	200.00	18.00	2.00	3.00	4.00	0.72	80.00	500.00	0.00	(M)	(M)
Rolls, Sliced Steak Rolls 6", Tuzzi, 730, Non-WG - SR100831 (1 ea.)	160.00	1.00	0.00	0.00	0.00	300.00	32.00	1.00	1.00	5.00	1.80	0.00	0.00	0.00	(M)	(M)
Rolls, Wheat 6-12, TVASD, WG - SR104742 (1 roll.)Contains Milk.	224.03	7.70	1.63	0.00(M)	0.00	293.68	34.18	2.47	7.56(M)	4.02	2.01	9.21	401.50	0.00	21.56(M)	0.60(M)
Rolls, Wheat K-5, TVASD, WG - SR104741 (1 roll.)Contains Milk.	199.03	5.20	1.13	0.00(M)	0.00	253.68	34.18	2.47	7.56(M)	4.02	2.01	9.21	201.50	0.00	21.56(M)	0.60(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)
Rolls, Wheat WG dinner roll, Schwebels - SR100284 (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)
Rotini w/ Meatball, MMA, Non-WG, Veg-RO - SR103489 (1 serv.)Contains Milk, Wheat, Soy, Gluten.	160.78	3.77	1.37	0.00(M)	24.54	437.40	21.11	2.70	1.30(M)	11.38	2.04	29.74	569.46	8.06	52.73(M)	1.35(M)
Rotini, whole grain, cooked, no salt added, 1" to 1 3/4" in length [100434, B428] - SR105131 (1/2 c.)	87.00	0.38	0.07	0.00	0.00	2.00	18.58	2.00	(M)	3.73	0.74	10.00	2.00	0.00	(M)	(M)
Russian Dressing, Condiment - SR105399 (1 oz.)Contains Egg, Soy.	65.00	4.50	0.50	0.00	5.00	315.00	6.00	0.00	5.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Salad Dressing, French, Salad Dressing, Reduced Fa - SR103236 (1 c.)	577.20	29.95	2.19	(M)	0.00	2178.80	81.17	3.90	(M)	1.51	1.90	28.60	1406.60	12.48	141.13	6.24
Salad Dressing, Golden Italian, Bulk, Cains, 59750 - SR103776 (2 Tbsp.)Contains Soy.	140.00	14.00	2.00	0.00	0.00	310.00	3.00	0.00	2.00	0.00	0.00	0.00	0.00	1.20	(M)	(M)
Salad Dressing, Golden Italian, Pouch, 1.5 oz, Cai - SR103775 (1 pouch)	200.00	20.00	3.00	0.00	0.00	430.00	4.00	0.00	2.00	0.00	0.00	0.00	0.00	1.20	(M)	(M)
Salad Dressing, Italian Dressing, Commercial, Regu - SR103795 (1 c.)	683.85	66.67	10.51	(M)	0.00	2392.30	24.51	0.00	(M)	0.89	1.48	16.45	84.60	0.00	132.54	10.39
Salad Dressing, Italian Fat Free Dressing, Kraft F - SR103287 (1 pouch)	10.00	0.00	0.00	0.00	0.00	160.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Salad Dressing, Italian Fat Free Dressing, Marzetti, 80087 - SR104973 (2 Tbsp.)	15.00	0.00	0.00	0.00	0.00	250.00	3.00	0.00	2.00	0.00	0.00	0.00	0.00	2.40	(M)	(M)
Salad Dressing, Mayonnaise, Soybean and Safflower - SR103371 (1 c.)	1577.40	174.68	18.92	(M)	129.80	1249.60	5.94	0.00	(M)	2.42	1.10	39.60	616.00	0.00	33.66	3.30
Salad Dressing, Ranch Fat Free Dressing, 7/16 oz, - SR103066 (1 pouch)	20.00	0.00	0.00	0.00	0.00	120.00	4.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Salad Dressing, Ranch, Reduced Fat - SR103237 (1 serving (2 tbsp))	58.80	3.73	0.38	0.02	4.80	336.00	6.40	0.33	(M)	0.38	0.21	12.00	20.10	0.18	18.61	0.89
Salad Dressing, Ranch, The Original Ranch, Hidden Valley, 7110000576 - SR100862 (2 Tbsp.)	140.00	14.00	2.50	0.00	10.00	260.00	2.00	0.00	1.00	1.00	0.00	0.00	0.00	0.00	(M)	(M)
Salad Dressing, Ranch, With Buttermilk, Lowfat Pla - SR103714 (2 Tbsp.)	35.00	1.88	0.52	(M)	5.00	181.00	3.50	0.10	(M)	1.05	0.10	35.00	26.00	0.50	(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)
Salad dressing, russian dressing, low calorie - SR105567 (1 Tbsp.)	22.56	0.64	0.10	(M)	0.96	138.88	4.42	0.05	3.50	0.08	0.10	3.04	5.28	0.96	10.40	0.46
Salad Mix, Iceberg Romaine 50/50 - SR102611 (1 c.)	5.84	0.00	0.00	0.00	0.00	5.84	1.17	0.58	1.17	0.58	0.21	11.69	175.28	2.10	(M)	(M)
Salad Mix, Iceberg Romaine Carrot Cabbage Lettuce, - SR101832 (1 portion)	10.00	0.00	0.00	0.00	0.00	10.00	2.00	1.00	2.00	1.00	0.36	20.00	300.00	3.60	(M)	(M)
Salad with Italian, Line One, E-35, Veg-DG, Veg-O - SR106358 (1 serv.)Contains Soy.	29.18	2.33	0.33	0.00	0.00	57.51	1.67	0.58	1.50	0.58	0.21	11.69	175.28	2.30	(M)	(M)
Salad with Ranch, Line One, E-34, Veg-DG, Veg-O - SR106363 (1 serv.)	32.51	2.83	0.42	0.00	1.67	47.51	1.34	0.58	1.17	0.58	0.21	11.69	175.28	2.10	(M)	(M)
Salad, Ybm Colorful Red Cabbage Salad, MMA, Veg-O - SR104059 (1/2 c.)	190.53	15.87	1.89	0.02(M)	1.22	33.00	9.60	3.01	3.35(M)	5.51	1.97	68.09	1019.61	40.29	49.25(M)	1.25(M)
Salad, Asian Salad, Veg-O, Non-WG, MMA - SR102445 (1 Cup (8 oz ladle))	346.23	33.67	11.27	0.00(M)	24.00	366.08	27.11	2.89	11.72(M)	6.65	2.09	135.21	4099.44	38.47	92.91(M)	2.06(M)
Salad, Bean Salad, TVASD, Veg-BP - SR104961 (1/2 c.)	127.17	1.18	0.12	0.00(M)	0.00	463.31	23.09	8.04	0.83(M)	7.08	1.94	41.54	14.85	2.77	0.01(M)	0.01(M)
Salad, Black bean and Tomato salad, Veg-BP, Veg-RO - SR100304 (1/2 Cup (8 oz ladle))	156.91	4.88	0.60	0.00(M)	0.00	583.61	22.93	6.49	0.57(M)	6.42	8.03	86.27	179.93	2.96	22.67(M)	0.11(M)
Salad, Black Bean Salad, Veg-BP, Veg- RO - SR102306 (1/2 c.)	190.48	2.83	0.31	0.00(M)	0.00	213.51	31.22	12.91	0.78(M)	11.20	3.54	66.93	269.06	8.88	31.71(M)	0.15(M)
Salad, Black Bean, Veg-BP, Veg-O - SR106311 (1/2 c.)	169.91	2.74	0.40	0.28(M)	0.04	641.67	28.50	6.57	5.82(M)	8.09	4.16	124.10	280.60	9.32	32.61(M)	0.81(M)
Salad, Caesar with Cluster Rolls, WGR, MMA, Veg-DG - SR106912 (1 salad)Contains Egg, Wheat, Soy.	523.64	21.76	3.47	0.00(M)	54.92	1476.77	55.32	4.46(M)	7.41(M)	28.52	4.18	147.50	2219.10	9.61(M)	0.00(M)	0.00(M)
Salad, Carrot Raisin Salad, Veg-RO - SR104390 (3/4 c.)Contains Milk, Egg.	188.00	13.90	2.31	0.00(M)	9.14	247.48	16.14	1.93	10.13	0.88	0.40	23.59	8714.68	3.36	47.77(M)	0.74(M)
Salad, Carrot-Raisin Salad, Veg-RO, F - SR102801 (1/4 cup (1/2 cup ladle))	83.28	2.34	0.02	0.00(M)	3.83	128.21	15.83	1.26	11.46(M)	0.89	0.39	17.59	2079.08	2.61	4.33(M)	0.33(M)
Salad, Chef Salad E Alt, MMA, WG, Veg-O - SR102385 (1 1/2 c.)Contains Milk, Egg, Soy.	213.34	14.65	6.91	0.00(M)	46.83	741.86	9.23	0.81	2.83(M)	12.61	1.01	228.80	1519.75	4.19	59.23(M)	0.27(M)
Salad, Chef Salad w/ Dinner Rolls, MMA, WGR, Veg-DG - SR106910 (1 salad)Contains Wheat, Soy. May contain Milk.	618.32	28.91	9.16	0.00(M)	88.26	1440.99	51.77	4.46	5.28(M)	36.10	4.12	339.36	2251.36	9.49	0.00(M)	0.00(M)
Salad, Chef Salad, 5A, Veg-O, Veg-RO, MMA, - SR105487 (1 salad)	143.55	7.02	3.85	0.00(M)	60.18	524.48	6.87	1.60	2.76(M)	13.79	0.58	283.14	3004.93	10.81	115.12 (M)	0.60(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, Chef Salad, E-32, MMA, WG, Veg-DG, Veg-O - SR106383 (1 salad)Contains Milk, Wheat. May contain Soy.	575.41	29.89	6.53	0.00(M)	89.02	1839.00	48.76	6.65	9.30(M)	32.55	4.28(M)	177.91 (M)	1324.22 (M)	55.14(M)	82.40(M)	0.52(M)
Salad, Chef Salad, Elementary, TA-2, MMA, Veg-DG, - SR104658 (2 c.)Contains Milk, Egg, Wheat, Soy, Gluten.	536.31	33.09	11.01	0.00(M)	130.53	1480.53	36.35	8.61	11.99(M)	22.91	4.22	278.80	18307.05	36.83	158.17 (M)	2.52(M)
Salad, Chef Salad, MMA, Veg-DG, Veg-RO, Veg-O, WG - SR103917 (2 c.)Contains Milk, Egg, Wheat, Soy.	565.31	30.06	7.47	0.00(M)	103.78	1429.12	50.52	10.61	10.99(M)	24.41	5.11	268.12	18225.87	38.03	145.84 (M)	2.52(M)
Salad, Chick Pea Bean Salad, Veg-O, Veg-BP - SR102665 (1/2 cup, diced)	156.21	7.70	1.87	0.00(M)	0.00	86.61	18.53	3.69	0.88(M)	3.94	1.13	30.03	83.21	13.77	36.46(M)	0.16(M)
Salad, Chicken Salad, S8, MMA - SR106478 (3 oz.)Contains Egg, Soy.	190.20	9.16	1.56	0.00(M)	76.87	247.16	4.61	0.14	1.43(M)	23.27	1.03	2.15	84.62	0.21	7.94(M)	0.14(M)
Salad, Chicken Salad, WYO C-7, MMA, Veg-O - SR104357 (1/3 c.) Contains Egg, Soy.	155.31	8.17	1.33	0.00(M)	60.80	201.74	3.10	0.29	1.61	17.80	0.77	7.27	81.63	0.56	17.35(M)	0.14(M)
Salad, Chicken, MMA - SR104669 (2 oz.)Contains Egg, Soy.	143.68	10.64	1.69	0.00(M)	41.02	126.00	1.20	0.07	0.17(M)	12.04	0.54	1.92	6.64	0.27	3.53(M)	0.19(M)
Salad, Chickpea Salad, Veg B/P - SR100028 (1/2 c.)	133.45	4.47	0.50	0.01(M)	0.00	162.38	18.55	0.33(M)	3.67(M)	5.52	0.81	35.83	317.60	12.46	64.96(M)	0.64(M)
Salad, Chickpea, with Basil, Veg-BP - SR100042 (1/2 c.)	80.49	1.40	0.32	(M)	0.00	303.31	13.25	5.65	(M)	4.62	1.27	81.38	1069.17	6.50	20.98	0.29
Salad, Cole Slaw TVASD, Veg-O - SR104780 (1/3 c.)	112.88	7.20	1.20	0.00(M)	4.00(M)	333.50	10.67	1.35	9.22	0.68	0.24(M)	27.00(M)	0.00(M)	28.35(M)	(M)	(M)
Salad, Cole Slaw, Veg-O - SR103870 (1/2 c.)	345.54	29.67	2.01	0.00(M)	19.69	636.53	16.92	2.91(M)	13.69	1.44	0.52(M)	45.32(M)	1862.28 (M)	38.93(M)	105.73 (M)	0.77(M)
Salad, Coleslaw, Veg-O - SR100075 (1/2 c.)Contains Egg.	133.15	9.30	1.55	0.00	19.38	277.06	11.13	1.35	9.00	0.68	0.24	27.00	0.00	28.35	(M)	(M)
Salad, Creamy Cole Slaw, Veg-O - SR103451 (1/4 cup serving) Contains Egg, Soy.	38.78	2.45	0.28	0.00(M)	2.65	74.98	3.90	0.95	2.28(M)	0.48	0.21	16.19	680.05	12.48	34.80(M)	0.26(M)
Salad, Creamy Cucumber Salad, Veg-O, Veg-RO - SR103978 (1/2 c.)May contain Milk, Egg, Soy.	195.54	12.31	2.08	0.00(M)	13.39	581.29	20.28	1.40	6.73	2.79	0.55	58.23	433.18	9.82	191.82 (M)	0.80(M)
Salad, Crispy Chicken, MMA, WG, Veg-O, Veg-DG, Veg - SR102687 (1 cup serving)Contains Milk, Egg, Wheat, Soy.	276.81	11.72	4.46	0.00(M)	43.23	829.29	28.29	8.01	5.42(M)	17.08	2.78	181.00	7276.69	10.12	152.46 (M)	1.00(M)
Salad, Cucumber and Bean Salad, Veg-O, Veg-BP - SR106032 (1/2 c.)	168.80	8.68	2.18	0.00(M)	0.00	264.96	18.82	5.00	6.54	4.96	1.17	38.00	42.60	2.50	115.58	1.63
Salad, Cucumber Salad, Veg-O - SR102782 (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)

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Salad, Cucumber Tomato Salad, Veg-O - SR104140 (1/2 c.) Contains Egg, Soy.	75.72	4.75	0.55	0.00(M)	5.12	130.88	7.99	0.73	4.77	0.79	0.31	17.44	246.46	5.29	106.78 (M)	0.45(M)
Salad, Cucumber, Manheim, Veg-O, - SR106044 (1/2 c.)	172.88	14.72	3.82	0.00(M)	0.00	1.98	10.66	0.49	8.84	0.56	0.23	13.90	76.96	2.59	83.13	0.30
Salad, Cucumber, Veg-O - SR104607 (4 oz.)	69.88	6.62	0.43	0.00(M)	0.00	36.41	2.87	0.39	1.37(M)	0.49	0.23	12.69	76.78	2.12	69.93(M)	0.37(M)
Salad, Cucumber/Tomato Salad, Veg-O - SR104584 (1/2 c.)	68.06	0.14	0.02	0.00(M)	0.00(M)	440.98	15.28	0.82	14.11(M)	0.69	0.39	16.81	155.84	4.56	85.49(M)	1.45(M)
Salad, Dutch Macaroni Salad, Spring Glen, 18800, Non-WG, MMA - SR104864 (1/2 c.) Contains Egg, Wheat, Soy.	280.00	14.00	2.50	0.00	30.00	520.00	33.00	0.90	9.00	4.00	1.08	20.00	100.00	1.20	(M)	(M)
Salad, Dutch Potato Salad, Spring Glen, 20150, MMA, Veg-S - SR104865 (1/2 c.)Contains Egg.	170.00	7.00	1.50	0.00	25.00	340.00	26.00	2.00	9.00	2.00	0.36	20.00	100.00	6.00	(M)	(M)
Salad, Egg Salad on Bun, MMA, WG - SR101754 (1 ea.)Contains Wheat, Soy.	246.54	8.88	1.88	0.00(M)	188.61	396.28	30.46	3.19	4.49(M)	11.44	2.12	69.57	374.46	0.30	52.61(M)	0.86(M)
Salad, Favorite Grilled Chicken Caesar Salad, Veg- - SR102448 (1 c.)Contains Milk, Wheat, Soy, Gluten.	296.21	16.09	4.00	0.00(M)	71.67	1169.04	12.81	1.33	3.33	25.76	1.95(M)	26.67(M)	1678.57 (M)	5.63(M)	(M)	(M)
Salad, Garbanzo Bean and Tomato Salad, Veg-BP, Veg - SR101030 (3/4 Cup (8 oz ladle))	352.48	15.29	2.13	0.00(M)	0.00(M)	786.89	45.22	8.95	1.49(M)	9.74	2.71	68.51	303.15	12.37	42.44(M)	1.67(M)
Salad, Garbanzo Bean/Chickpea, Veg-BP - SR100734 (1/2 Cup (8 oz ladle))	194.26	8.58	2.01	0.00(M)	0.00	148.31	24.57	4.75	0.37(M)	5.26	1.44	34.46	108.21	5.95	12.46(M)	0.06(M)
Salad, Garden Salad, Veg-O, Veg-DG, Veg- RO, M - SR103909 (1 salad)	169.25	6.26	5.13	0.00(M)	49.71	425.53	10.33	2.91	4.91(M)	19.19	1.14	467.95	3797.50	19.70	209.79 (M)	1.07(M)
Salad, Garden, Veg-DG, Veg-RO, Veg-O - SR102484 (1 cup (washed))	25.27	0.30	0.05	(M)	0.00	43.64	4.90	1.96	1.81	2.14	1.52	59.47	7632.15	19.33	136.64	1.16
Salad, Health salad, Spring Glen, 42550, Veg-O - SR104867 (1/2 c.)	110.00	6.00	1.00	0.00	0.00	870.00	15.00	1.00	13.00	1.00	0.36	20.00	500.00	18.00	(M)	(M)
Salad, Macaroni Salad, Non-WG - SR102587 (1/3 cup serving)	329.52	29.67	3.28	0.00(M)	32.20	295.44	14.60	0.55	7.03(M)	2.10	0.57	14.96	523.46	0.55	24.45(M)	0.94(M)
Salad, Macaroni, Side Dish #19, Non-WG - SR106292 (1 #10 scoop)	173.29	3.96	0.65	0.00(M)	15.24	741.76	28.37	1.65	1.69(M)	5.46	1.16	13.91	26.91	0.14	148.58 (M)	2.03(M)
Salad, Marinated Beet Salad, Veg-O - SR102449 (1/2 Cup (8 oz ladle))	77.89	0.16	0.02	0.00(M)	0.00	153.41	18.61	1.49	16.82	0.81	1.34	14.71	18.14	3.66	88.49	0.64

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, Marinated Black Bean Salad, Veg-O - SR100065 (1/2 c.)	94.02	2.69	0.98	0.00(M)	4.86	266.87	13.26	3.57	0.70(M)	4.56	0.91	52.93	485.00	19.61	56.81(M)	1.15(M)
Salad, Mediterranean Salad, Veg-DG, Veg-RO, Veg-O, - SR102534 (1 ea.)	573.00	38.85	7.31	0.00(M)	25.23	1236.61	50.56	4.63	1.86(M)	14.48	3.22	256.48	2307.38	14.85	29.92(M)	2.48(M)
Salad, Organic Spring Mix, Tango, Lolla Rosa, Red - SR102548 (2 c.)	10.00	0.00	0.00	0.00	0.00	60.00	3.00	2.00	0.00	2.00	3.60	60.00	5500.00	30.00	(M)	(M)
Salad, Pasta Salad, Cambria County, WG, Veg-O, Veg-RO - SR104935 (4 oz.)	163.48	8.36	1.26	0.00(M)	0.00	116.74	20.10	2.98	1.60(M)	3.84	1.02	20.91	2987.14	8.00	53.84(M)	0.59(M)
Salad, Pasta Salad, Cheswick, WG, Veg-O - SR105018 (1/4 c.)	78.82	0.39	0.07	0.00(M)	0.00	446.21	16.10	1.52(M)	1.50(M)	2.87	0.62(M)	11.31(M)	1523.91 (M)	7.95(M)	14.06(M)	0.15(M)
Salad, Pasta, With Italian Dressing & Frozen Mixed - SR103443 (3/8 c.)Contains Wheat.	140.62	7.00	0.98	(M)	0.00	164.65	16.83	2.03	(M)	3.27	0.98	16.91	1309.19	9.97	(M)	(M)
Salad, Potato Salad, MMA, Veg-S - SR103365 (1/2 cup serving)	137.17	6.10	1.11	(M)	48.43	301.57	18.11	2.21	3.25(M)	3.13	0.66	20.14	180.47	16.66	95.02(M)	1.67(M)
Salad, Salad (Side), 78, Veg-DG, F - SR104877 (1 c.)May contain Milk, Egg, Soy.	50.09	2.28	0.21	0.00(M)	1.10	202.92	7.37	0.86	4.81	1.11	0.88	35.07	2835.78	9.51	45.86(M)	0.65(M)
Salad, Salad Bar, MMA, Veg-O - SR103716 (1/2 c.)	80.23	2.94	1.37	0.00(M)	16.31	248.66	6.76	1.99	2.42(M)	7.10	0.62	111.98	1031.21	23.46	109.46 (M)	1.15(M)
Salad, Side Mixed Green Salad, Veg-DG, Veg-RO, Veg - SR103977 (1 c.)Contains Milk, Egg, Soy.	171.03	16.50	2.50	0.00	2.50	298.27	4.21	1.10	2.60	0.55	0.40	11.03	2757.13	5.56	(M)	(M)
Salad, Small Chef Salad, Veg-O, Veg-DG, Veg- RO, MMA - SR103914 (1 salad)	169.25	6.26	5.13	0.00(M)	49.71	425.53	10.33	2.91	4.91(M)	19.19	1.14	467.95	3797.50	19.70	209.79 (M)	1.07(M)
Salad, Spinach Salad, MMA, WG, Veg-DG, Veg-RO, Veg-O - SR100407 (1 portion)Contains Wheat, Soy.	332.80	9.62	4.45	0.00(M)	44.05	821.81	41.57	6.46	8.09(M)	22.68	3.38	331.76	9897.99	21.34	135.35 (M)	1.39(M)
Salad, Spinach Salad, Veg-DG, Veg-O - SR104591 (1 c.)	58.28	0.26	0.05	0.00(M)	0.00	288.85	13.69	1.76	5.89	2.01	1.69	65.67	5671.62	18.86	77.73(M)	1.13(M)
Salad, Spinach, Veg-DG, MMA, Veg-O - SR104537 (1 serv.) Contains Egg.	163.07	9.48	2.07	0.00(M)	190.25	254.58	11.24	1.87	7.86	9.64	2.50	86.15	5923.96	17.96	140.69 (M)	2.02(M)
Salad, Taco Salad, MMA, Veg-O - SR102526 (1 portion)	259.22	12.71	5.34	0.63(M)	65.62	792.20	7.09	2.06	1.65(M)	28.38	10.56	177.33	803.63	4.68	142.93 (M)	2.05(M)
Salad, Texas Caviar, Veg-BP - SR102695 (1/2 cup, diced)	218.68	7.06	1.77	0.00(M)	0.00	427.72	34.33	4.35	17.31(M)	5.13	4.02	55.60	34.66	8.23	31.76(M)	0.08(M)
Salad, Texas Caviar, Veg-BP, Veg-RO - SR103994 (1/2 c.)	57.23	0.21	0.06	0.00(M)	0.00	272.44	11.12	2.99	2.93(M)	2.63	0.70	38.34	216.88	16.89	46.40(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)
Salad, Three Bean (Garbanzo, Kidney, Green Bean), - SR100739 (1/2 Cup (8 oz ladle))	144.17	0.81	0.10	0.00(M)	0.00	240.44	28.56	6.37	6.89(M)	5.75	1.58	39.89	96.25	3.52	34.30(M)	0.36(M)
Salad, Three Bean Salad, Veg-O - SR103402 (1/4 cup serving)	54.68	2.88	0.40	0.00(M)	0.00	235.76	5.50	1.78	1.40(M)	1.47	0.60	29.84	95.83	0.57	4.44(M)	0.01(M)
Salad, Three Bean, Veg-O - SR106803 (1/2 c.)	93.14	2.17	0.39	0.43(M)	0.00	234.93	16.02	3.89	8.19(M)	2.50	0.84	36.55	277.84	2.36	19.05(M)	0.08(M)
Salad, Tomato Salad, Veg-RO - SR102699 (1/2 cup, diced)	19.98	0.19	0.03	0.00(M)	0.00(M)	8.05	4.80	1.20	2.65(M)	0.88	0.29	12.36(M)	749.83 (M)	17.19(M)	95.71(M)	0.48(M)
Salad, Toppings Bar, WYO F-7, V-DG, V-RO, V-O - SR103544 (3/4 cup serving)Contains Milk, Egg, Fish, Soy.	275.84 (M)	22.56(M)	3.91(M)	0.00(M)	21.29(M)	1072.50 (M)	15.48(M)	2.12(M)	3.57(M)	1.86(M)	0.98(M)	76.83(M)	2591.32 (M)	43.61(M)	76.61(M)	0.62(M)
Salad, Tossed Salad, Veg-DG, Veg-RO, MMA, WGR - SR106909 (1 serv.)Contains Wheat, Soy.	452.76	16.24	6.71	0.00(M)	30.37	557.54	49.05	5.20	4.24(M)	21.72	3.44	497.80	7132.71	10.36	57.17(M)	0.45(M)
Salad, Tossed Salad, Veg-O - SR103549 (1/2 cup, shredded or chopped)	35.31	1.50	0.38	0.00(M)	0.00	32.83	5.46	0.65	4.65(M)	0.39	0.18	9.79	1444.76	1.44	42.34(M)	0.26(M)
Salad, Tossed, Veg-RO, Veg-O - SR106806 (1 c.)	18.96	0.20	0.03	(M)	0.00	9.98	4.05	1.47	2.71	1.09	0.44	18.42	764.94	8.37	116.62	0.50
Salad, Tuna (2 oz pro), MMA - SR106807 (1/2 c.)	215.91	15.82	2.44	(M)	67.49	175.36	2.94	0.09	1.31(M)	15.44	1.01	12.97	142.34	0.41	55.40(M)	0.65(M)
Salad, Tuna Salad on Bed of Greens, MMA, WG, Non-W - SR102544 (1 ea.)Contains Egg, Fish, Wheat, Soy, Gluten.	338.11	9.10	0.53	0.00(M)	35.88	919.01	42.34	2.40	2.55(M)	20.34	2.95	46.58(M)	1835.76 (M)	4.99(M)	22.70(M)	0.29(M)
Salad, Tuna Salad, Celery, Sweet Pickle Relish, MM - SR101829 (1/4 cup serving)Contains Fish.	100.33	4.34	0.80	0.00(M)	20.15	372.03	7.17	0.27	1.71(M)	8.41	0.59	157.81	256.35	0.46	8.98(M)	0.34(M)
Salad, Tuna Salad, MMA - SR102588 (1 serving (#16 scoop))	72.98	1.64	0.42	0.00(M)	54.56	505.62	3.43	1.24	0.47(M)	11.76	1.02	20.30	99.68	0.66	80.65(M)	0.99(M)
Salad, Tuna Salad, MMA, Veg-O - SR100666 (1/2 c.)	271.80	21.29	3.44	0.00(M)	74.58	379.06	4.08	0.52	2.25(M)	16.25	1.49	29.26	253.59	1.30	96.67(M)	1.30(M)
Salad, Tuna Salad, UP MMA - SR101861 (4 ounces)Contains Egg, Soy.	121.25	6.70	0.80	0.00(M)	27.08	361.82	3.73	0.22	1.99	11.22	1.00	13.33	67.72	0.32	52.86(M)	0.73(M)
Salad, Tuna, MMA - SR104670 (2 oz.)Contains Egg, Fish, Soy.	105.60	7.51	1.02	0.00(M)	19.95	240.64	1.83	0.09	0.85	7.21	0.24	1.27	37.01	0.19	4.17(M)	0.26(M)
Salad, Ybm Salad Macaroni, WG - SR103908 (4 oz.)Contains Egg, Soy.	168.05	3.43	0.43	0.00(M)	3.20	85.86	28.68	1.31	0.92(M)	4.77	1.20	10.39	20.46	0.48	8.37(M)	0.05(M)
Salad, Ybm Shredded Carrot With Raisins, Veg-RO, F - SR103871 (1/2 c.)Contains Egg, Soy.	119.75	4.24	0.48	0.00(M)	4.44	358.43	20.69	2.58	6.55(M)	1.08	0.46	31.23	12709.08	4.74	66.75(M)	1.23(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, Ybm Tuna Salad, MMA - SR103907 (4 oz.)Contains Egg, Fish, Soy.	227.75	11.85	1.07	0.00(M)	70.52	657.80	6.05	1.56	2.28	23.98	1.09	1.57	11.36	0.26	4.58(M)	0.03(M)
Salad, Zesty Bean, Veg-BP, Veg-O - SR102700 (1/2 cup (1/2 cup ladle))	62.15	0.81	0.05	0.00(M)	0.00	276.90	11.62	2.96	1.30(M)	2.75	0.73	18.49	186.03	5.04	33.88(M)	0.17(M)
Salad, Zesty Ham, MMA, F, Veg-S - SR104548 (1 serv.)Contains Milk.	318.96	17.70	3.07	0.00(M)	51.92	965.23	22.92	4.88	9.96(M)	18.48	4.49	52.30	2723.33	57.60	130.43 (M)	1.01(M)
Salami, Cooked, Butcher Wagon, Hatfield Quality Meats, 6145, MMA - SR106002 (2 ounces)	140.00	11.00	3.00	0.00	40.00	640.00	2.00	0.00	1.00	8.00	0.72	20.00	0.00	1.20	(M)	(M)
Salami, Deli Sliced, Berks, 3211, MMA - SR106554 (2 ounces) Contains Soy.	130.00	11.00	3.50	0.00	45.00	600.00	2.00	0.00	2.00	7.00	1.08	0.00	0.00	1.20	(M)	(M)
Salami, Genoa Salami, MMA - SR100698 (56 grams)	230.00	21.00	8.00	0.00	55.00	940.00	0.00	0.00	0.00	10.00	0.72	0.00	0.00	9.00	(M)	(M)
Salami, Margtherita Sliced Hard Salami, Armour Eck - SR104312 (6 slices)	120.00	10.00	4.00	0.00	25.00	480.00	0.00	0.00	0.00	6.00	0.72	0.00	0.00	3.60	(M)	(M)
Salami, Sliced Italian Turkey Combo Pack, .50 oz, Jennie-O Turkey Store, 2096-12, MMA - SR106535 (6 1 slice, 1/2 oz)	153.00	10.20	2.55	0.00	61.20	612.00	2.04	0.00	(M)	13.26	1.47	102.00	0.00	2.45	(M)	(M)
Salami, Sliced Turkey Salami, Frozen, Jennie-O Foodservice, 2095, MMA - SR104405 (1 serv.)	150.00	10.00	2.50	0.00	60.00	600.00	2.00	0.00	(M)	13.00	1.44	100.00	0.00	2.40	(M)	(M)
Salami, Sliced, Cooked, Hatfield Quality Meats, 3162, MMA - SR105996 (4 slice)	280.00	20.00	6.00	0.00	60.00	1200.00	4.00	0.00	4.00	16.00	1.44	0.00	0.00	0.00	(M)	(M)
Salami, Turkey Salami, Perdue, 65100, MMA - SR104559 (1 serv.)	91.13	6.08	1.52	0.00	40.50	536.63	0.00	(M)	0.00	8.10	0.00	0.00	0.00	0.00	(M)	(M)
Salsa Sauce, Naturally Fresh, 355 - SR104047 (2 tsp.)	10.00	0.00	0.00	0.00	0.00	110.00	2.00	0.00	1.00	0.00	0.36	0.00	100.00	3.60	(M)	(M)
Salsa, Black Bean & Corn Salsa, Veg-O - SR100856 (2 ounces)	63.64	0.88	0.11	0.00(M)	0.00	109.01	11.71	3.27	0.37(M)	3.19	0.91	17.72	157.85	11.55	10.31(M)	0.05(M)
Salsa, Chunky Mild Salsa, Canned, Red Gold, Veg-RO - SR100611 (1/8 c.)	10.00	0.00	0.00	0.00	0.00	70.00	2.00	1.00	1.00	0.00	0.36	20.00	500.00	6.00	(M)	(M)
Salsa, Cowboy Salsa, Veg-BP, Veg-O, Veg-S - SR101267 (3/4 cup serving)	143.51	1.38	0.21	0.00(M)	0.00	217.07	26.38	8.88	1.11(M)	8.19	2.35	45.38	102.54	8.76	19.32(M)	0.09(M)
Salsa, Medium, Pace, T&C, Campbell's Foodservice, 14170, Veg-RO - SR106790 (2 Tbsp.)	10.00	0.00	0.00	(M)	(M)	230.00	3.00	1.00	2.00	0.00	(M)	(M)	100.00	(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)
Salsa, tomato, canned, low-sodium, contains: peeled tomatoes, tomato puree, onions, green chile peppers, jalapenos, salt, vinegar and any mixture of green peppers, cilantro, cumin, coriander, xanthan gum, flavorings, modified starch [100330, A237] - SR105127 (1/2 c.)	45.00	0.25	0.04	0.00	0.00	140.00	8.72	1.70	(M)	1.88	2.79	15.00	686.00	5.00	(M)	(M)
Salt, table - SR104322 (1 c.)	0.00	0.00	0.00	(M)	0.00	113173.36	0.00	0.00	(M)	0.00	0.96	70.08	0.00	0.00	0.58	291.42
Sandwich Bar, D-74, MMA, WG, Veg-S, Veg-RO, Veg-O - SR106816 (1 serv.)Contains Wheat, Soy, Gluten.	599.35	25.98	7.86	0.00(M)	71.74	2067.22	63.84	8.23	11.15(M)	30.50	4.90(M)	234.68 (M)	1432.52 (M)	32.47(M)	107.39 (M)	0.56(M)
Sandwich PB&J on Whole Grain, MMA, WG - SR106739 (1 sandwich)Contains Wheat, Peanuts, Soy.	594.88	34.65	6.82	0.00(M)	0.00	568.24	49.52	6.12	19.55	22.61	2.94	142.98	500.00	1.76	6.09(M)	0.05(M)
Sandwich Wrap, Honey BBQ Chicken Wrap, F-48, MMA, WG - SR106374 (1 wrap)Contains Wheat, Gluten.	348.21	9.42	4.17	0.00(M)	48.95	893.57	44.22	4.60	1.93(M)	23.41	2.40	308.64	89.50	1.61	0.40(M)	0.01(M)
Sandwich, Bacon Egg and Cheese, MMA, WG - SR102759 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	175.05	11.80	4.49	0.00	156.83	436.83	3.28	0.00(M)	2.00(M)	12.83	0.61	245.51	470.10	0.00	(M)	(M)
Sandwich, Bagel, Sausauge, Egg and Cheese, Cathedral Prep, MMA, Non-WG - SR105479 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	500.94	24.56	9.53	0.00	165.19	1223.62	42.02	1.00	4.00(M)	25.07	2.70	370.59	291.13	0.00	(M)	(M)
Sandwich, Baked Toasted Cheese, MMA, WG - SR103384 (1 sandwich)	380.39	21.22	11.12	0.07(M)	56.70	1276.75	31.43	2.44	4.81	16.32	2.40	672.84	849.89	0.12	45.34	5.19
Sandwich, Bar-B-Que Pork on a Roll, WG, MMA - SR100806 (1 ea.)Contains Wheat, Soy.	425.27	16.21	5.01	0.00(M)	76.20	1107.18	39.98	2.16	7.51(M)	28.77	2.62	88.84	446.39	7.48	91.27(M)	1.77(M)
Sandwich, Bar-B-Que Ribs on a Roll, WG, MMA - SR102457 (1 portion)Contains Milk, Wheat, Soy.	375.25	17.12	6.02	0.00(M)	35.00	1040.48	38.87	3.16	16.92	15.57	3.08	89.09	514.19	4.12	32.73(M)	1.36(M)
Sandwich, BBQ Cheddar Burger, HS-IU, MMA, WG - SR106034 (1 ea.)Contains Wheat, Soy.	536.68	30.20	10.65	0.00(M)	81.63	708.55	37.66	3.18	7.44	29.55	11.83	297.57	180.37	4.66	13.66(M)	1.22(M)
Sandwich, BBQ Cheddar Burger, K-8, MMA, WG - SR106033 (1 ea.)Contains Wheat, Soy.	466.09	24.43	8.80	0.00(M)	65.13	687.92	37.25	3.14	7.30	25.33	9.44	297.32	180.14	4.20	13.66(M)	1.22(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, BBQ Chicken Filet, MMA, WG - SR102245 (1 ea.) Contains Milk, Wheat, Soy.	345.00	4.50	0.50	0.00	60.00	980.00	46.00	4.00	6.00	29.00	2.88	80.00	100.00	2.40	(M)	(M)
Sandwich, BBQ Chicken Grinder, Non-WG, MMA - SR100001 (1 ea.)	335.93	10.10	0.93	0.00(M)	54.45	1245.56	39.53	2.19	7.20(M)	24.55	720.92	15.06	82.72	0.98	12.79(M)	2.31(M)
Sandwich, BBQ Pork Sandwich, F-54, MMA, WG - SR106813 (1 ea.)	290.10	11.60	4.21	0.00	54.67	464.75	26.78	3.00	4.00(M)	21.39	3.63	68.10	6.07	1.34	(M)	(M)
Sandwich, BBQ Pork, Sandwich #1, WG, MMA - SR106247 (1 sandwich)Contains Wheat, Soy.	453.54	21.75	8.10	0.00(M)	65.81	1896.90	44.31	4.47	2.00(M)	22.24	2.19	42.62	0.94	5.04	123.30 (M)	3.83(M)
Sandwich, BBQ Rib Sandwich, Cheswick, MMA, WG - SR105003 (1 sandwich)Contains Wheat, Soy.	384.00	12.00	3.50	0.00	30.00	1262.00	51.40	8.20	18.60	20.58	2.52(M)	100.00 (M)	420.00	1.20(M)	(M)	(M)
Sandwich, BBQ Rib Sandwich, Elem, Cheswick, MMA, WG - SR105149 (1 sandwich)Contains Wheat, Soy.	334.00	11.50	3.50	0.00	30.00	1172.00	41.40	7.20	17.60	18.58	2.16(M)	80.00(M)	420.00	1.20(M)	(M)	(M)
Sandwich, BBQ Rib Sandwich, WG MMA - SR100056 (1 ea.) Contains Milk, Wheat, Soy, Gluten.	382.15	9.37	2.65	0.00(M)	44.50	2828.09	47.82	4.48	23.01(M)	19.86	2.62	97.66	506.80	3.65	31.96(M)	5.77(M)
Sandwich, BBQ Rib, Elem, MMA, Non-WG - SR101596 (1 ea.) Contains Wheat, Soy.	365.80	12.02	3.97	0.31	30.38	1288.60	48.70	3.34	14.33	17.65	2.99	74.11	101.25	1.22	(M)	(M)
Sandwich, Beef Barbecue Sandwich, MMA, WG - SR104124 (1 sandwich)Contains Wheat, Soy.	305.94	9.88	3.54	0.00(M)	38.88	649.51	37.27	2.67	8.37(M)	17.24	2.73	64.41	128.80	4.80	4.60(M)	0.19(M)
Sandwich, Beef BBQ on Roll, HS-IU, MMA, WG - SR106022 (1 sandwich)Contains Wheat, Soy.	401.44	14.25	4.73	0.00	55.32	776.35	37.55	3.75	7.29	30.69	5.33	70.75	1.78	2.84	(M)	(M)
Sandwich, Beef BBQ on Roll, K-8, MMA, WG - SR106021 (1 sandwich)Contains Wheat, Soy.	344.94	11.19	3.55	0.00	41.49	687.47	37.02	3.56	7.15	24.27	4.57	63.07	1.33	2.84	(M)	(M)
Sandwich, Beef Grillin Rib, WG, MMA - SR104798 (1 sandwich) Contains Wheat, Soy.	294.48	9.03	3.21	0.00	43.17	918.66	32.74	3.00	7.78	20.06	3.62	93.13	119.54	1.00	(M)	(M)
Sandwich, Beef, Flamebroiled Mini Beef Steak Burger with Bun, AdvancePierre Foods, 69051, MMA, WG - SR106866 (1 ea.) Contains Wheat.	160.00	8.00	3.50	0.00	25.00	230.00	14.00	1.00	1.00	9.00	1.44	40.00	0.00	0.00	(M)	(M)
Sandwich, Bologna & Cheese Sandwich, MMA, WG - SR105411 (1 sandwich)Contains Wheat.	258.12	14.80	6.01	0.00(M)	53.69	784.84	23.15	4.05	4.11(M)	11.34	2.35	288.57	275.24	1.12	7.65(M)	0.03(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, Bologna Sub, Grades 6 -8, MMA, WG - SR103197 (1 sandwich)Contains Wheat, Soy.	348.19	10.31	4.16	0.00	35.16	1044.19	46.01	3.00	13.01	17.79	2.61	175.94	151.88	15.75	(M)	(M)
Sandwich, Boneless Chicken Breast Patty, Sandwich MMA, WG - SR105410 (1 sandwich) Contains Wheat, Soy.	94.83	3.99	1.00	0.00	41.93	311.45	1.00	0.00	0.00	14.97	1.00	14.97	94.83	1.00	(M)	(M)
Sandwich, Breaded Chicken Filet on Bun, MMA, WG, N - SR102237 (1 ea.)Contains Wheat, Soy, Gluten.	380.00	15.00	2.00	0.00	45.00	820.00	40.00	4.00	2.00	23.00	2.16	60.00	0.00	0.00	(M)	(M)
Sandwich, Breaded Chicken Sandwich, Sandwich #3, WG, MMA - SR105509 (1 sandwich) Contains Egg, Wheat, Soy.	197.67	11.63	2.18	0.00	31.06	367.57	12.72	0.54	3.00	10.46	2.27	17.90	136.54	1.27	19.91(M)	1.15(M)
Sandwich, Breaded Spicy Chicken Filet on Bun, MMA, - SR102241 (1 ea.)Contains Wheat, Soy, Gluten.	383.28	15.20	2.00	0.00(M)	45.00	1670.50	40.20	4.00	2.00(M)	23.16	2.16	60.00	0.00	0.00	25.76(M)	2.02(M)
Sandwich, Breakfast Egg & Cheese on a Whole Grain Bagel, MMA, WG - SR106449 (1 sandwich)Contains Egg.	282.50	6.75	2.25	0.00(M)	122.50	455.00	43.00	2.00	1.00(M)	14.00	3.19	243.50	320.00	4.80	(M)	(M)
Sandwich, Breakfast Sausage & Cheese on a Whole Grain Bagel, MMA, WG - SR106448 (1 sandwich)	292.40	7.24	2.25	0.00	27.46	559.60	42.50	2.00	1.50(M)	16.99	3.33	233.48	45.00	4.80	(M)	(M)
Sandwich, Breakfast Sausage, Whole Grain Bun, AdvancePierre Foods, 68078, MMA, WG - SR106853 (1 ea.)Contains Wheat.	240.00	13.00	4.50	0.00	30.00	390.00	21.00	2.00	4.00	8.00	1.44	40.00	0.00	66.00	(M)	(M)
Sandwich, Breakfast Toasted Cheese Sandwich, MMA, - SR104449 (1/2 sandwich) Contains Wheat, Soy.	145.94	5.06	2.53	0.00	15.19	443.62	15.02	1.00	2.00(M)	9.07	0.90	330.58	91.12	0.00	0.00(M)	0.00(M)
Sandwich, Buffalo Breaded Chicken, MMA, WG, Veg-O - SR103310 (1 ea.)Contains Wheat, Gluten.	300.14	12.65	2.61	0.00(M)	32.59	739.24	33.27	3.76	4.98(M)	14.57	3.34	170.91	343.03	3.35	22.67(M)	0.49(M)
Sandwich, Buffalo Chicken Hoagie, MMA, WG - SR104139 (1 sandwich)Contains Wheat, Soy.	272.25	9.29	4.02	0.00(M)	43.16	1912.78	26.71	3.00	3.00(M)	20.18	1.16	248.66	1350.32	3.60	13.32(M)	0.97(M)
Sandwich, Cheese Grilled Whole Grain, Frozen, Cafe - SR103113 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	301.00	12.50	7.00	0.00	39.00	600.00	27.00	2.00	5.00	20.00	1.44	440.00	800.00	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)
Sandwich, Cheese Sandwich, F-1B, WG, MMA - SR103821 (1 sandwich)Contains Wheat, Soy, Gluten.	312.50	19.72	10.13	0.00	50.63	1151.25	22.02	2.00	2.00(M)	15.13	1.08	1144.81	2169.65	0.00	(M)	(M)
Sandwich, Cheese Sandwich, F-1BE, WG, MMA - SR103825 (1 sandwich)Contains Wheat, Soy, Gluten.	261.87	15.17	7.59	0.00	37.97	923.44	21.52	2.00	2.00(M)	12.60	1.08	873.61	1627.24	0.00	(M)	(M)
Sandwich, Cheese Sandwich, MMA, WG - SR102840 (1 sandwich)Contains Milk, Wheat, Soy.	340.00	18.00	11.99	0.00(M)	50.00	1179.99	26.00	2.00	4.00(M)	14.00	1.64	346.00	660.00	0.00	21.98(M)	2.24(M)
Sandwich, Cheese Steak & Steak Sandwich, Elem & MS, MMA, WG - SR104812 (1 sandwich) Contains Milk, Wheat, Soy.	440.63	22.72	8.20	0.00(M)	57.65	713.93	37.63	4.15	1.00(M)	21.05	3.27	331.40	543.70	0.00	(M)	(M)
Sandwich, Cheese Steak & Steak Sandwich, HS, MMA, WG - SR104811 (1 sandwich)Contains Milk, Wheat, Soy.	488.21	26.69	9.51	0.00(M)	68.31	718.30	37.89	4.19	1.00(M)	23.80	3.64	320.61	522.33	0.00	(M)	(M)
Sandwich, Cheese Steak Sandwich, MMA, WG - SR102749 (1 sandwich)Contains Milk, Wheat, Soy.	314.88	11.72	4.14	0.00	29.73	594.64	37.01	4.00	1.51	18.45	2.88	161.25	101.25	0.00	(M)	(M)
Sandwich, Cheese Steak Sandwich, Northern Lebanon - SR104233 (1 sandwich)Contains Wheat, Soy, Gluten.	292.28	10.54	4.56	0.00(M)	33.86	801.53	31.85	4.54	7.18(M)	20.18	3.59	167.55	794.74	10.65	87.98(M)	1.03(M)
Sandwich, Cheese Steak Sandwich, Northern Lebanon - SR104236 (1 sandwich)Contains Wheat, Soy.	382.28	11.04	5.06	0.00(M)	33.86	981.53	48.85	5.54	10.19(M)	23.18	4.31	247.55	794.74	10.65	87.98(M)	1.03(M)
Sandwich, Cheese Steak, MMA, WG, Veg-RO - SR103606 (8 ounces)Contains Milk, Wheat, Soy.	498.08	25.62	11.11	0.00	69.53	709.04	43.39	3.92	8.13	23.91	3.63	272.23	441.70	4.15	(M)	(M)
Sandwich, Cheese, 6" 9-Grain Wheat, Lettuce, Tomatoes, Cucumbers, Cheese, Subway, WGR, MMA, Veg-RO, Veg-O - SR107074 (1 ea.)	430.00	20.00	11.00	1.00	52.00	1297.00	46.00	5.00	7.00	19.00	4.50	90.00	3100.00	9.00	(M)	(M)
Sandwich, Cheese, MMA, WG - SR104779 (1 sandwich)Contains Wheat, Soy.	291.87	14.15	7.59	0.00	37.97	983.80	23.52	4.00	2.00(M)	13.60	1.44	893.60	1627.21	0.00	(M)	(M)
Sandwich, Cheeseburger On Bun, MMA, WG - SR103710 (1 sandwich)Contains Wheat, Soy, Gluten.	448.05	24.07	10.17	1.01	60.75	1315.01	35.43	3.67	13.35(M)	24.09	3.20(M)	263.93 (M)	1043.14	0.30(M)	16.46(M)	0.73(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, Cheeseburger on Bun, Upper Moreland, MMA, WG - SR105377 (1 sandwich)Contains Wheat, Soy.	333.66	16.35	6.53	0.50	52.66	658.33	28.66	4.00	2.00(M)	19.84	2.97	208.33	160.48	0.00	(M)	(M)
Sandwich, Cheeseburger Sub, MMA, WGR - SR106975 (1 ea.) Contains Wheat, Soy.	500.98	25.46	10.28	1.16(M)	79.75(M)	985.40	39.75	3.02(M)	6.00(M)	26.77	3.68(M)	389.04 (M)	547.52 (M)	0.01(M)	58.54(M)	1.58(M)
Sandwich, Cheeseburger w/Bun, Redbank Valley SD, M - SR104447 (1 sandwich)Contains Wheat, Gluten.	354.00	19.33	8.99	0.63	82.00	673.00	21.45	3.00	3.00(M)	26.04	2.85	209.00	272.00	0.00	(M)	(M)
Sandwich, Cheeseburger, 2.5 MMA, 2 WG - SR100809 (1 burger)Contains Milk.	300.00	12.50	5.25	0.00	47.50	440.00	27.00	3.00	2.50	19.50	2.88	200.00	100.00	3.60	(M)	(M)
Sandwich, Cheeseburger, Collegium Charter, MMA, WG - SR103728 (1 sandwich)Contains Wheat, Soy.	246.00	16.86	8.58	0.00	72.00	642.00	3.45	0.00	2.00(M)	21.28	1.49	156.00	372.00	0.00	(M)	(M)
Sandwich, Cheeseburger, DCIU, MMA, WG - SR104121 (1 HAMBURGER)Contains Wheat, Soy.	329.88	14.33	5.97	0.63(M)	69.18	587.87	24.68	2.00	3.32(M)	24.33	3.25	221.13	160.32	0.00	5.62(M)	0.96(M)
Sandwich, Cheeseburger, Elementary, MMA, WG - SR104337 (1 cheeseburger) Contains Wheat, Gluten.	284.63	14.03	5.83	0.00	59.06	547.69	21.23	3.00	3.00(M)	22.33	2.56	118.00	136.00	0.00	(M)	(M)
Sandwich, Chesse Sandwich, WYO D-29, MMA, WG - SR104364 (1 sandwich)Contains Wheat, Soy.	332.82	17.12	9.80	0.00(M)	45.21	892.71	26.92	2.72	3.69(M)	17.29	1.56	383.97	495.76 (M)	0.00(M)	6.33(M)	0.66(M)
Sandwich, Chicken Parm Sandwich, MMA, WG - SR106041 (1 sandwich)Contains Egg, Wheat, Soy.	345.81	11.70	2.99	0.00	54.25	781.99	37.61	5.46	3.39(M)	21.98	3.77	118.70	387.73	2.12	(M)	(M)
Sandwich, Chicken Parmesan, F-42, MMA, WG, Veg-RO - SR106376 (1 sandwich)Contains Wheat, Soy, Gluten.	436.07	21.33	6.30	0.00	37.72	1003.30	39.51	6.50	5.75(M)	24.34	3.22	299.59	273.89	1.20	(M)	(M)
Sandwich, Chicken Pattie on Bun, 22A, MMA, WG - SR105491 (1 sandwich)Contains Wheat, Soy.	325.00	11.00	2.00	0.00	20.00	815.00	37.00	4.00	3.00	19.00	3.42	100.00	100.00	1.20	(M)	(M)
Sandwich, Chicken Pattie on Wheat Roll, MMA, WG - SR102324 (1 Sand)Contains Wheat, Gluten.	350.00	16.50	3.50	0.00	40.00	770.00	34.00	4.00	3.00	19.00	2.88	80.00	0.00	0.00	(M)	(M)
Sandwich, Chicken Pattie Sandwich, MMA, WG - SR103922 (1 sandwich)Contains Wheat, Soy.	390.00	16.00	2.50	0.00	25.00	700.00	40.00	5.00	4.00	22.00	3.24	100.00	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)
Sandwich, Chicken Patties on Roll, MMA, WG, Non-WG - SR102458 (1 sandwich)Contains Egg, Wheat, Soy.	362.94	13.62	2.91	0.00	18.44	775.59	36.62	2.97	3.00	22.50	3.19	98.82	97.06	0.00	(M)	(M)
Sandwich, Chicken Patty on Hamburger Roll, 2 MMA, - SR102878 (1 sandwich)Contains Wheat, Soy, Gluten.	370.00	15.00	2.00	0.00	20.00	710.00	41.00	6.00	3.00	18.00	3.24	80.00	0.00	0.00	(M)	(M)
Sandwich, Chicken Patty on Roll, MMA, WG - SR101208 (1 sandwich)Contains Wheat, Soy, Gluten.	350.00	14.50	2.00	0.00	20.00	710.00	37.00	5.00	2.00	17.00	3.24	80.00	0.00	0.00	(M)	(M)
Sandwich, Chicken Patty Sand, F-24, MMA, WG - SR106382 (1 sandwich)Contains Wheat, Soy, Gluten.	330.00	14.50	2.00	0.00	20.00	690.00	36.00	6.00	4.00	17.00	2.88	80.00	0.00	0.00	(M)	(M)
Sandwich, Chicken Patty, WG, MMA - SR103636 (1 sandwich) Contains Milk, Egg, Wheat.	230.00	8.50	1.50	0.00	50.00	390.00	27.00	4.00	4.00	13.00	1.80	40.00	100.00	0.00	(M)	(M)
Sandwich, Chicken Salad, MMA, WG, Veg-O - SR104790 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	382.01	12.96	2.25	0.00(M)	60.27	658.83	42.08	4.54	5.18(M)	23.83	2.73	68.94	335.40	1.06	37.39(M)	0.34(M)
Sandwich, Chicken Salad, WG, MMA - SR104672 (1 sandwich) Contains Egg, Wheat, Soy.	287.65	12.69	1.70	0.00(M)	41.02	348.83	28.05	3.41	2.73(M)	17.29	2.10	47.02	148.96	1.06	30.65(M)	0.29(M)
Sandwich, Cold Cut Combo, 6" 9-Grain Wheat, Lettuce, Tomatoes, Cucumbers, Cheese, Subway, WGR, MMA, Veg-RO, Veg-O - SR107075 (1 ea.)	406.00	16.00	6.00	0.50	61.00	1313.00	46.00	5.00	7.00	20.00	2.16	110.00	2100.00	12.60	(M)	(M)
Sandwich, Cold Cut Hoagie, MMA, WG - SR104330 (1 sandwich) Contains Wheat, Gluten.	288.88	10.80	4.21	0.00(M)	45.97	873.86	31.93	3.94	4.97(M)	17.30	2.48	207.18	206.18	1.15	8.61(M)	0.03(M)
Sandwich, Combo Club Sandwich, MMA, Non-WG - SR104340 (1 sandwich)Contains Wheat, Soy, Gluten.	391.27	16.48	8.02	0.00(M)	64.11	1460.96	47.36	2.20	6.41(M)	24.21	3.06	251.31	692.20	6.58	55.02(M)	0.27(M)
Sandwich, Crispy Chicken, Fully Cooked, AdvancePie - SR101236 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	490.00	20.00	4.00	0.00	70.00	890.00	54.00	3.00	6.00	23.00	1.80	60.00	100.00	6.00	(M)	(M)
Sandwich, Deli Chicken Salad Sandwich, WYO D-28, M - SR104372 (1 sandwich)Contains Egg, Wheat, Soy.	344.92	13.63	3.86	0.00(M)	72.57	617.21	29.35	3.01	4.80(M)	26.52	2.24	153.45	208.35 (M)	0.56(M)	18.93(M)	0.30(M)
Sandwich, Deli Egg Salad & Chesse Sandwich, WYO D- - SR104363 (1 sandwich)Contains Egg, Wheat, Soy.	299.38	13.66	4.49	0.00(M)	201.47	562.01	28.11	2.73	4.39(M)	15.02	2.07	171.41	387.00 (M)	0.01(M)	39.22(M)	0.72(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, Deli Lebanon Bologna & Chesse Sandwich, - SR104360 (1 sandwich)Contains Wheat, Soy.	337.37	12.14	5.27	0.00(M)	51.38	1361.67	35.78	2.88(M)	12.33(M)	22.02	2.87	156.96 (M)	132.28 (M)	0.00(M)	1.58(M)	0.17(M)
Sandwich, Deli Roast & Chesse Sandwich, WYO D-32, - SR104358 (1 sandwich)Contains Wheat, Soy.	250.36	6.97	2.53	0.00(M)	37.09	810.34	27.26	2.72	4.20(M)	18.84	2.56	146.18	126.72 (M)	3.65(M)	1.58(M)	0.17(M)
Sandwich, Deli Tuna Salad Sandwich, WYO D-28, MMA, - SR104365 (1 sandwich)Contains Egg, Wheat, Soy.	382.68	15.71	4.27	0.00(M)	127.73	854.31	31.57	3.12	5.97(M)	26.79	2.70	174.70	352.62 (M)	1.73(M)	34.01(M)	0.60(M)
Sandwich, Deli Turkey & Cheese Sandwich, WYO D-24, - SR104366 (1 sandwich)Contains Wheat, Soy.	267.33	6.23	2.92	0.00(M)	42.86	1107.17	27.96	2.72	3.19(M)	23.48	1.75	146.18	126.72 (M)	0.93(M)	1.58(M)	0.17(M)
Sandwich, Egg & Cheese Bagel Sandwich, MMA, Non-WG - SR102941 (1 ea.)Contains Egg.	332.12	16.19	6.58	0.00	136.69	858.00	34.02	1.00	1.00(M)	13.10	50.58	620.63	1190.12	0.00	(M)	(M)
Sandwich, Egg and Cheese English Muffin, MMA, WG - SR104915 (1 sandwich)Contains Egg, Wheat, Soy.	82.97	5.78	2.27	0.00(M)	122.59	266.81	2.01	0.00	0.00(M)	6.04	0.49	165.29	320.56	0.00	(M)	(M)
Sandwich, Egg and Cheese Sandwich, MMA, WG - SR103758 (1 sandwich)Contains Egg, Wheat, Soy.	296.00	14.86	7.58	0.00	202.00	837.00	24.45	3.00	3.00(M)	17.28	2.09	236.00	532.00	0.00	(M)	(M)
Sandwich, Egg and Cheese, MMA, WG - SR102747 (1 sandwich) Contains Milk, Egg, Wheat, Soy.	195.05	15.80	6.49	0.00	156.83	371.83	2.28	0.00(M)	1.00(M)	9.83	0.61	175.51	470.10	0.00	(M)	(M)
Sandwich, Egg and Cheese, Whole Grain Bun, AdvancePierre Foods, 68079, MMA, WG - SR106858 (1 ea.)Contains Milk, Egg, Wheat, Soy.	160.00	7.00	2.50	0.00	65.00	360.00	20.00	2.00	4.00	6.00	1.44	80.00	300.00	60.00	(M)	(M)
Sandwich, Egg Bacon & Cheese Croissant, MMA, Non-W - SR101172 (1 ea.)Contains Egg, Soy.	305.33	20.19	10.03	0.00(M)	223.49	666.66	14.66	0.50	2.00(M)	13.67	1.59	168.33	620.48	0.00	(M)	(M)
Sandwich, Egg Ham & Cheese, English Muffin, Frozen - SR100789 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	240.00	8.00	3.50	(M)	100.00	680.00	30.00	1.00	3.00	12.00	(M)	(M)	(M)	(M)	(M)	(M)
Sandwich, Egg McMuffins with Cheese, MMA, Non-WG - SR104532 (1 McMuffin)Contains Milk, Soy. May contain Wheat.	310.00	16.80	7.84	0.00(M)	216.40	741.87	26.43	1.03	1.19(M)	15.38	2.33	651.29	1432.66	0.03	38.46(M)	0.59(M)
Sandwich, Egg Salad Sandwich, MMA, WG - SR103328 (1 sandwich)Contains Wheat.	253.52	10.02	2.01	(M)	186.03	396.42	27.46	4.26	6.63(M)	12.47	2.10	69.19	351.01	0.58	55.30(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)
Sandwich, Egg Sausage & Cheese Bagel, Frozen, Jimm - SR100790 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	440.00	28.00	10.00	(M)	125.00	920.00	34.00	1.00	3.00	14.00	(M)	(M)	(M)	(M)	(M)	(M)
Sandwich, Egg Sausage WG Sandwich, MMA, WG - SR101841 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	298.33	16.17	1.00	0.00	135.00	455.00	25.44	2.22	1.11	11.44	1.96	64.44	200.00	0.00	(M)	(M)
Sandwich, Fiesta Egg and Cheese, Whole Grain Bun, Fully Cooked, CN, AdvancePierre Foods, 68096, MMA, WG - SR106854 (1 ea.)Contains Milk, Egg, Wheat, Soy.	160.00	5.00	2.00	0.00	70.00	340.00	21.00	2.00	4.00	6.00	1.44	80.00	200.00	66.00	(M)	(M)
Sandwich, Fish Patties on Roll, WG, MMA - SR102460 (1 sandwich)Contains Egg, Fish, Wheat, Soy, Gluten.	404.73	16.26	3.05	0.00	86.49	757.88	43.33	3.01	4.01	20.25	2.54	60.00	0.00	0.00	(M)	(M)
Sandwich, Fish Sandwich, MMA, WG - SR101734 (1 sandwich) Contains Wheat, Soy.	190.17	2.50	0.00	0.00(M)	40.14	270.17	26.00	3.00	2.00(M)	16.03	1.69	74.12	20.07	0.00	(M)	(M)
Sandwich, Fish, Sandwich #10, MMA, WG, Non-WG - SR106254 (1 sandwich)Contains Egg, Fish, Wheat, Soy.	272.72	15.15	2.52	0.00	85.86	454.54	19.19	0.88	0.73	14.14	1.09	0.00	0.00	0.00	(M)	(M)
Sandwich, Flamebroiled Beef Pattie with American Cheese, Fully Cooked, Frozen, AdvancePierre Foods, 1287, MMA, Non-WG - SR102196 (1 sandwich)Contains Milk, Wheat, Soy.	390.00	19.00	7.00	0.50	40.00	660.00	40.00	3.00	6.00	17.00	1.80	100.00	100.00	4.80	(M)	(M)
Sandwich, Flamebroiled Mini Beef Pattie, Whole Grain Bun, AdvancePierre Foods, 68053, MMA, WG - SR106867 (1 ea.) Contains Wheat.	70.00	3.00	1.00	0.00	5.00	105.00	8.00	1.00	1.00	4.00	0.72	20.00	0.00	0.00	(M)	(M)
Sandwich, Fluffernutter, MMA, WG, Marian HS - SR106194 (1 sandwich)Contains Wheat, Soy.	527.25	33.77	6.59	0.00(M)	0.00	266.08	43.65	5.85	12.94	21.11	2.65	127.72	500.06	0.00	2.44(M)	2.02(M)
Sandwich, Goldfish and Cheese Sandwich, MMA, WG - SR102789 (1 sandwich)Contains Wheat.	250.77	15.15	8.09	0.00	37.97	841.67	22.29	3.96	3.96(M)	11.55	1.42	892.73	1627.24	0.00	(M)	(M)
Sandwich, Goldfish Sunbutter & Jelly, MMA, WG - SR102788 (1 sandwich)Contains Wheat.	347.00	19.16	2.00	0.00(M)	0.00(M)	271.00	41.46	5.80(M)	16.00(M)	9.53	2.76(M)	100.00 (M)	17.00(M)	0.00(M)	(M)	(M)
Sandwich, Grilled American Cheese, Whole Wheat Bre - SR103857 (1 sandwich)Contains Wheat, Soy.	329.32	18.78	10.17	0.00(M)	43.12	620.35	25.04	4.00	3.52(M)	16.71	1.44	386.02	540.11	0.00	1.70(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)
Sandwich, Grilled Cheese Club, MMA, Non-WG - SR103470 (1 sandwich)	443.85	21.62	11.16	0.06(M)	56.70	1383.73	43.95	2.27	5.54	17.99	3.37	811.15	817.14	0.00	55.40	5.80
Sandwich, Grilled Cheese Sandwhich, MMA, WG - SR101641 (1 sandwich)Contains Milk, Wheat, Soy.	454.13	27.34	15.19	0.00	75.94	1515.00	30.07	2.00	7.04	19.19	1.44	495.63	911.25	0.00	(M)	(M)
Sandwich, Grilled Cheese Sandwich K-8, 2 oz Non-WG - SR100124 (1 Sand)	339.10	10.90	5.31	(M)	26.58	1097.95	42.64	0.00	(M)	20.22	2.28	398.91	1151.71	0.00	24.57(M)	2.48(M)
Sandwich, Grilled Cheese Sandwich on Deli Thin, MM - SR102312 (1 sandwich)	278.17	15.89	8.15	0.00	37.97	601.72	23.04	5.00	6.04	13.11	1.08	247.81	511.17	0.00	(M)	(M)
Sandwich, Grilled Cheese Sandwich with Tomato Soup - SR102889 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	673.38	31.26	18.20	0.00	75.75	1678.00	67.56	4.00	22.02(M)	35.26	3.43	709.52	1189.51	9.00	(M)	(M)
Sandwich, Grilled Cheese Sandwich, Cheswick, MMA, WG - SR104984 (1 sandwich)Contains Wheat.	352.00	19.72	11.16	0.00(M)	54.00	1074.00	24.90	4.00	4.00(M)	18.56	1.54	352.00	544.00	0.00	(M)	(M)
Sandwich, Grilled Cheese Sandwich, Northern Lebano - SR104227 (1 sandwich)Contains Wheat.	363.67	14.43	5.36	0.05	30.37	1047.73	40.07	2.00	4.00(M)	18.17	2.52	661.37	332.65	0.00	2.07(M)	0.05(M)
Sandwich, Grilled Cheese Sandwich, WG, MMA - SR102462 (1 sandwich)	351.63	22.89	9.11	1.78(M)	42.00	1057.17	24.60	1.02	4.02	10.70	1.37	482.75	975.80	0.01	21.81(M)	3.10(M)
Sandwich, Grilled Cheese Whole Grain, Reduced Sodium, Hot Off The Grill, Integrated Food Service, 13400, WGR, MMA - SR100231 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	284.34	10.15	5.75	0.00	31.85	655.24	30.54	2.27	6.91	18.54	1.23	467.60	524.00	0.00	(M)	(M)
Sandwich, Grilled Cheese, 2 oz MMA, 2 WG - SR101142 (1 sandwich)Contains Milk, Wheat, Soy.	376.08	21.89	11.79	0.00	50.63	881.75	28.05	2.00	8.05	16.15	1.44	343.75	774.17	0.00	(M)	(M)
Sandwich, Grilled Cheese, MMA, Non-WG, Veg-RO, Veg-O - SR105424 (2 sandwich)Contains Milk, Wheat, Soy, Gluten.	558.57	19.47	5.55	0.00(M)	30.00	1572.37	77.14	7.28	8.34(M)	22.75	1.06	239.99	1797.06	26.45	237.83 (M)	2.18(M)
Sandwich, Grilled Cheese, MMA, WG, Veg-RO, Veg-O - SR105444 (2 sandwich)Contains Milk, Wheat, Soy, Gluten.	518.57	19.47	5.55	0.00(M)	30.00	1452.37	65.14	7.28	8.34(M)	22.75	2.50	239.99	1797.06	26.45	237.83 (M)	2.18(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, Grilled Chicken Sandwich & Goldfish, Cheswick, MMA, WG - SR104986 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	414.61	18.51	4.00	0.00(M)	45.00	790.90	40.04	3.16	3.06(M)	22.18	2.94	62.91	100.00	0.15	0.08(M)	0.05(M)
Sandwich, Grilled Chicken Sandwich & Goldfish, Cheswick, MMA, WG - SR105043 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	414.61	18.51	4.00	0.00(M)	45.00	790.90	40.04	3.16	3.06(M)	22.18	2.94	62.91	100.00	0.15	0.08(M)	0.05(M)
Sandwich, Grilled Chicken Sub, Sandwich #11, MMA, WG - SR105514 (1 sandwich)Contains Egg, Wheat, Soy.	503.54	19.85	3.78	0.00(M)	43.66(M)	1163.67	57.35	3.84	10.24(M)	22.80	5.04	127.07	193.23	1.86	28.02(M)	2.30(M)
Sandwich, Grilled Ham and Cheese Sandwich on Flatb - SR103078 (1 sandwich)Contains Milk, Wheat. May contain Soy.	542.04	24.72	10.63	0.00	80.27	1659.67	51.02	2.00	6.05(M)	29.05	0.00(M)	303.75 (M)	607.50 (M)	0.00(M)	(M)	(M)
Sandwich, Grilled Ham and Cheese Sandwich on Goldf - SR104287 (1 sandwich)Contains Wheat.	380.94	21.20	11.12	0.00	80.27	1297.90	27.78	3.96	8.01(M)	25.00	1.42	382.87	607.50	0.00	(M)	(M)
Sandwich, Grilled Swiss Turkey on Wheat, MMA, Non- - SR102102 (1 sandwich)Contains Milk, Wheat, Soy.	291.54	8.15	2.14	0.26(M)	28.09	1259.14	27.68	4.12	3.33(M)	19.76	1.74	154.59	428.85	2.95	0.77(M)	0.08(M)
Sandwich, Grown-up Grilled Cheese, MMA, WG - SR106751 (1 sandwich)Contains Wheat, Soy.	376.19	19.46	9.56	0.00	57.78	957.70	28.76	2.00	5.00(M)	20.84	1.63	454.53	1045.03	0.00	(M)	(M)
Sandwich, Ham & American Club On Whole Wheat, MMA, - SR104228 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	291.14	9.80	3.37	0.00(M)	47.37	890.91	28.45	5.12	6.50(M)	20.43	2.30	235.78	968.58	10.17	88.91(M)	0.43(M)
Sandwich, Ham & Cheese, Whole Wheat Roll (E) MMA, - SR102975 (1 ea.)Contains Milk, Wheat.	254.87	7.54	2.60	0.00	61.42	931.31	26.90	2.00	2.00(M)	21.48	2.41	95.00	150.00	1.08	(M)	(M)
Sandwich, Ham and American on Wheat, MMA, WG - SR103200 (1 sandwich)Contains Wheat, Soy.	296.44	8.83	3.29	0.00	27.84	879.16	38.53	4.00	8.53	17.87	1.71	235.94	1151.88	0.00	(M)	(M)
Sandwich, Ham and Cheese Croissant, MMA, Non-WG - SR103482 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	305.86	16.38	5.63	1.98(M)	54.57	1234.87	21.19	1.91	2.30	17.30	1.88	204.70	160.32	2.84	53.29(M)	3.58(M)
Sandwich, Ham And Cheese Flat Bread, MMA, WG - SR104138 (1 sandwich)	232.14	7.50	3.43	0.00(M)	30.98	601.84	24.19	2.00	1.00(M)	16.53	1.52	248.66	182.57 (M)	0.00(M)	13.32(M)	0.97(M)
Sandwich, Ham and Cheese Hoagie, MMA, Non-WG, - SR103740 (1 sandwich)Contains Wheat, Soy.	373.90	21.70	8.70	0.00(M)	75.31	1171.93	23.61	1.35	2.70(M)	18.92	1.83	159.62	483.78	3.66	27.51(M)	0.13(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, Ham and Cheese sand on bun, MMA, WG - SR101749 (1 sandwich)Contains Wheat, Soy.	318.20	13.24	6.08	0.00	55.69	1154.54	27.32	3.00	2.00(M)	20.80	2.62	336.66	320.96	0.00	(M)	(M)
Sandwich, Ham and Cheese Sandwich, MMA, Non-WG, V - SR104051 (1 sandwich)Contains Wheat, Soy, Gluten.	254.69	10.79	5.89	0.00(M)	45.09	985.48	30.79	1.22	3.36(M)	15.87	1.56	219.24	362.36	0.50	17.21(M)	0.07(M)
Sandwich, Ham and Cheese Sandwich, MMA, WG - SR104444 (1 sandwich)Contains Wheat, Gluten.	207.25	7.29	3.25	0.00	40.63	953.52	23.94	3.00	3.00(M)	15.28	1.11	118.00	136.00	0.00	(M)	(M)
Sandwich, Ham and Cheese Sandwich, Secondary, MMA, WG - SR104415 (1 sandwich) Contains Milk, Wheat, Soy.	278.92	11.07	5.60	0.00	44.62	1102.79	27.70	2.00	3.00(M)	18.64	1.44	209.21	298.42	0.00	(M)	(M)
Sandwich, Ham and Cheese, Elem, MMA, WG - SR105394 (1 sandwich)Contains Milk, Wheat, Soy.	281.39	8.35	3.09	0.00(M)	37.92	1032.61	37.35	4.10	1.16(M)	16.84	2.39	212.83	200.64	1.03	7.65(M)	0.03(M)
Sandwich, Ham and Cheese, Elementary, MMA, WG - SR103702 (1 ea.)	306.19	9.68	3.75	0.00(M)	48.91	1457.29	34.71	2.78	4.36(M)	20.46	4.27	276.29	169.99	0.00	18.91(M)	1.60(M)
Sandwich, Ham and Cheese, MS/HS, MMA, WG, Veg-O - SR105395 (1 sandwich)	295.59	8.39	3.11	0.00(M)	37.92	1338.86	39.25	4.48	1.62(M)	17.05	3.42	247.53	264.69	1.31	40.67(M)	0.85(M)
Sandwich, Ham and Cheese, Secondary, MMA, WG - SR103537 (1 ea.)	333.52	11.96	4.33	0.00(M)	55.14	1386.21	34.53	3.20	4.64(M)	23.26	2.55	298.54	139.83	4.43	27.84(M)	2.16(M)
Sandwich, Ham and Cheese, WG, MMA - SR104776 (1 sandwich) Contains Egg, Wheat, Soy.	300.58	11.54	3.68	0.00	48.60	1140.92	29.66	2.00	4.45(M)	18.24	3.69	135.94	151.87	0.00	(M)	(M)
Sandwich, Ham and Provolone on Wheat, MMA, WG - SR103201 (1 sandwich)Contains Wheat, Soy.	290.75	8.28	3.26	0.00	25.19	867.47	38.02	4.00	7.52	18.33	1.71	260.00	1100.00	0.00	(M)	(M)
Sandwich, Ham and Swiss Deli, MMA, WG - SR103187 (1 sandwich)Contains Milk, Wheat, Soy.	316.00	9.04	3.51	0.00	35.25	906.63	38.52	4.00	8.03	21.61	1.81	310.00	1150.00	0.00	(M)	(M)
Sandwich, Ham and Swiss on Wheat, MMA, WG - SR103198 (1 sandwich)Contains Wheat, Soy.	294.62	8.22	3.28	0.00	28.23	769.68	38.28	4.00	7.71	18.65	1.74	272.12	1117.65	0.00	(M)	(M)
Sandwich, Ham Boat, MMA, WG - SR103193 (1 sandwich)Contains Wheat, Soy.	326.44	8.83	3.79	0.00	27.84	929.16	41.53	3.00	8.53	17.87	2.07	175.94	151.88	0.00	(M)	(M)
Sandwich, Ham Hoagie, K-6, MMA, WGR - SR106920 (1 sandwich)Contains Wheat, Soy.	286.61	10.95	4.29	0.00(M)	73.29	951.95	24.06	3.34	2.56(M)	23.34	2.66	123.10	278.32	1.99	27.11(M)	0.10(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, Ham Sandwich, Whole Grain Bread, MMA, WG - SR102652 (1 sandwich)Contains Wheat, Soy, Gluten.	169.29	2.99	0.51	0.00	29.65	832.92	22.97	2.00	2.00(M)	13.90	1.08	60.00	0.00	0.00	(M)	(M)
Sandwich, Ham Sub, MMA, WG - SR103184 (1 sandwich)Contains Wheat, Soy.	346.69	9.59	4.04	0.00	32.91	1063.31	42.04	3.00	9.04	20.15	2.17	175.94	151.88	0.00	(M)	(M)
Sandwich, Ham, 6" 9-Grain Wheat, Lettuce, Tomatoes, Cucumbers, Cheese, Subway, WGR, MMA, Veg-RO, Veg-O - SR107076 (1 ea.)	365.00	11.00	5.00	0.00	46.00	1209.00	46.00	5.00	8.00	22.00	2.70	90.00	2200.00	9.60	(M)	(M)
Sandwich, Ham, Egg & Cheese Bagel Sandwich, MMA, N - SR102051 (1 ea.)Contains Egg.	351.70	16.31	7.22	0.00	145.79	972.61	34.20	1.00	1.00(M)	16.54	50.63	234.22	377.30	0.00	(M)	(M)
Sandwich, Ham, TVASD, WG, MMA - SR104751 (1 sandwich) Contains Wheat, Soy.	269.29	12.49	2.00	0.00	34.65	1048.79	25.97	2.00	5.00(M)	13.90	1.08	40.00	100.00	0.00	(M)	(M)
Sandwich, Ham/Cheese Hoagie, MMA, WG - SR100179 (1 Sand) Contains Wheat, Soy.	135.23	6.05	3.04	0.00	44.84	886.54	4.99	0.00	0.00(M)	14.97	0.18	290.59	91.13	0.00	(M)	(M)
Sandwich, Hamburg BBQ, Meat Filling, MMA - SR102734 (2 ounces)Contains Fish, Soy.	282.16	17.01	7.29	0.00(M)	60.75	572.57	13.73	0.16	12.10(M)	17.98	1.64	3.91	722.72	0.45	2.70(M)	0.07(M)
Sandwich, Hamburger on a Bun, MMA, WG - SR103395 (1 ea.) Contains Wheat, Soy.	272.13	14.66	5.06	1.01	35.44	422.75	23.02	4.01	3.00	16.15	2.90	80.50	101.25	0.00	(M)	(M)
Sandwich, Hamburger on Bun, MMA, WG - SR102248 (1 ea.) Contains Wheat, Soy.	258.98	10.19	4.05	0.00	29.95	530.83	26.69	3.02	2.00(M)	14.96	2.35	194.39	160.48	0.01	(M)	(M)
Sandwich, Hamburger on Bun, MMA, WG - SR103441 (1 ea.) Contains Wheat, Soy, Gluten.	282.13	14.66	5.06	1.01	35.44	507.75	26.02	4.01	5.00	16.15	2.90	80.50	201.25	0.00	(M)	(M)
Sandwich, Hamburger on Bun, Upper Moreland, MMA, WG - SR105378 (1 sandwich)Contains Wheat, Soy.	280.00	12.00	4.00	0.50	40.00	510.00	28.00	4.00	2.00	17.00	2.88	60.00	0.00	0.00	(M)	(M)
Sandwich, Hamburger on Whole Grain Bun, MMA, WG - SR103699 (1 HAMBURGER)Contains Wheat, Soy.	280.10	14.50	5.00	1.00(M)	35.00	400.01	21.02	4.01	3.00(M)	17.00	2.88	80.17	100.21	0.00	0.01(M)	0.00(M)
Sandwich, Hamburger on Whole Wheat Bun, MMA, WG - SR103750 (1 HAMBURGER) Contains Wheat, Soy.	130.00	8.00	3.00	0.00	45.00	135.00	0.00	0.00	0.00	15.00	1.44	0.00	0.00	0.00	(M)	(M)
Sandwich, Hamburger with Bun, MMA, WG - SR100331 (107 grams)Contains Wheat, Soy.	288.00	12.00	3.60	0.60	39.00	462.00	28.00	4.00	2.00	19.00	3.44	78.00	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)
Sandwich, Hamburger, DCIU, MMA, WG - SR104120 (1 HAMBURGER)Contains Wheat, Soy.	278.00	9.97	3.41	0.63	55.00	351.00	24.00	2.00	3.00(M)	21.76	3.16	73.00	0.00	0.00	(M)	(M)
Sandwich, Hoagie, Ham, 7-8, MMA, WGR - SR106921 (1 sandwich)Contains Milk, Wheat, Soy.	336.61	10.95	4.29	0.00(M)	73.29	1161.95	38.06	4.34	1.56(M)	25.34	3.02	143.10	278.32	1.99	27.11(M)	0.10(M)
Sandwich, Hoagie, Italian, 7-8, MMA, WGR, Veg-O - SR106922 (1 sandwich)Contains Milk, Wheat, Soy.	335.01	10.88	4.26	0.00(M)	72.32	1153.44	38.05	4.34	1.56(M)	25.10	3.00	143.10	278.32	1.97	27.11(M)	0.10(M)
Sandwich, Hoagie, Italian, K-6, MMA, WGR, Veg-O - SR106924 (1 sandwich)Contains Wheat, Soy.	285.01	10.88	4.26	0.00(M)	72.32	943.44	24.05	3.34	2.56(M)	23.10	2.64	123.10	278.32	1.97	27.11(M)	0.10(M)
Sandwich, Homemade Sloppy Joes, MMA, Non-WG - SR103243 (1 sandwich with 2 oz filling)	340.35	14.05	5.34	0.00(M)	54.43	756.38	32.98	1.35	12.49(M)	19.78	3.47	81.50	291.51	3.71	57.31(M)	2.11(M)
Sandwich, Hot Dog On A WG Hot Dog bun, MMA, WG - SR103579 (1 hot dog)Contains Wheat, Soy.	250.00	13.00	4.00	0.00	50.00	970.00	22.00	2.00	3.00	11.00	2.16	140.00	300.00	0.00	(M)	(M)
Sandwich, Hot Dog On Bun, MMA, WG - SR104229 (1 sandwich)Contains Wheat, Soy, Gluten.	290.00	17.50	6.00	0.00	30.00	800.00	22.00	2.00	3.00	12.00	1.80	20.00	100.00	0.00	(M)	(M)
Sandwich, Hot Dog on WG Bun with topping bar, MMA, - SR101588 (1 ea.)Contains Wheat, Soy.	267.30	12.03	3.01	0.00(M)	45.00	1175.32	27.39	2.37(M)	3.42(M)	12.23	2.62(M)	103.35 (M)	130.49 (M)	2.05(M)	12.08(M)	0.14(M)
Sandwich, Hot Dog, MMA, WG - SR103126 (1 hot dog)Contains Wheat, Soy.	290.00	17.00	5.00	0.00	45.00	810.00	24.00	2.00	4.00	11.00	2.16	80.00	100.00	1.20	(M)	(M)
Sandwich, Hot Ham & Cheese HS, MMA, WG, Veg-RO, Ve - SR101296 (1 ea.)Contains Wheat, Soy.	282.25	10.95	5.99	0.00(M)	45.31	1030.10	27.48	2.49	3.95(M)	18.34	2.95	221.49	549.79	3.59	38.48(M)	0.18(M)
Sandwich, Hot Meat Sandwich, 6-12, MMA, WG - SR104135 (1 sandwich)Contains Milk, Wheat, Soy.	368.23	15.30	3.65	0.00	54.67	831.35	36.77	3.00	6.69	25.08	1.67	48.10	6.08	0.21	(M)	(M)
Sandwich, Hot Meat Sandwich, Elementary, MMA, WG - SR104134 (1 sandwich)Contains Milk, Wheat, Soy.	308.23	14.55	3.65	0.00	54.67	691.35	25.77	1.50	5.19	22.08	1.13	28.10	6.08	0.21	(M)	(M)
Sandwich, Hot Roast Beef Sandwich, Sandwich #15, MMA, WG - SR105516 (1 sandwich) Contains Milk, Wheat, Soy.	468.80	9.13	2.90	0.00(M)	41.15(M)	655.64	72.35	6.01(M)	2.64(M)	24.02	4.49(M)	35.01(M)	5.17(M)	0.06(M)	214.11 (M)	1.75(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 Turkey and Cheese Sandwich, MMA, WG - SR102728 (1 sandwich)Contains Milk, Wheat, Soy.	219.76	4.15	1.77	0.00	10.19	816.44	25.01	2.00	4.51(M)	20.88	1.71	141.25	101.25	0.00	(M)	(M)
Sandwich, Hot Turkey, MMA, WGR - SR106972 (1 ea.) Contains Milk, Wheat, Soy.	306.58	5.81	0.91	0.00(M)	49.50(M)	1708.94	38.63	2.21	4.00(M)	27.02	2.05(M)	47.98(M)	2.00(M)	1.10(M)	201.73 (M)	0.90(M)
Sandwich, Italian BMT, 6" 9-Grain Wheat, Lettuce, Tomatoes, Cucumbers, Cheese, Subway, WGR, MMA, Veg-RO, Veg-O - SR107077 (1 ea.)	444.00	20.00	8.00	0.50	54.00	1468.00	46.00	5.00	8.00	22.00	1.98	100.00	1900.00	10.20	(M)	(M)
Sandwich, Italian Combo (Cheese, Turkey Ham, Turkey Pepperoni, Turkey Salami), Whole Grain Roll, Tasty Brands, 70014, MMA, WGR - SR106663 (1 ea.)Contains Milk, Wheat, Soy.	340.00	13.00	4.00	0.00	50.00	850.00	31.00	3.00	6.00	18.00	1.80	250.00	200.00	15.00	(M)	(M)
Sandwich, Italian Grinder #27E, MMA, WG, VEG-O - SR103624 (1 ea.)Contains Wheat, Soy, Gluten.	360.82	12.21	5.37	0.00(M)	47.14	1523.43	41.11	6.00	7.89(M)	23.13	2.88	330.45	5153.40	10.35	8.34(M)	0.37(M)
Sandwich, Italian Hoagie on a WW Roll, MMA, WG, Veg-O, Veg-RO - SR106438 (1 sandwich)	406.25	14.24	4.86	0.00(M)	72.33	1865.60	42.15	4.07	4.38(M)	26.90	2.96	223.30	563.05	7.10	101.04 (M)	1.49(M)
Sandwich, Italian Hoagie, MMA, WG, Veg-O - SR102244 (1 ea.) Contains Milk, Wheat, Soy.	328.64	10.79	3.90	0.00(M)	54.54	957.52	40.18	4.49	2.22(M)	21.46	2.75	192.86	101.83	3.32	25.62(M)	0.10(M)
Sandwich, Jamwich, Peanut Butter & Grape Jelly on WG Bread, Twin Pack, AdvancePierre Foods, A1004, MMA, WG - SR105456 (2 sandwich)Contains Wheat, Peanuts, Soy.	610.00	31.00	4.50	0.00	0.00	620.00	69.00	7.00	25.00	20.00	1.80	80.00	0.00	0.00	(M)	(M)
Sandwich, Jamwich, Peanut Butter and Grape Jelly on Whole Grain Bread, PB Jamwich, AdvancePierre Foods, 92123, MMA, WG - SR104876 (1 sandwich)Contains Wheat, Peanuts, Soy.	304.61	15.72	2.46	0.00	0.00	304.61	34.39	3.93	12.77	9.83	1.06	39.30	0.00	0.00	(M)	(M)
Sandwich, McMuffin Sandwich, Non-WG, MMA - SR103630 (1 sandwich)Contains Wheat, Soy, Gluten.	299.96	11.26	4.24	0.00(M)	217.78	690.46	27.44	1.00	2.73(M)	20.38	2.60	286.00	378.00	0.95	38.08(M)	0.53(M)
Sandwich, Meat HS, WG, MMA, Veg-O, Veg-RO - SR104655 (1 sandwich)	360.03	13.45	5.82	0.00(M)	55.21	1093.24	41.42	4.66	3.28(M)	20.03	3.43	239.68	670.98	5.09	52.63(M)	0.24(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, Meat, WG, MMA, Veg-O, Veg-RO - SR104656 (1 sandwich)Contains Wheat, Soy, Gluten.	290.03	12.45	5.82	0.00(M)	55.21	933.24	26.42	2.66	5.28(M)	18.03	1.81	219.68	670.98	5.09	52.63(M)	0.24(M)
Sandwich, Meatball Hoagie, High School, MMA, Non-WG, Veg-RO - SR100837 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	456.80	18.57	7.86	0.84	57.98	1346.31	43.90	3.40	5.90(M)	27.66	5.18	170.93	80.03(M)	2.60	(M)	(M)
Sandwich, Meatball on WW Club Roll, MMA, WG, Veg-RO - SR106436 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	344.44	11.25	3.40	0.00(M)	31.20(M)	804.37	41.37	3.41	3.44	17.47	3.59	99.25	231.13	3.14	(M)	(M)
Sandwich, Meatball Sandwich #30E1 (K-5), MMA, WG, - SR103627 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	286.91	12.31	3.53	0.00	28.86	826.31	29.11	5.31	6.12(M)	16.73	3.41	174.79	728.65	15.70	(M)	(M)
Sandwich, Meatball Sandwich on Roll, 1.75 MMA, 2 W - SR100832 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	273.50	5.79	1.30	0.00	24.54	673.42	41.26	4.69	3.05	15.44	3.01	82.47	236.33	2.53	(M)	(M)
Sandwich, Meatball Sandwich on Roll, 2 MMA, 2 WG, - SR102254 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	323.58	8.80	2.48	0.00	35.24	766.74	43.59	5.50	2.24	19.29	3.45	86.00	187.50	2.25	(M)	(M)
Sandwich, Meatball Sandwich on Roll, High School, - SR102910 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	338.06	10.19	3.91	0.00	40.80	794.22	42.34	5.25	3.38	20.46	3.22	161.53	349.79	2.60	(M)	(M)
Sandwich, Meatball Sandwich on Roll, Secondary, 2 - SR102709 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	296.28	7.56	2.44	0.00	29.61	721.52	41.52	4.95	3.05	16.95	3.01	120.44	286.96	2.53	(M)	(M)
Sandwich, Meatball Sandwich, MMA, Non-WG - SR102927 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	358.48	12.81	4.35	0.00(M)	38.33	1200.88	38.03	2.32(M)	6.71(M)	21.35	13.82(M)	118.26 (M)	520.00 (M)	15.60(M)	(M)	(M)
Sandwich, Meatball Sub Sandwich, MMA, WG, Veg-RO - SR105402 (1 sandwich)Contains Milk, Wheat, Soy.	386.38	12.36	4.75	0.00	39.94	874.13	44.55	5.51	4.01(M)	25.68	4.75	236.00	301.25	2.42	(M)	(M)
Sandwich, Meatball Sub, MMA, WG, Veg-RO - SR101247 (1 sandwich)Contains Milk, Wheat, Soy.	227.81	13.21	5.28	0.00	36.85	1029.65	12.61	1.81	4.81(M)	15.62	13.01	173.00	652.44	15.97	(M)	(M)
Sandwich, Meatballs, MMA, WG - SR103123 (5 meatballs on sandwich roll)Contains Milk, Wheat, Soy.	348.59	8.69	3.32	0.00	28.18	622.56	46.05	4.17	8.94	20.45	3.28	158.72	588.24	7.06	(M)	(M)

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CRANBERRY AREA SCHOOL DISTRICT

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Sandwich, Meatloaf Sandwich, MMA, WG - SR103424 (5 ounces)Contains Wheat, Soy, Gluten.	301.65	9.23	3.57	0.00	35.44	867.12	36.98	3.15	8.39	19.58	3.36	104.69	303.75	2.43	(M)	(M)
Sandwich, Mini Single Beef Sausage Link, Whole Grain Bun, AdvancePierre Foods, 68060, MMA, WG - SR106852 (1 ea.) Contains Wheat, Soy.	170.00	6.00	2.00	0.00	20.00	350.00	19.00	2.00	4.00	9.00	1.80	40.00	0.00	6.00	(M)	(M)
Sandwich, Mini Twin Teriyaki Chicken on a Whole Grain Bun, Smart Picks, AdvancePierre Foods, 68086, MMA, WG - SR106847 (2 ea.)Contains Wheat, Soy.	300.00	7.00	2.00	0.00	35.00	520.00	39.00	3.00	12.00	19.00	2.70	60.00	0.00	108.00	(M)	(M)
Sandwich, MTO Deli Sandwich, DA-1, MMA, WG - SR104626 (1 sandwich)Contains Milk, Wheat, Soy.	302.30	10.03	4.33	0.00(M)	46.26	1234.26	28.84	2.33	4.74(M)	25.16	2.11	264.25	271.72	0.44	33.26(M)	1.93(M)
Sandwich, Panther Hoagie, Elementary, MMA, Veg-O, - SR103373 (1 sandwich)	267.56	12.01	4.65	0.03(M)	51.67	992.21	24.39	1.49	4.74	14.97	2.68	265.14	382.02	4.90	91.24	3.18
Sandwich, PB & J Triple Decker, MMA, WG - SR105397 (1 serv.) Contains Milk, Wheat, Soy.	470.94	16.10	3.09	0.00	0.00	604.38	67.79	4.83	28.00(M)	13.13	2.86	77.26	0.00	0.00	(M)	(M)
Sandwich, PB & J, MMA, WG - SR102914 (1 ea.)Contains Wheat, Peanuts, Soy, Gluten.	501.68	29.85	6.20	0.00	0.00	505.78	43.13	5.54	17.29	15.63	1.72	95.44	0.00	0.00	(M)	(M)
Sandwich, PB & J, Upper Moreland, MMA, WG - SR105396 (1 serv.)Contains Milk, Wheat, Soy.	327.60	16.10	3.09	0.00	0.00	454.38	35.79	3.83	7.67(M)	11.13	2.14	57.26	0.00	0.00	(M)	(M)
Sandwich, PBJ, WG, MMA - SR104685 (1 sandwich)Contains Wheat, Peanuts, Soy, Gluten.	552.95	31.62	6.20	0.00(M)	0.00(M)	530.57	47.29	5.54(M)	21.49	20.95	2.36(M)	95.44(M)	0.00(M)	0.00(M)	(M)	(M)
Sandwich, Peanut Butter & Jelly on WG Bread w/Yogurt, MMA, WG - SR106460 (1 ea.)Contains Milk, Wheat, Soy.	534.15	19.64	4.30	0.00(M)	5.02	673.56	73.10	8.14	33.71	19.12	2.14	248.29	0.00	1.76	6.67(M)	1.05(M)
Sandwich, Peanut Butter & Jelly Sandwich, MMA, WG - SR102469 (1 sandwich)Contains Wheat, Soy.	465.25	23.07	4.04	0.00(M)	0.00	480.50	52.02	6.67	16.52(M)	15.37	2.41	104.57	1.42	0.26	8.44(M)	0.03(M)
Sandwich, Peanut Butter & Jelly Sandwich, UCH, MMA - SR104659 (1 sandwich)	410.00	11.91	1.90	0.00(M)	0.00(M)	506.25	70.04	5.12(M)	33.00(M)	12.39	1.87(M)	170.62 (M)	1000.00 (M)	0.00(M)	(M)	(M)
Sandwich, Peanut Butter & Jelly, 2oz., Morabito, MMA, WG - SR104472 (1 sandwich)Contains Milk, Wheat, Soy.	583.99	30.08	5.39	0.00	0.00	709.33	65.82	9.19	22.23(M)	18.44	2.67	110.12	0.00	0.00	(M)	(M)

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Sandwich, Peanut Butter and Banana, Whole Grain Bread, AdvancePierre Foods, A1312, MMA, WG - SR106608 (1 ea.) Contains Wheat, Peanuts, Soy.	290.00	15.00	2.50	0.00	0.00	270.00	32.00	4.00	11.00	10.00	1.44	20.00	0.00	0.00	(M)	(M)
Sandwich, Peanut Butter and Jelly Club, MMA, Non-W - SR103302 (1 sandwich)	698.10	33.67	6.89	(M)	0.00	498.01	89.04	5.68	7.77(M)	19.60	2.66	127.22	4.56	0.76	39.26	2.95
Sandwich, Peanut Butter and Jelly On White Bread, MMA, Non-WG - SR105441 (1 sandwich) Contains Wheat, Gluten.	290.75	10.06	1.65	0.00(M)	0.00	373.44	42.13	2.96	2.00(M)	10.01	0.30	6.88	0.00	0.00	0.29(M)	0.50(M)
Sandwich, Peanut Butter and Jelly On Whole Wheat Bread, MMA, WG - SR105440 (1 sandwich)Contains Wheat, Gluten.	270.75	10.06	1.65	0.00(M)	0.00	313.44	36.13	2.96	2.00(M)	10.01	1.02	6.88	0.00	0.00	0.29(M)	0.50(M)
Sandwich, Peanut Butter and Jelly Sandwich & Cheese, Cheswick, MMA, WG - SR104985 (1 sandwich)Contains Wheat.	803.00	31.85	8.10	0.00(M)	15.19(M)	700.63	114.52	6.70(M)	76.00(M)	23.62	2.48(M)	268.00 (M)	202.50 (M)	0.00(M)	(M)	(M)
Sandwich, Peanut Butter and Jelly Sandwich & Cheese, Small, Cheswick, MMA, WG - SR105029 (1 sandwich)Contains Wheat.	709.00	23.93	6.58	0.00(M)	15.19(M)	624.63	110.68	5.80(M)	76.00(M)	20.11	2.13(M)	259.50 (M)	202.50 (M)	0.00(M)	(M)	(M)
Sandwich, Peanut Butter and Jelly Sandwich, 1Tb, Cheswick, MMA, WG - SR105033 (1 sandwich)Contains Wheat.	365.00	16.00	5.06	0.00(M)	15.19(M)	523.63	41.85	4.90(M)	16.00(M)	16.60	1.79(M)	251.00 (M)	202.50 (M)	0.00(M)	(M)	(M)
Sandwich, Peanut Butter and Jelly Sandwich, 6A, MMA, WG - SR105488 (1 sandwich)Contains Wheat, Soy.	401.56	17.65	3.30	0.00(M)	0.00	265.04	52.92	4.25	21.50	13.14	2.19	119.76	500.00	2.64	9.72(M)	1.08(M)
Sandwich, Peanut Butter and Jelly Sandwich, Small, Cheswick, MMA, WG - SR105030 (1 sandwich)Contains Wheat.	628.00	17.85	3.04	0.00(M)	0.00(M)	412.00	109.67	5.80(M)	76.00(M)	13.02	2.13(M)	57.00(M)	0.00(M)	0.00(M)	(M)	(M)
Sandwich, Peanut Butter and Jelly, 1 oz, MMA, WG - SR103578 (1 sandwich)	545.02	34.11	6.67	0.00(M)	0.00	613.92	50.21	5.50	15.10(M)	16.56	2.33	72.99	0.94	2.50	19.44(M)	0.98(M)
Sandwich, Peanut Butter and Jelly, 1.75 oz, MMA, W - SR103592 (1 sandwich)	608.19	35.88	7.11	0.00(M)	0.00	830.71	60.44	6.37	2.36(M)	18.28	2.81	92.34	1.64	0.00	18.91(M)	1.60(M)
Sandwich, Peanut Butter and Jelly, 2 oz, MMA, WG - SR103591 (1 sandwich)	630.67	36.47	7.26	0.00(M)	0.00	905.69	64.26	6.77	2.69(M)	18.88	3.01	100.65	1.88	0.00	21.61(M)	1.83(M)
Sandwich, Peanut Butter and Jelly, Whole Grain, MM - SR102656 (1 sandwich)Contains Wheat, Peanuts, Soy, Gluten.	224.01	9.78	1.71	0.00	0.00	317.96	25.44	2.97	6.47	9.38	1.43	69.75	0.00	0.00	(M)	(M)

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Sandwich, Peanut Butter and Jelly, With Cheese Sti - SR102817 (1 sandwich)Contains Milk, Wheat.	483.00	22.85	6.04	0.00(M)	15.00(M)	579.50	52.16	5.80(M)	19.99(M)	20.02	2.13(M)	257.00 (M)	200.00 (M)	0.00(M)	(M)	(M)
Sandwich, Peanut Butter, Whole Grain, MMA, WG - SR102655 (1 sandwich)Contains Wheat, Peanuts, Soy, Gluten.	212.32	9.78	1.71	0.00	0.00	317.96	22.44	2.97	3.46	9.38	1.43	69.75	0.00	0.00	(M)	(M)
Sandwich, Peanut Buttery & Jelly, MMA, WG, Marian HS - SR106193 (1 sandwich)Contains Wheat, Soy.	561.92	33.76	6.59	0.00(M)	0.00	267.28	52.29	6.06	19.60	21.13	2.73	131.52	500.00	1.76	7.25(M)	2.06(M)
Sandwich, Philly Cheese Steak Sandwich Stuffer WG, - SR102186 (1 sandwich)	350.00	11.00	6.00	0.00	30.00	760.00	41.00	4.00	4.00	20.00	2.70	300.00	200.00	(M)	(M)	(M)
Sandwich, Pizza Mountain Pie, Whole Wheat, MMA, WG - SR102714 (1 sandwich)Contains Milk, Wheat, Soy, Gluten.	366.45	19.39	9.00	0.00(M)	44.97	960.41	24.73	2.66	3.33(M)	24.37	1.65	481.74	531.26	1.99	26.65(M)	1.94(M)
Sandwich, Pizza Sub Sandwich, MMA, Non-WG, Veg-RO - SR104343 (1 sandwich)Contains Milk, Wheat. Processed in a facility that also processes Egg, Soy.	575.43	26.14	14.19	0.00(M)	68.85	1398.30	59.33	3.20	8.21(M)	26.59	5.48(M)	519.38 (M)	1335.42 (M)	16.72(M)	11.78(M)	0.11(M)
Sandwich, Pork BBQ Rib Sandwich, F-30, MMA, WG - SR106373 (1 sandwich)Contains Wheat, Soy, Gluten.	349.89	10.41	3.04	0.10	45.56	1114.69	46.65	5.01	16.68	20.15	2.89	130.38	246.38	1.82	(M)	(M)
Sandwich, Pork Sausage, Mini Single on a Whole Grain Biscuit, AdvancePierre Foods, 1331, MMA, WG - SR106527 (3 1/8 ounces)	220.00	9.00	4.00	0.00	25.00	550.00	25.00	2.00	3.00	10.00	1.44	100.00	0.00	42.00	(M)	(M)
Sandwich, Pretzel Sandwich, MMA, Non-WG - SR103409 (1 ea.)Contains Wheat, Gluten.	370.86	13.16	6.82	0.00	44.75	1018.47	47.25	1.00	6.00(M)	17.63	2.75	174.07	268.64	1.20	(M)	(M)
Sandwich, R U Hungry? Steak Sandwich, MMA, WG - SR102882 (1 sandwich)Contains Milk, Wheat, Soy.	436.86	14.43	4.16	0.00	29.52	870.49	59.18	6.02	1.00	19.56	3.60	60.00	0.00	2.42	(M)	(M)
Sandwich, Rib Pattie Sandwich, MMA, WG - SR105379 (1 sandwich)Contains Milk, Wheat, Soy.	333.07	8.00	2.00	0.00	40.00	876.80	37.51	4.00	8.72	18.00	2.86	60.00	394.50	3.47	(M)	(M)
Sandwich, Roast Beef, 6" 9-Grain Wheat, Lettuce, Tomatoes, Cucumbers, Cheese, Subway, WGR, MMA, Veg-RO, Veg-O - SR107078 (1 ea.)	396.00	12.00	6.00	0.00	65.00	1071.00	45.00	5.00	7.00	28.00	2.70	100.00	2200.00	13.80	(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)
Sandwich, Sausage and Egg Sandwich, MMA, WG - SR103757 (1 sandwich)Contains Egg, Wheat, Soy.	250.00	10.00	3.00	0.00	205.00	515.00	24.00	3.00	3.00(M)	17.00	2.40	100.00	260.00	0.00	(M)	(M)
Sandwich, Sausage and Egg, MMA, WG - SR102757 (1 sandwich)Contains Egg, Wheat, Soy.	275.65	14.81	3.99	0.00	151.83	482.90	21.39	2.01(M)	4.02(M)	13.85	2.06	105.87	170.10 (M)	0.00(M)	(M)	(M)
Sandwich, Sausage, Egg & Cheese Bagel Sandwich, MM - SR102929 (1 ea.)	316.40	9.93	2.98	0.00(M)	29.77	497.32	44.80	1.53	1.99(M)	10.95	2.34	79.84	0.00	11.81	(M)	(M)
Sandwich, Sausage, Egg & Cheese Bagel Sandwich, MM - SR102930 (1 ea.)Contains Egg.	441.27	25.12	9.56	0.00	166.46	1056.45	35.02	1.00	1.99(M)	19.05	50.94	640.48	1190.12	0.00	(M)	(M)
Sandwich, Shaved Ham and Cheese Sandwich, Sandwich #18, MMA, WG - SR105517 (1 sandwich)Contains Wheat, Soy.	103.01	3.94	1.92	0.00	37.61	647.10	3.67	0.00	0.00(M)	12.38	2.26	145.29	45.56	0.00	(M)	(M)
Sandwich, Shaved Turkey on Bun, 2AA, MMA, WG - SR105490 (1 sandwich)Contains Wheat, Soy.	200.00	4.00	1.00	0.00	35.00	750.00	24.00	2.00	3.00(M)	17.00	2.04	70.00	18.75	3.25	(M)	(M)
Sandwich, Shaved Turkey, Sandwich #19, WG, MMA - SR106241 (1 sandwich)Contains Wheat, Soy.	159.53	2.74	0.34	0.00(M)	19.37	493.28	25.60	3.00	2.00(M)	10.54	1.84	43.88	0.00	1.20	22.69(M)	(M)
Sandwich, Sloppy Joe on a Bun, MMA, WG, Veg-RO - SR104610 (1/3 c.)Contains Wheat, Soy.	350.69	11.34	3.87	0.71(M)	52.28	531.88	38.31	2.86	12.88(M)	22.71	3.40	89.86	400.23	2.61	59.27(M)	0.76(M)
Sandwich, Sloppy Joe on a Bun, Western Wayne, MMA, WG, Veg-RO - SR105341 (1 sandwich) Contains Wheat, Soy, Gluten.	330.46	12.99	4.74	0.00(M)	52.16	478.40	31.92	2.84	8.64(M)	20.05	2.94	69.93	380.88	2.59	14.58(M)	0.06(M)
Sandwich, Sloppy Joe on Roll HS, MMA, WG - SR101246 (1 ea.) Contains Wheat, Soy.	323.68	10.10	3.45	0.00(M)	52.65	598.96	34.31	3.15	4.67(M)	23.40	3.77	83.64	462.31	3.89	15.99(M)	0.02(M)
Sandwich, Sloppy Joe on Whole Grain Bun, MMA, WG - SR102659 (2 oz.)Contains Wheat, Soy, Gluten.	252.58	8.86	3.14	0.00(M)	34.56	797.09	27.76	2.04	8.14(M)	14.57	2.18	62.28	346.52	6.32	5.43(M)	0.43(M)
Sandwich, Sloppy Joe on WW Roll, F-9E, MMA, WG - SR103836 (1 sandwich)Contains Wheat, Soy, Gluten.	249.47	6.22	1.54	0.00(M)	53.69	815.60	28.86	2.00	3.00(M)	17.86	2.50	118.54	16.43	4.03	(M)	(M)
Sandwich, Spicy Chicken Sandwich, F-36, MMA, WG - SR106812 (1 ea.)Contains Wheat, Soy, Gluten.	370.00	16.50	3.00	0.00	25.00	600.00	38.00	6.00	4.00	19.00	3.78	80.00	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)
Sandwich, Steak And Cheese Hoagie, MMA, WG - SR104137 (1 sandwich)Contains Wheat, Soy.	383.62	20.94	9.25	0.00(M)	61.72	406.35	26.71	3.00	3.00(M)	21.70	1.71	248.66	182.57	3.60	13.32(M)	0.97(M)
Sandwich, Subway Club, 6" 9-Grain Wheat, Lettuce, Tomatoes, Cucumbers, Cheese, Subway, WGR, MMA, Veg-RO, Veg-O - SR107079 (1 ea.)	396.00	12.00	6.00	0.00	61.00	1216.00	46.00	5.00	7.00	28.00	2.70	100.00	2200.00	12.60	(M)	(M)
Sandwich, Sun Butter, WG, MMA - SR104822 (1 sandwich) Contains Wheat, Soy.	410.95	19.94	1.52	0.00	0.00	377.66	47.80	5.83	20.23(M)	11.62	2.78	100.31	17.26	0.00	(M)	(M)
Sandwich, Sunbutter & Jelly, MMA, WG - SR102837 (1 sandwich)Contains Milk, Wheat, Soy.	564.00	35.32	3.00	0.00(M)	0.00(M)	517.00	51.92	5.60(M)	16.00(M)	15.06	4.08(M)	80.00(M)	34.00(M)	0.00(M)	(M)	(M)
Sandwich, Sunbutter and Jelly Sandwich, MMA, WG - SR104115 (1 sandwich)Contains Wheat, Soy.	313.50	10.83	0.75	0.00	0.00	323.00	43.73	4.90	18.50(M)	8.77	2.10	90.00	8.50	0.00	(M)	(M)
Sandwich, Sweet Bologna Sub, MMA, WG - SR103186 (1 sandwich)Contains Wheat, Soy.	377.06	11.62	4.55	0.00	43.03	1225.31	48.11	3.00	15.11	20.15	2.89	175.94	151.88	21.26	(M)	(M)
Sandwich, Toasted American Cheese on Wheat Bread, - SR101165 (1 sandwich)Contains Milk, Wheat, Soy.	320.00	18.00	11.00	0.50	50.00	1300.00	27.00	2.00	5.00	15.00	0.72	400.00	750.00	0.00	(M)	(M)
Sandwich, Toasted Cheese and Tomato, WG, MMA - SR104555 (1 sandwich)	343.13	15.83	7.62	0.00(M)	37.97	1086.47	39.88	4.73	7.60(M)	16.13	1.60	979.68	3132.59	8.31	57.34(M)	0.30(M)
Sandwich, Toasted Cheese Sandwich, 13A, MMA, WG - SR105489 (1 sandwich)Contains Wheat, Soy.	391.72	18.98	8.31	0.70	45.56	1166.39	32.11	2.00	4.00(M)	23.23	1.99	971.90	942.54	0.01	0.78(M)	0.09(M)
Sandwich, Toasted Cheese Sandwich, Hyndman, MMA, W - SR104551 (1 sandwich)Contains Milk.	479.67	22.32	6.08	0.00(M)	16.15	790.41	54.34	5.55	3.00(M)	14.78	2.87	168.67	204.83	0.01	47.45(M)	0.87(M)
Sandwich, Toasted Cheese Sandwich, MMA, Non-WG - SR102681 (1 ea.)Contains Wheat, Soy, Gluten.	261.87	10.11	5.06	0.00	30.37	817.24	25.05	1.00	3.00(M)	15.15	1.08	621.17	182.25	0.00	0.00(M)	0.00(M)
Sandwich, Toasted Cheese Sandwich, Redbank Valley, - SR104492 (1 ea.)Contains Wheat, Soy.	291.87	10.11	5.06	0.00	30.37	887.24	30.05	2.00	4.00(M)	18.15	1.80	661.17	182.25	0.00	0.00(M)	0.00(M)
Sandwich, Toasted Cheese, MMA,WG - SR102951 (1 ea.) Contains Milk, Wheat, Soy, Gluten.	250.00	9.50	5.00	0.00	30.00	859.99	24.00	2.00	6.00	17.00	1.08	360.00	599.99	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, Tuna Fish Salad Sandwich, MMA, Non-WG - SR103368 (1 sandwich)	287.87	17.33	4.22	0.00(M)	25.54	614.93	24.96	0.99	5.38	8.44	1.80	228.72	304.69	0.67	33.72	2.30
Sandwich, Tuna Melt, MMA, WG, Veg-O - SR102679 (1 ea.) Contains Wheat, Gluten.	357.56	12.98	4.37	0.00(M)	50.67	1015.49	33.06	2.40	7.03(M)	25.75	2.37	200.27	377.03	1.03	94.37(M)	2.41(M)
Sandwich, Tuna Salad Chichester, WG, MMA - SR104774 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	326.49	5.60	0.54	0.00(M)	30.83	814.59	38.14	4.03	2.35(M)	29.20	3.14	69.28	78.96	0.03	1.52(M)	0.05(M)
Sandwich, Tuna Salad Sandwich, ELem, MMA, WG - SR105373 (1 sandwich)Contains Egg, Wheat, Soy.	200.60	6.49	0.65	0.00(M)	23.00	520.10	18.04	2.28	1.50(M)	16.64	1.64	10.51	84.08	0.83	16.36(M)	0.08(M)
Sandwich, Tuna Salad Sandwich, MS/HS, MMA, WG, Veg-O - SR105430 (1 sandwich)Contains Egg, Wheat, Soy.	204.81	6.53	0.66	0.00(M)	23.00	826.35	18.94	2.67	1.96(M)	16.85	1.77	25.21	148.13	1.11	49.38(M)	0.90(M)
Sandwich, Tuna Salad, Sandwich #22, MMA, WG - SR106243 (1 sandwich)Contains Wheat, Soy.	278.61	17.87	2.88	0.00(M)	42.70	611.98	11.76	0.15	3.27(M)	17.64	0.82	19.68	140.67	0.45	80.25(M)	2.00(M)
Sandwich, Tuna Salad, WG, MMA - SR104687 (1 sandwich) Contains Egg, Fish, Wheat, Soy.	249.57	9.55	1.03	0.00(M)	19.95	463.47	28.67	3.43	3.41	12.47	1.79	46.37	179.32	0.98	31.28(M)	0.36(M)
Sandwich, Tuna Sandwich WG, MMA, WG - SR101868 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	315.22	8.74	0.80	0.00(M)	27.08	784.65	40.57	4.55	3.55	18.48	2.92	78.43	210.03	1.11	79.97(M)	0.83(M)
Sandwich, Tuna, 6" 9-Grain Wheat, Lettuce, Tomatoes, Cucumbers, Cheese, Subway, WGR, MMA, Veg-RO, Veg-O - SR107080 (1 ea.)	504.00	27.00	6.00	0.60	45.00	788.00	43.00	5.00	6.00	22.00	1.98	90.00	1850.00	12.00	(M)	(M)
Sandwich, Turkey & Cheese on Roll, TVASD, MMA, Non-WG - SR104960 (1 sandwich)Contains Wheat, Soy.	216.30	6.00	2.96	0.00(M)	37.88	1131.97	21.13	2.00	3.17(M)	19.31	1.94	126.50	136.00	0.00	42.13(M)	1.99(M)
Sandwich, Turkey & Cheese on Whole Grain, MMA, WG - SR106740 (1 sandwich)Contains Wheat, Soy.	323.13	14.06	6.19	0.00	66.56	1184.37	28.00	2.00	5.00(M)	23.06	2.15	261.88	822.27	3.86	(M)	(M)
Sandwich, Turkey & Cheese Wrap Elem, MMA, Non-WG - SR101355 (1 ea.)Contains Wheat.	311.02	12.44	5.11	0.00(M)	59.44	1363.18	28.09	3.49	2.90(M)	21.94	2.30	171.62	438.40	7.85	38.48(M)	0.18(M)
Sandwich, Turkey & Cheese, MMA, Non-WG - SR102098 (1 sandwich)Contains Milk, Wheat, Soy.	267.07	6.22	2.14	0.00(M)	37.43	1270.28	26.17	4.26	3.90(M)	23.80	1.80	179.88	300.23	0.60	23.46(M)	0.16(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 American on Wheat, MMA, WG - SR103207 (1 sandwich)Contains Wheat, Soy.	274.55	6.95	2.73	0.00	28.20	822.54	37.87	4.00	7.01(M)	18.42	1.58	235.94	1151.88	0.47	(M)	(M)
Sandwich, Turkey and Cheese Croissant, HS-IU, MMA, Non-WG - SR106020 (1 sandwich) Contains Milk, Egg, Wheat, Soy, Gluten.	358.72	17.29	5.78	3.00	67.48	871.59	30.34	1.00	3.51(M)	20.49	2.70	135.94	151.88	1.00	(M)	(M)
Sandwich, Turkey and Cheese Croissant, K-8, MMA, Non-WG - SR106019 (1 sandwich)Contains Milk, Egg, Wheat, Soy, Gluten.	342.12	16.55	5.53	3.00	57.51	783.58	30.17	1.00	3.51(M)	18.00	2.52	135.94	151.88	0.80	(M)	(M)
Sandwich, Turkey and Cheese on Whole Wheat Bun, 2 - SR101122 (1 ea.)	327.98	11.30	5.06	0.00(M)	41.19	974.40	35.65	3.11	3.20(M)	20.32	2.00	213.49	348.93	0.80	8.61(M)	0.03(M)
Sandwich, Turkey and Cheese, Whole Grain Roll, Tasty Brands, 70012, MMA, WG - SR106662 (1 ea.)Contains Milk, Wheat, Soy.	340.00	13.00	4.00	0.00	40.00	900.00	31.00	3.00	6.00	20.00	2.70	200.00	300.00	9.00	(M)	(M)
Sandwich, Turkey and Provolone Deli, MMA, WG - SR103188 (1 sandwich)Contains Wheat, Soy.	281.81	6.52	2.76	0.00	30.73	926.14	37.64	4.00	6.00(M)	21.34	1.63	260.00	1100.00	0.62	(M)	(M)
Sandwich, Turkey and Provolone on Wheat, MMA, WG - SR103208 (1 sandwich)Contains Wheat, Soy.	268.86	6.39	2.69	0.00	25.54	810.86	37.35	4.00	6.00(M)	18.88	1.58	260.00	1100.00	0.47	(M)	(M)
Sandwich, Turkey and Swiss on Wheat, MMA, WG - SR103210 (1 sandwich)Contains Wheat, Soy.	272.73	6.33	2.71	0.00	28.59	713.07	37.62	4.00	6.19(M)	19.20	1.61	272.12	1117.65	0.47	(M)	(M)
Sandwich, Turkey BLT and Cheese, MMA, Non-WG, Veg- - SR102048 (1 sandwich)Contains Milk.	416.95	13.21	6.20	0.00(M)	93.90	1502.32	35.78	2.59	8.52	32.77	2.62	423.02	1241.37	10.68	13.02(M)	0.05(M)
Sandwich, Turkey Bologna and Cheese, Whole Grain Roll, Tasty Brands, 70011, MMA, WG - SR106661 (1 ea.)Contains Milk, Wheat, Soy.	340.00	17.00	5.00	0.00	45.00	990.00	31.00	3.00	6.00	17.00	1.80	250.00	200.00	9.00	(M)	(M)
Sandwich, Turkey Bologna With Cheese, WG, MMA - SR103746 (1 sandwich)Contains Wheat, Gluten.	390.63	21.51	6.37	0.00(M)	66.36	1303.93	33.81	3.79	3.11(M)	16.46	3.28	407.93	2947.10	8.40	60.27(M)	0.44(M)
Sandwich, Turkey Breast & Ham, 6" 9-Grain Wheat, Lettuce, Tomatoes, Cucumbers, Cheese, Subway, WGR, MMA, Veg-RO, Veg-O - SR107081 (1 ea.)	363.00	11.00	5.00	0.00	43.00	1141.00	46.00	5.00	7.00	22.00	2.70	90.00	2200.00	9.60	(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, Turkey Breast, 6" 9-Grain Wheat, Lettuce, Tomatoes, Cucumbers, Cheese, Subway, WGR, MMA, Veg-RO, Veg-O - SR107082 (1 ea.)	402.00	11.00	5.00	0.50	56.00	1363.00	48.00	5.00	7.00	29.00	2.70	90.00	2200.00	11.40	(M)	(M)
Sandwich, Turkey Cheese Sub, F-25A, MMA, WG, Veg-O - SR106375 (1 sandwich)Contains Wheat, Gluten.	312.04	9.58	3.99	0.00(M)	55.50	1084.59	33.30	4.43	5.71(M)	24.66	2.69	196.48	339.22	4.91	34.43(M)	0.13(M)
Sandwich, Turkey Club Sandwich, MMA, Veg-RO, Non-W - SR103265 (1 sandwich)	356.55	8.25	3.36	0.00(M)	44.48	1312.32	46.72	3.29	8.04	22.91	4.41	382.01	2209.67	10.36	139.72	5.27
Sandwich, Turkey Deli Sandwich, Secondary, MMA, WG - SR103697 (1 sandwich)Contains Milk, Wheat, Gluten.	184.97	3.92	1.38	0.00(M)	25.79	950.73	25.68	3.00	6.13	15.38	1.71	121.38	250.00	0.00	31.60(M)	1.49(M)
Sandwich, Turkey Deli with Cheese, F-3D, MMA, Non- - SR103844 (1 sandwich)	245.72	9.23	4.04	0.00(M)	57.25	976.05	22.34	1.39	1.74(M)	20.18	1.97	115.24	374.75	6.62	31.39(M)	0.14(M)
Sandwich, Turkey Deli, Elementary, MMA, WG - SR103533 (1 ea.)	257.05	8.72	3.05	0.00(M)	33.84	1012.82	30.20	2.80	4.31(M)	15.63	2.00	212.58	107.44	2.81	25.14(M)	1.93(M)
Sandwich, Turkey Ham & Cheese on a WW Kaiser Roll, WG, MMA - SR106431 (1 sandwich)Contains Milk, Egg, Wheat, Soy.	409.09	17.32	3.52	0.00	63.16	1310.06	38.53	4.00	1.00(M)	23.70	2.99	205.29	45.56	0.00	(M)	(M)
Sandwich, Turkey Ham and Cheese on Whole Grain Roll, Tasty Brands, 70016, MMA, WGR - SR106664 (1 ea.)Contains Milk, Wheat, Soy.	310.00	12.00	4.00	0.00	35.00	880.00	32.00	3.00	7.00	21.00	2.70	250.00	200.00	9.00	(M)	(M)
Sandwich, Turkey Hoagie, 7-8, MMA, WGR - SR106919 (1 sandwich)Contains Milk, Wheat, Soy.	288.62	7.00	3.08	0.00(M)	31.53	869.31	37.07	4.34	1.56(M)	21.22	2.17	146.33	278.32	1.08	27.11(M)	0.10(M)
Sandwich, Turkey Hoagie, K-6, MMA, WGR - SR106917 (1 sandwich)Contains Wheat, Soy.	238.62	7.00	3.08	0.00(M)	31.53	659.31	23.07	3.34	2.56(M)	19.22	1.81	126.33	278.32	1.08	27.11(M)	0.10(M)
Sandwich, Turkey Philly, MMA - SR102702 (1 ea.)Contains Milk, Wheat, Soy.	157.23	3.01	1.44	0.00(M)	43.50	757.70	13.59	1.44	2.92(M)	20.34	0.91	82.75	154.39	9.73	27.29(M)	0.33(M)
Sandwich, Turkey Sandwich, MMA, WG - SR105374 (1 sandwich)Contains Wheat, Soy.	135.04	9.00	5.15	0.00(M)	37.99	650.76	1.79	0.00	0.09(M)	11.48	0.61	301.09	320.96	0.00	21.91(M)	1.03(M)
Sandwich, Turkey Sub, Grades 6-8, MMA, WG - SR103194 (1 sandwich)Contains Wheat, Soy.	304.55	6.95	3.23	0.00	28.20	872.54	40.87	3.00	7.01(M)	18.42	1.94	175.94	151.88	0.47	(M)	(M)
Sandwich, Turkey Sub, MMA, WG - SR103185 (1 sandwich) Contains Wheat, Soy.	317.50	7.07	3.29	0.00	33.38	987.83	41.15	3.00	7.01(M)	20.88	1.99	175.94	151.88	0.62	(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, Turkey, Deli Sandwich, Whole Grain Bread - SR102661 (1 sandwich)Contains Wheat, Soy, Gluten.	163.30	2.07	0.17	0.00(M)	24.38	920.97	20.91	2.00	2.17	16.17	1.91	68.50	0.00	0.00	42.13(M)	1.99(M)
Sandwich, Turkey, Deli W Cheese, WG, MMA - SR103748 (1 sandwich)Contains Wheat, Gluten.	259.21	6.10	2.04	0.00(M)	30.61	928.54	33.66	3.76	4.13(M)	19.18	2.57	191.86	2427.07	7.16	58.00(M)	0.34(M)
Sandwich, Turkey, Opened Face, HS, MMA, WG - SR101304 (1 ea.)Contains Milk, Wheat, Soy.	251.14	5.42	0.00	0.00(M)	73.90	1631.24	22.92	1.03	4.92(M)	30.26	1.78	20.64	0.76	0.00	0.02(M)	0.13(M)
Sandwich, Tuscany Turkey Sub, MMA, WG - SR104342 (1 sandwich)Contains Egg, Wheat, Soy, Gluten.	465.71	21.22	6.05	0.00(M)	71.45(M)	1631.14	34.98	4.00(M)	5.00(M)	33.75	2.61(M)	308.71 (M)	253.45 (M)	0.00(M)	23.57(M)	2.31(M)
Sandwich, U.M. Italian Hoagie, MMA, WG, Veg-O - SR105412 (1 sandwich)	331.29	12.21	3.99	0.00(M)	37.61	1230.28	40.83	4.52	1.62(M)	15.80	3.55	265.42	269.47	1.16	48.73(M)	1.17(M)
Sandwich, U.M. Turkey & Cheese, Elem, MMA, WG - SR105429 (1 sandwich)Contains Milk, Wheat, Soy.	273.64	6.78	2.66	0.00(M)	30.94	1079.06	37.34	4.00	1.13(M)	18.21	2.52	214.71	160.48	0.00	31.60(M)	1.49(M)
Sandwich, U.M. Turkey & Cheese, MS/HS, MMA, WG, Veg-O - SR105428 (1 sandwich)	287.84	6.83	2.67	0.00(M)	30.94	1385.31	39.24	4.38	1.59(M)	18.42	3.54	249.41	224.53	0.28	64.61(M)	2.31(M)
Sandwich, Ultimate Chicken Sandwich, MMA, WG - SR100383 (1 sandwich)Contains Wheat, Soy, Gluten.	380.00	15.00	2.00	0.00	45.00	930.00	42.00	4.00	5.00	24.00	2.16	60.00	0.00	0.00	(M)	(M)
Sandwich, Uncrustables 2.8 oz. Peanut Butter & Grape Jelly On Wheat Bread, Smucker's, 5150006651, MMA, Non-WG - SR106872 (1 sandwich)Contains Wheat, Peanuts.	320.00	16.00	3.50	0.00	0.00	320.00	33.00	3.00	13.00	10.00	1.44	20.00	0.00	0.00	(M)	(M)
Sandwich, Uncrustables 4.8 oz. Peanut Butter & Grape Jelly On Wheat Bread, Smucker's, 5150006656, MMA, Non- WG - SR101212 (1 ea.)	580.00	32.00	7.00	0.00	0.00	540.00	55.00	5.00	23.00	18.00	2.70	40.00	0.00	0.00	(M)	(M)
Sandwich, Uncrustables 5.0 oz. Peanut Butter & Grape Jelly On Whole Wheat Bread, Smucker's, 5150006612, MMA, WG - SR106870 (1 pkg.)	600.00	33.00	7.00	0.00	0.00	590.00	57.00	7.00	23.00	20.00	1.80	40.00	0.00	0.00	(M)	(M)
Sandwich, Uncrustables 5.0 oz. Peanut Butter & Strawberry Jam On Whole Wheat Bread, Smucker's, 5150006621, WG, MMA - SR106871 (1 pkg.)	600.00	33.00	7.00	0.00	0.00	580.00	57.00	7.00	23.00	20.00	1.80	40.00	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)
Sandwich, Veggie Burger on Bun, MMA, WG - SR103112 (1 ea.) Contains Milk, Egg, Wheat, Soy.	310.00	8.00	1.00	0.00	0.00	760.00	41.00	6.00	4.00	21.00	2.88	120.00	0.00	0.00	(M)	(M)
Sandwich, Warm Ham and Cheese on Bun, 12A, MMA, WG - SR105492 (1 sandwich)Contains Wheat, Soy.	216.75	4.53	1.75	0.00	30.11	822.03	27.00	2.00	3.00(M)	16.04	3.15	205.29	45.56	0.00	(M)	(M)
Sandwich, Whole Grain Grilled Cheese, Reduced Fat - SR100261 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	284.34	10.15	5.75	0.00	31.85	655.24	30.54	2.27	6.91	18.54	1.23	467.61	523.80	0.00	(M)	(M)
Sandwich, Ybm Open Faced Grilled Cheese, MMA, WG - SR103897 (1 sandwich)Contains Wheat, Soy, Gluten.	389.76	22.99	13.22	0.00(M)	50.00	840.50	26.62	2.15	2.34	16.10	0.75	301.56	1194.84	1.25	10.05(M)	0.05(M)
Sauce, Branding Iron Select Original Barbecue Sau - SR101543 (2 Tbsp.)	45.00	0.00	0.00	0.00	0.00	210.00	11.00	0.00	8.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sauce, Alfredo Sauce, Boil in Bag, Tabatchnick, 99 - SR102705 (1 3 Ounce Serving = 1.2 MMA) Contains Milk.	140.00	9.00	5.00	(M)	20.00	640.00	6.00	0.00	2.00	10.00	0.00	300.00	200.00	0.00	(M)	(M)
Sauce, Alfredo Sauce, Presentations, 4/4# Pouches, non creditable - SR106391 (1/2 c.)Contains Milk, Wheat, Soy.	170.00	15.00	7.00	0.00	25.00	540.00	4.00	0.00	2.00	6.00	0.00	100.00	400.00	0.00	(M)	(M)
Sauce, Alfredo, Tabatchnick, MMA - SR100239 (3 Ounce serving)Contains Milk.	140.00	9.00	5.00	0.00	20.00	640.00	6.00	0.00	2.00	10.00	0.00	300.00	200.00	0.00	(M)	(M)
Sauce, Alfredo; 6/#10, land o'lakes, 39049 - SR105915 (1/4 c.)	120.00	9.00	6.00	(M)	30.00	450.00	6.00	0.00	(M)	4.00	0.00	120.00	243.00	0.00	42.00	1.49
Sauce, All Natural Fully Cooked Pizza Sauce, Veg-R - SR100991 (1/4 Cup (8 oz ladle))	45.00	2.50	0.00	0.00	0.00	230.00	4.00	1.00	2.00	1.00	0.72	0.00	500.00	12.00	(M)	(M)
Sauce, Barbecue Sauce, Homemade - SR103362 (1 qt.)	1508.53	3.15	0.86	(M)	4.50	6793.63	360.86	2.98	320.50	13.68	4.61	267.07	3698.90	32.80	674.35	24.56
Sauce, Bar-B-Q, Naturally Fresh, 364 - SR104046 (2 tsp.)	40.00	0.00	0.00	0.00	0.00	200.00	10.00	0.00	8.00	0.00	0.36	0.00	100.00	3.60	(M)	(M)
Sauce, Bar-B-Que Sauce, BBQ, Monarch - SR104476 (1 fl. oz.)	35.44	0.00	0.00	0.00	0.00	200.81	9.45	0.00	(M)	0.00	0.85	0.00	0.00	2.84	(M)	(M)
Sauce, Basic Cheddar Cheese Sauce, Chef-Mate, #10 - SR102282 (1 c.)Contains Milk.	327.36	18.80	6.30	(M)	24.80	1884.80	32.07	0.25	(M)	7.19	0.72	183.52	156.24	2.23	184.04	5.90
Sauce, BBQ Blue Ribbon Texas Sauce, Ken's, KE1055 - SR105322 (1 serv.)	17.50	0.00	0.00	0.00	0.00	120.00	4.50	0.00	2.50	0.00	0.18	0.00	50.00	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)
Sauce, BBQ Hickory Smoke, Ken's, KE0849 - SR104726 (1 2 TBSP (serving))	40.00	0.00	0.00	0.00	0.00	470.00	10.00	0.00	8.00	0.00	0.36	0.00	100.00	0.00	(M)	(M)
Sauce, BBQ Original, SS Cup, Sweet Baby Rays, SJ04 - SR100293 (1 packet)	50.00	0.00	0.00	0.00	0.00	220.00	13.00	0.00	12.00	0.00	0.00	0.00	0.00	2.40	(M)	(M)
Sauce, BBQ Sauce, Cattlemen's St. Louis Original, French's, 10041500053162 - SR104987 (2 Tbsp.)	40.00	0.00	0.00	0.00	0.00	370.00	9.00	2.00	6.00	0.99	(M)	(M)	200.00	(M)	(M)	(M)
Sauce, BBQ, 250/1 oz Cups, Red Gold, REDOA1Z - SR102279 (1 Tbsp.)	30.00	1.00	0.00	0.00	(M)	160.00	7.00	(M)	6.00	0.00	0.18	(M)	50.00	1.20	(M)	(M)
Sauce, BBQ, Heinz, 500100 - SR106086 (2 Tbsp.)	40.00	0.00	0.00	0.00	0.00	390.00	9.00	0.00	1.00	0.00	0.00	0.00	200.00	6.00	(M)	(M)
Sauce, BBQ, SS, Bullseye, 1 oz Tub, Krafts Food In - SR100778 (1 ea.)	45.00	0.00	0.00	0.00	0.00	240.00	10.00	0.00	9.00	0.00	0.99	0.00	0.00	0.00	(M)	(M)
Sauce, Beef Gravy, Sauces Seasonings #3 - SR105507 (2 oz.)Contains Milk, Wheat, Soy.	50.22	0.32	0.01	0.00(M)	0.00(M)	110.98	9.96	0.23(M)	0.30(M)	1.35	0.40(M)	3.27(M)	0.00(M)	0.00(M)	65.11(M)	0.18(M)
Sauce, Beef Spaghetti Sauce, J.T.M., CP5533, MMA, - SR100970 (5 2/3 ounces)	245.99	16.00	5.90	1.00	55.00	541.98	10.00	2.00	8.00	15.00	2.00	36.00	554.98	18.00	(M)	(M)
Sauce, Beef, Spaghetti Sauce with Meat, Smart Picks Reduced Sodium, AdvancePierre Foods, 32433-328, MMA, Veg-RO - SR106603 (1 serv.)Contains Wheat, Soy.	170.00	9.00	3.00	0.50	25.00	300.00	9.00	1.00	5.00	14.00	2.70	20.00	500.00	4.80	(M)	(M)
Sauce, Buffalo - SR106984 (1 Tbsp.)Contains Milk, Soy.	24.94	2.76	1.38	0.00(M)	0.00(M)	444.94	0.11	0.00	0.00(M)	0.01	0.00(M)	0.02(M)	138.07 (M)	0.00(M)	0.00(M)	0.00(M)
Sauce, Buffalo Wing Sauce, Monarch, 919513 - SR100716 (1/2 ounces)	5.00	0.00	0.00	0.00	0.00	420.00	1.00	0.00	0.00	0.00	0.00	0.00	500.00	0.00	(M)	(M)
Sauce, Carolina Tangy Gold, BBQ Sauce - SR102340 (2 Tbsp.)	60.00	0.00	0.00	(M)	(M)	380.00	14.00	(M)	12.00	0.99	(M)	(M)	100.00	(M)	(M)	(M)
Sauce, Cheddar Cheese Sauce, Harvest Value, 447924 - SR105321 (1 serv.)Contains Milk.	80.00	6.00	1.50	2.00	0.00	470.00	7.00	0.00	3.00	1.00	0.00	60.00	0.00	0.00	(M)	(M)
Sauce, Cheddar Cheese, Assault on Sodium, JTM Food - SR101442 (1 1.82 oz Serving (Equals 1 oz MMA))Contains Milk.	108.00	8.00	4.60	0.00	28.00	395.00	2.00	0.00	1.00	7.00	0.00	203.00	389.00	0.00	(M)	(M)
Sauce, Cheese Cheddar, 6/#10, White House - SR106702 (1/4 c.) Contains Milk.	70.00	5.00	1.00	0.00	0.00	510.00	7.00	0.00	3.00	0.00	0.00	50.00	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)
Sauce, Cheese Jalapeno, 6/#10, White House - SR106701 (1/4 c.) Contains Milk.	70.00	5.00	1.00	1.50	0.00	450.00	6.00	0.00	2.00	0.00	0.00	50.00	0.00	0.00	(M)	(M)
Sauce, Cheese Nacho, Shelf Stable, Can, El Pasado, - SR103931 (2 fl. oz.)	60.00	5.00	1.00	0.00	0.00	420.00	4.00	0.00	1.00	1.00	0.36	20.00	0.00	0.00	(M)	(M)
Sauce, Cheese Sauce, Trio - SR106904 (1/4 c.)Contains Milk, Egg, Wheat, Soy.	42.52	0.95	0.00	0.00(M)	0.00	284.92	8.51	0.00	1.89(M)	0.00	0.00	1.42	0.00	0.00	47.35(M)	0.05(M)
Sauce, Cheese Sharp Cheddar, 140 oz bag, Gehls, 05101 - SR106087 (1/4 c.)Contains Milk.	70.00	5.00	2.50	0.00	0.00	560.00	6.00	0.00	1.00	0.00	0.00	20.00	100.00	0.00	(M)	(M)
Sauce, Cheese, Nacho, Trenton Farms-not creditable - SR103036 (1/4 Cup (8 oz ladle))Contains Milk, Soy.	80.00	6.00	1.00	0.00	0.00	560.00	5.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	(M)	(M)
Sauce, Cheese; Fanfare, 6/#10 cans, land o'lakes; - SR103463 (1/4 c.)	60.00	4.50	1.49	(M)	5.00	500.00	5.00	0.00	(M)	1.00	0.00	21.00	90.00	2.50	50.99	1.20
Sauce, Chicken Gravy - SR106886 (1/4 c.)Contains Wheat, Soy.	14.13	0.21	0.00	0.00(M)	1.81	47.14	2.55	0.07	0.00(M)	0.61	0.11	2.03	0.00	0.00	55.55(M)	0.06(M)
Sauce, Chicken or Turkey Gravy - SR103408 (2 tsp.)	39.59	2.27	1.42	0.00(M)	6.02	58.46	3.31	0.08	0.65(M)	1.28	0.21	2.28	66.08	0.11	38.04(M)	0.31(M)
Sauce, Cocktail Sauce, Gallon, Ken's Foods, 4135508511 - SR104885 (1 Tbsp.)	11.25	0.00	0.00	0.00	0.00	187.50	2.50	0.25	2.25	0.25	0.09	0.00	0.00	1.50	(M)	(M)
Sauce, Contadina Spaghetti Deluxe Meatless, Del Mo - SR100968 (1 1/4 cup serving)	35.00	0.75	0.00	0.00	0.00	310.00	6.00	1.00	1.50	1.00	0.72	20.00	375.00	4.50	(M)	(M)
Sauce, Creamed Sauce Accented with Chipped Beef, P - SR101813 (1 pouch)Contains Milk, Wheat, Soy.	170.00	10.00	2.00	1.00	15.00	480.00	11.00	0.99	6.00	8.00	0.72	100.00	0.00	0.00	(M)	(M)
Sauce, Fresh Marinara, RO - SR106982 (1 c.)	94.22	2.56	0.65	0.00(M)	0.00	1884.07	15.70	3.04	4.61(M)	2.91	2.58	158.54	1636.35	37.82	7.62(M)	3.70(M)
Sauce, Gravy for Chicken - SR103075 (3 ounces)Contains Milk.	96.39	6.16	3.70	0.00(M)	21.73	421.88	6.66	0.28	1.30(M)	2.21	0.16	45.77	483.13	0.14	66.55(M)	1.16(M)
Sauce, Hickory BBQ, Monarch - SR106325 (30 grams 1 serving)	35.00	0.00	0.00	0.00	0.00	420.00	8.00	0.00	7.00	0.00	0.00	0.00	100.00	0.00	(M)	(M)
Sauce, Homemade Beef Meat Sauce, 2 MMA, 2WG, 1/4 V - SR100467 (1 portion)Contains Wheat, Gluten.	156.00	6.75	2.20	0.00	67.00	373.00	6.00	1.00	1.50	17.00	2.72	37.00	375.00	4.50	(M)	(M)
Sauce, Honey Mustard, 1 oz Cup, Taste Pleasers Gou - SR101535 (1 Package/Box/Case/Bag) Contains Egg.	70.00	6.00	1.00	(M)	10.00	220.00	4.00	0.00	2.00	0.00	0.18	8.70	1365.00	0.36	(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, Hot Sauce, 7g packet, Heinz, 1750390 - SR106670 (1 pouch)	0.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Sauce, Hot Sauce, Shelf Stable, Monarch, 209461 - SR102718 (1 Tbsp.)	0.00	0.00	0.00	0.00	0.00	135.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	(M)	(M)
Sauce, Hot, 1 Gallon, Texas Pete, 75500-00012 - SR106170 (1 tsp.)	0.00	0.00	0.00	0.00	0.00	65.00	1.00	0.00	0.00	0.00	0.00	0.00	100.00	1.20	(M)	(M)
Sauce, Marinanra Tomato, Red Gold, REDNA99, Veg-RO - SR100299 (1/2 cup (1/2 cup ladle))	110.00	4.50	0.50	0.00	0.00	700.00	14.00	0.50	11.00	2.00	0.72	40.00	750.00	6.00	(M)	(M)
Sauce, Marinara Sauce, Fancy, Villa Frizzoni, Veg- - SR104254 (1/2 c.)	110.00	4.50	0.50	0.00	0.00	700.00	14.00	1.00	11.00	2.00	0.72	40.00	750.00	6.00	(M)	(M)
Sauce, Marinara Sauce, Hyndman, Veg-RO - SR104552 (1/4 c.)	15.32	0.01	0.00	(M)	0.00	326.24	3.63	0.72	1.18(M)	0.83	0.23	4.77	109.30	2.95	39.52(M)	0.75(M)
Sauce, Marinara Tomato, Prepared, Stanislaus Foods Products Co - SR103119 (1/2 c.)	6760.00	312.00	52.00	0.00	0.00	78000.00	936.00	104.00	416.00	104.00	1198.08	4160.00	52000.00	1560.00	(M)	(M)
Sauce, Marinara, 2 oz Cup, SS, Heinz, 529300 - SR105937 (4 Tbsp.)	45.00	1.00	0.00	0.00	0.00	230.00	7.00	2.00	4.00	1.00	0.72	20.00	300.00	18.00	(M)	(M)
Sauce, Marinara, Deluxe, Contadina, #10, Veg-RO - SR104467 (1/2 c.)	70.00	1.50	0.00	0.00	(M)	540.00	11.00	1.00	6.00	1.00	0.72	40.00	500.00	6.00	(M)	(M)
Sauce, Marinara; Sauce, marinara, deluxe, 6/#10 ca - SR100006 (1/2 c.)	70.00	1.99	0.49	(M)	0.00	430.00	11.00	1.99	(M)	2.99	1.60	41.99	550.00	1.99	(M)	(M)
Sauce, Meatless Sauce, 24A, Veg-RO - SR105887 (1/8 c.)	44.64	0.23	0.05	0.00(M)	0.00	306.03	10.45	2.21	6.04(M)	2.21	1.70	30.98	857.63	12.87	54.27(M)	1.82(M)
Sauce, Nacho Jalapeno Cheese Sauce, Gordon Foodservice, 323616 - SR104974 (1/4 c.) Contains Milk, Soy.	70.00	4.50	1.50	0.00	0.00	450.00	6.00	0.00	1.00	1.00	0.00	40.00	100.00	0.00	(M)	(M)
Sauce, Pizza Sauce Fully Prepared 106 oz, Veg-RO - SR102021 (1/4 Cup (8 oz ladle))	30.00	0.00	0.00	0.00	0.00	180.00	6.00	1.00	3.00	1.00	1.08	0.00	750.00	4.80	(M)	(M)
Sauce, Pizza Sauce to Dip with Paste, Veg-RO - SR103725 (4 ounces)	53.35	0.13	0.03	(M)	0.00	578.37	11.77	1.88	4.85(M)	2.54	1.74	40.10	1178.77	20.55	44.62(M)	1.10(M)
Sauce, Pizza Sauce, Red Pack, Veg-RO - SR104066 (1/4 c.)	30.00	0.00	0.00	0.00	0.00	210.00	6.00	1.00	4.00	1.00	0.36	20.00	400.00	2.40	(M)	(M)
Sauce, Pizza Sauce, Veg-RO - SR103340 (3/8 c.)	49.91	0.04	0.01	(M)	0.00	357.13	10.90	1.20	3.81(M)	1.99	2.21	66.28	760.32	16.72	11.78(M)	0.11(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, Pizza Tomato Prepared, Angela Mia, 27000388 - SR100927 (1/4 cup serving)	20.00	0.00	0.00	0.00	0.00	250.00	5.00	1.00	3.00	1.00	0.72	0.00	200.00	3.60	(M)	(M)
Sauce, Pizza w/ Basil, #3328150, V-RO - SR104150 (1/4 c.)	30.00	0.00	0.00	0.00	0.00	180.00	6.00	1.00	3.00	1.00	0.00	0.00	750.00	4.80	(M)	(M)
Sauce, Plain Pizza Sauce to Dip, Veg-RO - SR103724 (4 ounces)	42.85	0.09	0.02	(M)	0.00	533.07	9.27	1.41	3.80(M)	2.01	1.31	31.20	999.76	18.39	49.91(M)	1.04(M)
Sauce, Seafood Cocktail Sauce, Naturally Fresh, 35 - SR104048 (2 tsp.)	25.00	0.00	0.00	0.00	0.00	220.00	5.00	0.00	5.00	0.00	0.36	0.00	100.00	4.80	(M)	(M)
Sauce, Sloppy Joe, Veg-RO - SR100499 (1/4 c.)	30.00	0.00	0.00	0.00	0.00	380.00	7.00	1.00	5.00	1.00	0.72	0.00	300.00	2.40	(M)	(M)
Sauce, Soy, Golden, American Roland Food Corp, 041 - SR104010 (1 Tbsp.)	10.00	0.00	0.00	(M)	0.00	820.00	2.00	0.00	(M)	1.00	0.36	0.00	0.00	0.00	(M)	(M)
Sauce, Soy, Packet, Kikkoman's, - SR106053 (1 Tbsp.)	10.58	0.00	0.00	0.00	0.00	973.54	0.00	0.00	(M)	2.12	(M)	(M)	(M)	(M)	(M)	(M)
Sauce, Spaghetti Sauce with Meat, AdvancePierre Foods, 32413-328, MMA, Veg-RO - SR106625 (1 serv.)Contains Wheat, Soy.	150.00	6.00	2.50	0.00	20.00	830.00	10.00	2.00	7.00	15.00	2.70	20.00	750.00	6.00	(M)	(M)
Sauce, Spaghetti Sauce with Tomato Bits, Canned, C - SR101170 (1/2 c.)	60.00	0.00	0.00	0.00	0.00	520.00	12.00	3.00	8.00	2.00	1.08	20.00	300.00	6.00	(M)	(M)
Sauce, Spaghetti Sauce, Contadina Foods Inc, Veg-R - SR102546 (1/2 c.)	70.00	1.50	0.00	0.00	(M)	560.00	12.00	2.00	7.00	2.00	1.08	20.00	500.00	9.00	(M)	(M)
Sauce, Spaghetti Sauce, Furmano's, Bella Vista - SR104990 (1/2 c.)Contains Soy.	45.00	1.50	0.00	0.00	0.00	360.00	8.00	2.00	4.00	2.00	1.08	20.00	500.00	9.00	(M)	(M)
Sauce, Spaghetti Sauce, Home Style, Canned, #10, V - SR102783 (1/2 c.)	50.00	1.00	1.00	0.00	0.00	360.00	9.00	2.00	7.00	2.00	1.08	20.00	500.00	2.40	(M)	(M)
Sauce, Spaghetti Sauce, Red Gold, 205391, Veg-RO - SR100498 (1/2 c.)	80.00	0.00	0.00	(M)	0.00	500.00	14.00	3.00	6.00	3.00	1.08	20.00	750.00	9.00	(M)	(M)
Sauce, Spaghetti Sauce, RedPack, Nutritionally Enh - SR102875 (1/2 c.)	60.00	1.00	0.00	0.00	0.00	140.00	12.00	2.00	9.00	2.00	1.08	20.00	5000.00	60.00	(M)	(M)
Sauce, Spaghetti Tomato Meatless, Red Pack, Red Gold Inc, 3-00-7249-82100-3, RPKMA9C, Veg-RO - SR100647 (1/2 cup serving)	80.02	3.00	1.00	0.00	0.00	610.12	11.00	2.00	7.00	2.00	1.08	40.01	500.10	4.80	(M)	(M)
Sauce, Spaghetti, Home Style, Furman Food Inc, 103 - SR100834 (1/2 Cup (8 oz ladle))	50.00	1.00	1.00	0.00	0.00	360.00	9.00	2.00	7.00	2.00	1.08	20.00	(M)	2.40	(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, Spaghetti, Multi Purpose, Red Gold, 72940-8 - SR101884 (1/2 cup (1/2 cup ladle))	80.00	3.00	1.00	0.00	0.00	610.00	11.00	2.00	7.00	2.00	1.08	40.00	500.00	4.80	(M)	(M)
Sauce, Spaghetti, Veg-RO - SR104671 (2 oz.)	25.73	0.14	0.03	(M)	0.00	310.09	5.97	1.22	3.81(M)	1.26	0.94	13.99	439.08	6.37	52.69(M)	1.05(M)
Sauce, Sweet & Sour Sauce, Monarch, 272990 - SR101174 (1 portion)Contains Wheat, Soy.	50.00	0.00	0.00	0.00	0.00	85.00	13.00	0.00	11.00	0.00	0.00	0.00	200.00	1.20	(M)	(M)
Sauce, Sweet and Sour, 1 oz packets, Kraft Food, - SR102814 (1 individual packet)	45.00	0.00	0.00	0.00	0.00	105.00	11.00	0.00	10.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sauce, Sweet N Sour, Sauces Seasonings #14 - SR106303 (1/2 oz.)	20.94	0.00	0.00	0.00(M)	0.00	168.72	5.15	0.00	3.57(M)	0.15	0.06	0.32	0.00	0.00	4.04(M)	0.00(M)
Sauce, Taco Sauce, Portion Pac, 0041570 - SR100292 (1 pouch)	5.00	0.00	0.00	0.00	0.00	95.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sauce, Taco, 9g packet, Heinz - SR106672 (1 piece)	4.64	0.04	0.01	(M)	0.00	94.15	1.03	0.06	(M)	0.08	0.08	1.02	30.93	0.06	7.51	0.10
Sauce, Teriyaki, Kikkoman's - SR101620 (1 Tbsp.)	16.02	0.00	0.00	0.00	0.00	689.94	2.80	0.02	(M)	1.07	0.31	4.50	0.00	0.00	12.18	1.88
Sauce, Tomato Sauce, Canned, #10, Veg-RO - SR101276 (1/4 cup serving)	15.00	0.00	0.00	0.00	0.00	280.00	3.00	1.00	3.00	0.99	0.36	0.00	200.00	4.80	(M)	(M)
Sauce, Tomato Sauce, Veg-RO - SR104164 (1/2 c.)	47.23	0.52	0.07	(M)	0.00	461.59	8.44	1.23	0.14(M)	2.36	2.45	72.02	860.45	18.68	5.95(M)	0.04(M)
Sauce, Trio Cheese Sauce Prepared, 8/32 oz - SR106877 (1 c.)	151.20	5.67	0.00	(M)	0.00	1177.22	22.68	0.00	0.00(M)	3.78	0.00	156.64	0.00	0.00	181.26 (M)	0.18(M)
Sauce, Worcestershire - SR104037 (1 c.)	214.50	0.00	0.00	(M)	0.00	2695.00	53.52	0.00	(M)	0.00	14.57	294.25	217.25	35.75	215.99	5.50
Sauerkraut, Canned, Solids And Liquids, Veg-O - SR103154 (1 c.)	26.98	0.20	0.05	(M)	0.00	938.62	6.08	4.12	(M)	1.29	2.09	42.60	25.56	20.87	131.38	3.05
Sausage Biscuit, Beef Mini on WG, AdvancePierre Foods, 1297, MMA, WG - SR106205 (3 1/4 oz.) Contains Milk, Wheat, Soy, Gluten.	226.65	9.85	4.43	0.00	19.71	551.83	25.62	2.96	2.96	9.85	2.07	108.30	43.45	41.39	(M)	(M)
Sausage Patty, Southern-Style, J.T.M. Food Group, CP5649, MMA - SR104948 (1 1/3 oz.)	45.24	3.77	1.43	0.00	9.05	115.74	0.38	0.00	(M)	2.26	0.00	6.03	21.11	0.00	(M)	(M)
Sausage, All Beef 7" 4-1 Ref, Berks Packaging Comp - SR104597 (4 ounces)	310.00	28.00	12.00	1.00	60.00	1020.00	1.00	0.00	0.00	12.00	1.80	20.00	200.00	0.00	(M)	(M)
Sausage, Beef on a Whole Grain Bun, AdvancePierre Foods, 0464, MMA, WG - SR106202 (2 5/8 oz.) Contains Wheat, Soy, Gluten.	176.78	5.89	1.96	0.00	19.64	422.31	20.63	1.96	4.91	9.82	1.96	44.10	40.10	60.88	(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)
Sausage, Breakfast Pork, Homemade, MMA - SR107101 (2 oz.)	213.10	12.82	4.76	0.11(M)	73.33(M)	587.01	3.69	0.03(M)	3.56(M)	19.55	1.38(M)	24.95(M)	7.95	0.02	50.39(M)	2.15(M)
Sausage, Chicken, Breakfast Sausage, Tyson Foodservice, 17443-328, MMA - SR105974 (1 patty)	90.00	5.00	1.50	0.00	35.00	240.00	1.00	0.00	0.00	10.00	0.72	0.00	0.00	0.00	(M)	(M)
Sausage, Fully Cooked & Browned Sausage Link, Low Sodium, Jones Dairy Farm, 028510, MMA - SR103573 (1 link)	100.00	7.00	3.00	0.00	25.00	170.00	1.00	0.00	0.00	7.00	0.36	0.00	0.00	0.00	(M)	(M)
Sausage, Fully Cooked Pork Sausage Links, 1.2 oz, - SR102134 (2 links)	130.00	9.00	3.00	0.00	40.00	270.00	1.00	0.00	0.00	12.00	1.44	20.00	0.00	0.00	(M)	(M)
Sausage, Links, All Natural, Fully Cooked - SR100256 (1 1/4 oz.)	130.00	13.00	5.00	0.00	25.00	190.00	0.00	0.00	(M)	4.00	0.19	13.53	11.43	0.06	12.70	(M)
Sausage, Links, Turkey, Frozen, Patuxent Farms, 41 - SR103079 (56 grams 1 serving)	120.00	9.00	2.50	0.00	45.00	320.00	0.00	0.00	0.00	8.00	0.72	0.00	100.00	0.00	(M)	(M)
Sausage, Patty, Turkey, Fully Cooked, Jimmy Dean, - SR103083 (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)
Sausage, Pork Link Skinless Cooked 16:1 3.25", Jim - SR102906 (57 grams)	260.00	26.00	9.00	0.00	45.00	550.00	0.00	0.00	0.00	6.00	0.36	20.00	0.00	0.00	(M)	(M)
Sausage, Pork Link, Skinless, 1.25 oz., Cooked, Low Sodium, JTM Food Group, 5617CE, MMA - SR102744 (1 link)	90.00	7.00	2.50	0.00	23.00	230.00	0.00	0.00	0.00	6.00	0.00	12.00	20.00	0.00	(M)	(M)
Sausage, Pork Link, Skinless, Breakfast, Cooked, J - SR102483 (2 link)	240.00	24.00	10.00	0.00	50.00	400.00	0.00	0.00	0.00	8.00	0.72	0.00	0.00	0.00	(M)	(M)
Sausage, Pork Sausage Patty, 1.25 oz., Cooked, JTM Food Group, 5646, 1 MMA - SR105896 (1 patty)	90.00	7.00	2.50	0.00	23.00	148.00	0.00	0.00	0.00	6.00	0.00	12.00	20.00	0.00	(M)	(M)
Sausage, Pork/Soy, School House Patty 1.25 oz., Br - SR102743 (1 patty)	90.00	7.00	2.50	0.00	20.00	170.00	1.00	(M)	(M)	6.00	0.36	20.00	(M)	(M)	(M)	(M)
Sausage, Pre-Browned Sausage Links with Pork & Tur - SR101856 (3 links)	140.00	11.00	4.00	0.00	55.00	300.00	1.00	0.00	1.00	9.00	1.08	60.00	0.00	0.00	(M)	(M)
Sausage, Prima Porta Hot Spicy 22%, Hatfield, 2289 - SR102147 (2 ounces)	70.88	2.53	1.01	0.00	25.31	556.88	3.04	0.00	3.04	9.11	0.37	0.00	0.00	2.43	(M)	(M)
Sausage, SMO Plain 5/1 5.25", Berks Packing Co, 20 - SR102487 (1 sausage)	190.00	15.00	4.50	0.00	60.00	910.00	4.00	0.00	3.00	10.00	1.08	20.00	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)
Sausage, Smoked Sausage on a Roll, MMA, WG - SR102589 (1 Sausage on a Roll)Contains Wheat, Soy.	310.00	16.00	4.50	0.00	60.00	1190.00	26.00	2.00	6.00	15.00	2.52	60.00	0.00	1.20	(M)	(M)
Sausage, Split Italian Sausage Links, Cooked, JTM - SR101445 (1 Link (2.48 oz = 2 oz MMA))	184.00	14.00	5.00	0.00	46.00	489.00	1.00	0.00	0.00	13.00	1.00	29.00	64.00	0.00	(M)	(M)
Sausage, Turkey on a Whole Grain Bun Mini, AdvancePierre Foods, 0465, MMA, WG - SR106203 (2 1/2 oz.)Contains Wheat, Soy, Gluten.	158.95	4.97	1.49	0.00	24.84	377.50	19.87	1.99	3.97	9.93	1.49	27.42	10.94	61.45	(M)	(M)
Sausage, Turkey Pattie, Seasoned, Smart Picks, 1.15 oz, AdvancePierre Foods, 29324-0, MMA - SR105901 (1 patty) Contains Soy.	70.00	4.00	1.00	0.00	25.00	210.00	0.00	0.00	0.00	7.00	0.36	0.00	0.00	0.00	(M)	(M)
Sausage, Turkey Patty 1.35 oz , Cooked Frozen, Jon - SR102685 (1 ea.)	89.94	6.92	1.47	0.00	61.24	223.89	0.60	0.00	0.00	5.89	0.41	12.25	0.00	0.19	(M)	(M)
Sausage, Turkey Patty 1.5 oz Mild Raw Frozen Child - SR101867 (3 ounces)	210.00	16.00	5.00	0.00	85.00	520.00	1.00	0.00	0.00	15.00	0.00	0.00	0.00	0.00	(M)	(M)
Sausage, Turkey Patty, Cooked, Frozen Bulk, 128/1.25 oz., Sara Lee, 15938, MMA - SR103199 (2 1/2 ounces)	110.00	8.00	2.00	0.00	40.00	450.00	1.00	0.00	1.00	12.00	1.08	20.00	0.00	0.00	(M)	(M)
Sausage, Turkey, Links, Fully Cooked, Jimmy Dean, - SR104072 (1 link)	29.99	2.00	0.50	0.00	10.00	96.64	0.33	0.00	0.33	3.33	0.24	6.67	0.00	0.00	(M)	(M)
School Wheat 24 oz, Butter Krust, #320, WG - SR101705 (1 slice (1 oz))Contains Wheat, Soy, Gluten.	60.00	1.00	0.00	0.00	0.00	130.00	11.00	1.00	1.00	3.00	0.72	40.00	0.00	0.00	(M)	(M)
Scrambled Egg/Cheese Biscuit, WG, MMA - SR106232 (1 ea.)	153.80	8.77	3.31	0.00(M)	193.59	268.44	7.69	0.40	0.19(M)	10.88	1.28	423.75	823.98	0.03	38.08(M)	0.53(M)
Seasoned Green Beans, Veg-O - SR105383 (1/2 c.)	42.18	1.97	0.38	0.34(M)	0.00	157.65	6.09	2.36	1.96(M)	1.18	0.52	33.53	518.65	3.22	81.63	0.78
Seasoning, Chicken Base, Culinary Secrets - SR102522 (3/4 tsp.)	10.00	1.00	0.00	(M)	3.00	876.00	1.00	(M)	0.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
Seasoning, Ham Base, Gourmet, Culinary Secrets - SR102512 (1 tsp.)	15.00	0.00	0.00	(M)	0.00	825.00	2.00	(M)	1.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
Seasoning, Potato Wedge Seasoning, Sauces Seasonings #8 - SR105519 (1 c.)	278.29	2.48	0.48	(M)	0.00	60415.31	61.23	13.26	4.46(M)	11.96	7.07	216.34	7145.11	7.52	6.20(M)	159.20 (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)
Seasoning, Poultry Seasoning, Sauces Seasonings #9 - SR105513 (1 c.)	302.22	1.24	0.47	(M)	0.00	36981.93	67.60	11.54	3.66(M)	12.46	5.63	258.08	187.68	10.54	5.71(M)	98.60(M)
Seasoning, Salad Supreme, Perfect Pinch, McCormick - SR101710 (1/4 tsp.)	0.00	0.00	0.00	(M)	0.00	55.00	0.00	(M)	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Seasoning, Steak, Sauces Seasonings #12 - SR106302 (1 tsp.)	2.86	0.03	0.01	(M)	0.00	609.03	0.63	0.14	0.05(M)	0.12	0.08	2.41	72.58	0.09	0.06(M)	1.61(M)
Seasoning, Taco & Tostado, Panch Villa, 5 Lb. Gene - SR102800 (2 tsp.)	20.00	0.00	0.00	0.00	0.00	470.00	4.00	0.00	1.00	0.00	0.36	0.00	400.00	0.00	(M)	(M)
Seasoning, Taco Seasoning Mix - SR103985 (2 tsp.)Contains Wheat.	20.00	0.00	0.00	0.00	0.00	470.00	4.00	0.99	1.00	1.00	0.72	20.00	1000.00	1.20	(M)	(M)
Seasoning, Taco Seasoning, Tone's - SR100867 (2 tsp.) Contains Wheat.	20.00	0.00	0.00	(M)	(M)	470.00	4.00	0.99	1.00	1.00	0.36	(M)	400.00	(M)	(M)	(M)
Seasoning, Ybm Chicken Coating, WG - SR103847 (1/2 oz.)	58.26	0.58	0.13	0.00(M)	0.00(M)	125.91	11.50	0.56(M)	0.63(M)	1.77	0.86(M)	19.48(M)	17.09	0.00	0.67(M)	0.29(M)
Seeds, Sesame Seeds, Whole, Dried, MMA - SR104007 (1 c.)	825.12	71.53	10.02	(M)	0.00	15.84	33.77	16.99	(M)	25.53	20.95	1404.00	12.96	0.00	6.75	6.41
Seeds, Sunflower, Lightly Salted, MMA - SR102540 (1 Ounce serving)	164.43	14.55	1.57	(M)	0.00	55.85	5.22	1.13	(M)	6.17	1.83	31.47	10.77	0.31	1.45	0.96
Shirmp, Poppers, Sea Pak/Rich's, 47020, Commodity MMA, Non-WG - SR105992 (3 5/8 oz.)	190.34	10.38	1.73	(M)	34.61	605.64	16.44	1.73	(M)	8.65	1.73	25.96	5.19	0.00	45.59	2.00
Shortening, Creamy Liquid, Canola - SR103498 (1 Tbsp.)	120.00	13.00	2.50	(M)	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Shortening, Industrial Lard and Vegetable Oil - SR106995 (1 c.)	1845.00	205.00	73.19	(M)	114.80	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Shredded Lettuce and Tomato, Veg-O - SR105405 (1 portion)	5.28	0.06	0.01	(M)	0.00	2.44	1.13	0.40	0.76	0.29	0.11	4.56	221.39	2.77	31.26	0.14
Shrimp, SeaPak, Poppers Made Whole Grain, Rich's Foodservice, SeaPak, 47039, MMA, WGR - SR104481 (20 pieces)Contains Milk, Crustacean Shellfish, Wheat, Soy.	230.00	11.00	1.50	0.00	60.00	490.00	22.00	3.00	1.00	12.00	2.30	31.00	110.00	1.00	(M)	(M)
Shrimp, Shrimp Mates Breaded, Fishery Products International, 1089620, MMA, Non-WG - SR106558 (10 pieces)Contains Milk, Egg, Fish, Wheat, Soy.	220.00	14.00	2.00	0.00	65.00	660.00	16.00	1.00	1.00	8.00	4.50	20.00	0.00	0.00	(M)	(M)
Shrimp, Shrimp Mates Popcorn, Fishery Products Int - SR102852 (21 pieces)	210.00	8.00	1.00	0.00	45.00	580.00	27.00	0.00	1.00	8.00	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)
Side Dish, Cheesiest, Con Queso, Max, Bites, 4.02 oz., Conagra Foods, 7738712658, MMA, WG - SR104696 (3 pieces)Contains Milk, Wheat, Soy.	260.00	10.00	2.50	0.00	10.00	600.00	30.00	4.00	2.00	15.00	1.80	200.00	100.00	0.00	(M)	(M)
Side Dish, Chili, #8, Veg-BP, MMA, Veg-RO, Veg-BP - SR106297 (8 oz.)	166.53	5.80	2.17	0.00(M)	32.81(M)	1316.86	16.01	5.33	2.15(M)	14.90	1.76(M)	26.21(M)	346.99 (M)	6.78(M)	113.70 (M)	3.05(M)
Side Dish, Red Beans & Rice, #22, WG, Veg-BP - SR106294 (1 #10 scoop)	140.53	0.74	0.15	0.00(M)	0.00	826.08	26.79	3.96	0.05(M)	5.39	1.14	41.15	223.28	0.00	105.28 (M)	1.34(M)
Side Dish, Vegetable Slaw, #30, Veg-O - SR106563 (1/2 c.)	348.63	32.88	4.91	0.00(M)	0.00(M)	482.20	14.12	1.46	12.04(M)	0.78	0.48	29.13	1161.40	20.27	57.44(M)	1.62(M)
Side Dishes, Lettuce & Tomato, Veg-RO, Veg-O - SR106804 (1 PLATE)	17.11	0.18	0.03	(M)	0.00	7.39	3.67	1.25	2.47	0.93	0.34	13.91	728.76	9.63	99.37	0.46
Side Dishes, Rice Confetti, Non-WG - SR106800 (1/2 c.)	101.91	1.60	0.30	0.17(M)	0.22	115.64	19.45	0.46	0.28(M)	2.01	0.87	10.90	159.03	4.20	125.82 (M)	0.48(M)
Side Salad, E-33, Veg-DG, Veg-O - SR106388 (1 salad)May contain Soy.	60.61	5.13	0.81	0.00(M)	4.00	102.61	3.57	0.77	1.77	0.72	0.25(M)	13.22(M)	303.36 (M)	4.21(M)	14.53(M)	0.08(M)
Side, Baked Beans, Veg-BP - SR103128 (1/2 c.)	138.67	0.45	0.08	0.00(M)	0.00	261.15	32.51	4.68	8.40(M)	5.44	1.42	41.36	192.66	0.57	0.59(M)	0.03(M)
Side, Chips with Salsa, WG, Veg-RO - SR102370 (1 ea.)	76.00	1.50	0.25	0.00(M)	0.00	610.16	15.00	2.98	4.00	1.00	0.18	10.00	200.32	0.00	56.70(M)	3.30(M)
Slasa, Confetti Bean Salsa, Veg-BP, Veg-S, Veg-RO - SR105864 (1/2 c.)	101.61	0.46	0.10	0.00	0.00	133.78	19.79	6.29	(M)	5.71	2.46	31.62	278.73	4.49	(M)	(M)
Snack, Rice Krispies Treats Bar, Original, 1.3 oz, Kellogg's, 26547 Non-WG - SR104950 (1 Bar) Contains Milk, Soy.	150.00	4.00	1.00	0.00	0.00	170.00	28.00	0.00	13.00	1.00	0.36	0.00	300.00	0.00	(M)	(M)
Snack, Simply Chex Brand, Cheddar, General Mills Inc, 16000-31932, WGR - SR101987 (1 Bag)Contains Milk, Wheat. May contain Soy.	110.00	2.50	0.50	0.00	0.00	135.00	20.00	2.00	4.00	2.00	0.36	0.00	0.00	0.00	(M)	(M)
Snack, Simply Chex Brand, Strawberry Yogurt, General Mills, 16000-31937, WGR - SR100995 (1 bag, single serving)Contains Milk, Wheat, Soy.	120.00	3.00	1.00	0.00	0.00	55.00	23.00	2.00	6.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Snack, Trail Mix, Granola Cup, MMA, F - SR103766 (4 oz.)	350.30	5.19	0.97	0.00(M)	0.00	63.14	75.81	5.04	13.30(M)	3.86	1.52	37.07	485.97	1.68	4.80(M)	0.73(M)
Snacks, Cheetos, Baked Crunchy Cheese, .875 oz, PepsiCo, 21642, Non-WG - SR106492 (1 Bag) Contains Milk.	120.00	4.50	0.50	0.00	0.00	200.00	17.00	0.99	0.99	2.00	0.72	100.00	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)
Snacks, Cheetos, Baked Flamin Hot, .875 oz, PepsiCo, 21642, Non-WG - SR106493 (1 Bag) Contains Milk.	120.00	4.50	0.50	0.00	0.00	190.00	18.00	0.99	1.00	2.00	0.72	100.00	0.00	0.00	(M)	(M)
Snacks, Cheetos, Crunchy Cheese, .625 oz, PepsiCo, Non-WG - SR106511 (1 Bag)Contains Milk.	100.00	6.00	1.00	0.00	0.00	160.00	8.00	0.00	1.00	1.00	0.36	0.00	0.00	0.00	(M)	(M)
Snacks, Cheetos, Crunchy Cheese, 1 oz, PepsiCo, Non-WG - SR106489 (1 Bag)Contains Milk.	150.00	10.00	1.50	0.00	0.00	250.00	13.00	0.99	1.00	2.00	0.36	0.00	0.00	0.00	(M)	(M)
Snacks, Cheetos, Crunchy Cheese, 2 oz, PepsiCo, Non-WG - SR106498 (1 Bag)Contains Milk.	310.00	21.00	3.50	0.00	0.00	500.00	26.00	1.00	2.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Snacks, Cheetos, Flamin' Hot, 1 oz, PepsiCo, Non-WG - SR106490 (1 Bag)Contains Milk.	160.00	11.00	1.50	0.00	0.00	250.00	13.00	0.99	0.00	1.00	0.36	0.00	0.00	0.00	(M)	(M)
Snacks, Chewy Granola Bar Honey Almond Flax, 72/1.2 oz, Kashi, WG - SR105757 (1 g.)	397.00	14.40	1.30	0.00	0.00	296.00	54.90	11.30	(M)	20.50	4.10	116.60	19.00	0.00	(M)	(M)
Snacks, Chex Mix Brand Hot N' Spicy, General Mills Inc, 16000-31934, WGR - SR106477 (1 Bag)Contains Milk, Wheat, Soy.	110.00	3.00	0.50	0.00	0.00	140.00	19.00	2.00	2.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Snacks, Chex Mix Brand Traditional, General Mills, 12400, Non-WG - SR106476 (1 pouch) Contains Wheat, Soy.	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Snacks, Kid's Mix, .875 oz, Quaker, Non-WG - SR106491 (1 Bag)Contains Milk.	110.00	4.00	0.50	0.00	0.00	200.00	18.00	1.00	4.00	2.00	1.80	0.00	500.00	6.00	(M)	(M)
Snacks, Pretzels, Honey Wheat Braided, 2 oz, Rold Gold, Non-WG - SR106506 (2 oz.)	220.00	2.00	0.00	(M)	0.00	470.00	47.00	2.00	(M)	4.00	1.65	10.00	0.00	0.00	(M)	(M)
Snacks, Pretzels, Tiny Twists, Rold Gold, .5 oz, Non-WG - SR106513 (1/2 oz.)	50.00	0.50	0.00	(M)	0.00	290.00	11.00	1.00	(M)	1.00	1.65	10.00	0.00	0.00	(M)	(M)
Snacks, Rice Krispies Treats Bar Double Chocolatey Chunk, Kellogg's, Non-WG - SR106518 (1 Bar)Contains Milk, Soy.	170.00	7.00	4.00	0.00	0.00	125.00	26.00	1.00	14.00	1.00	0.36	0.00	300.00	0.00	(M)	(M)
Snacks, Ultimate cheddar Mix, 1.75oz, Quaker, Non-WG - SR106507 (1 3/4 oz.)	230.00	8.00	1.50	(M)	4.00	410.00	34.00	2.00	(M)	5.00	6.30	39.99	400.00	66.00	(M)	(M)
Snacks; Stretch Island Fruit Co. Fruit Strip Autum - SR104217 (1 g.)	328.00	1.00	0.00	0.00	0.00	44.00	78.00	9.80	(M)	1.70	0.80	0.50	327.00	29.00	(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)
Soup, Ybm Cream of Mushroom Soup, Veg-O - SR103934 (8 oz.) Contains Milk.	41.74	0.40	0.06	0.00(M)	0.89(M)	355.52	6.66	1.86	2.96(M)	3.83	0.81(M)	69.69(M)	2630.91 (M)	1.81(M)	213.87 (M)	1.13(M)
Soup, Ybm Soup Mushroom Barley, Veg-O, Veg-RO, WG - SR103944 (1 c.)	79.67	0.61	0.11	0.00(M)	0.00	1072.65	17.01	4.35	2.12(M)	3.32	1.05	26.62	5087.15	2.77	242.53 (M)	3.55(M)
Soup, Ybm Soup Tomato Rice, Veg-RO, WG - SR103948 (8 oz.)	90.64	0.28	0.06	0.00(M)	0.00	639.53	20.48	1.95	5.09(M)	1.57	1.77	18.90	802.58	7.23	0.49(M)	0.11(M)
Soup, Bean Soup, MMA, Veg-BP, Veg-O - SR103354 (1 cup serving)	221.98	2.96	0.74	0.00(M)	9.18	358.24	35.29	10.67	3.34(M)	14.14	2.79	77.42	801.94	3.14	178.04 (M)	1.22(M)
Soup, Beef Barley Soup, MMA, Veg-RO, WG - SR103665 (6 ounces)	188.40	5.99	2.18	0.38(M)	31.89	500.39	20.74	4.67	1.20	13.09	2.06	37.17	2702.14	4.88	407.89	2.81
Soup, Beef Stew, D-14, MMA, Veg-O, - SR105102 (1 c.)	210.20	6.40	2.00	0.21(M)	56.13	329.10	17.54	3.14	0.40(M)	21.40	3.08	34.28	4488.38	6.71	185.40 (M)	1.53(M)
Soup, Broccoli and Cheese Soup, Veg-DG - SR104519 (1/2 c.) Contains Milk.	63.86	3.54	1.66	0.00(M)	6.67	380.75	5.58	0.64	1.61(M)	2.86	0.24	71.65	241.28	12.73	43.81(M)	0.98(M)
Soup, Broccoli Cheese Soup, Condensed, Red and Whi - SR103663 (1/2 c.)	100.44	4.50	2.00	0.00	4.96	819.64	12.00	0.00	0.00	2.00	0.00	39.68	999.44	1.24	103.04	2.46
Soup, Cabbage Noodle, Veg-O, Veg-RO - SR103913 (8 oz.)	46.53	0.14	0.01	0.00(M)	0.00(M)	1066.60	10.26	1.05(M)	4.45(M)	1.39	0.49	24.41	1367.91	12.27	208.80 (M)	2.84(M)
Soup, Cabbage Roll Soup, TVASD, Veg-O, Veg-RO, MMA, Non-WG - SR104789 (1 c.) Contains Milk, Wheat, Soy.	238.53	5.83	1.67	0.00(M)	25.31	506.14	32.44	2.72	12.88(M)	12.12	2.10(M)	47.75(M)	588.07 (M)	30.52(M)	232.69 (M)	1.15(M)
Soup, Chicken and Rice, Side Dish #7, MMA - SR106299 (1/2 c.)	65.09	2.53	0.64	0.00(M)	17.99	342.25	3.77	0.48	0.49(M)	6.63	0.31	11.93	797.07	0.75	117.44 (M)	1.03(M)
Soup, Chicken Corn Noodle Soup, MMA, WG, Veg-S - SR103030 (1 1/4 c.)Contains Egg, Wheat.	253.34	5.97	1.44	0.00(M)	129.19 (M)	151.61	23.29	3.17	0.57(M)	31.00	1.98(M)	18.67(M)	201.43 (M)	2.05(M)	16.03(M)	0.22(M)
Soup, Chicken Noodle Soup, Condensed, CAMPBELL'S R - SR104092 (1 serving 1/2 cup)	60.48	2.00	0.50	0.00	15.12	889.56	8.00	1.01	(M)	3.00	0.37	0.00	200.34	0.00	110.50	2.50
Soup, Chicken Noodle Soup, MMA, Non-WG - SR103598 (6 ounces)	119.25	2.67	0.79	0.01(M)	27.56	1012.10	14.63	0.77	1.01	8.67	1.26	17.76	36.12	0.45	60.56	2.72
Soup, Chicken Noodle, Cambria County, Non-WG - SR104934 (8 oz.)Contains Egg, Wheat, Gluten.	108.24	5.08	1.16	0.00(M)	11.34	1607.54	13.33	0.59	0.82(M)	2.25	0.68	32.16	285.82	0.84	299.33 (M)	4.54(M)
Soup, Chicken or Turkey and Egg Noodle Soup, MMA, - SR104222 (1 Cup (8 oz ladle))	166.05	3.60	0.97	0.01(M)	21.52	361.17	21.01	1.74	4.48(M)	12.51	1.18	25.63	1043.83	1.93	246.64 (M)	1.82(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)
Soup, Chicken or Turkey and Noodles, MMA, Non-WG - SR103333 (8 fl. oz.)	177.72	4.18	1.38	0.00(M)	33.69	366.21	22.62	2.06	0.34(M)	17.98	1.02	49.55	66.40	0.79	33.81(M)	0.29(M)
Soup, Chicken or Turkey Noodle Soup, MMA, Non-WG - SR103809 (1 Cup (8 oz ladle))	187.05	4.74	1.28	0.01(M)	34.01	460.04	21.37	1.02	5.90(M)	13.76	1.38	26.83	1375.16	2.23	312.10 (M)	2.41(M)
Soup, Chicken Vegetable Soup, MMA, Veg-O - SR102447 (6 ounces)	65.73(M)	1.50(M)	0.45(M)	(M)	12.21(M)	114.80 (M)	7.28(M)	2.11(M)	(M)	5.30(M)	0.56(M)	13.19(M)	2678.30 (M)	5.49(M)	43.29(M)	0.32(M)
Soup, Chili, MMA, Veg-BP, Veg-RO - SR104605 (6 oz.)	285.12	8.91	3.18	0.54(M)	39.58	664.49	30.73	9.41	2.11(M)	21.11	4.36	102.88	526.10	12.65	158.63 (M)	3.26(M)
Soup, Condensed Tomato Soup, Prepared, Healthy Request, Campbell's Foodservice, 0051000041456, Veg-RO - SR106789 (1 c.)	80.00	1.00	0.50	0.00	0.00	410.00	16.00	1.00	10.00	1.00	0.36	0.00	400.00	6.00	(M)	(M)
Soup, Corn Chowder, MMA, Veg-S - SR104547 (1 serv.)Contains Milk.	251.16	6.29	1.59	0.00(M)	33.75	82.10	34.28	2.28	2.71(M)	16.58	1.52	65.38	253.80	12.64	209.83 (M)	1.95(M)
Soup, Cream of Broccoli Soup, Veg-DG - SR101501 (1/2 Cup (8 oz ladle))	140.00	10.00	1.50	0.00	0.00	730.00	12.00	2.00	3.00	1.00	0.00	40.00	100.00	1.20	(M)	(M)
Soup, Cream of Chicken Soup, Condensed, Canned - SR103964 (1 serving 1/2 cup)Contains Milk.	120.28	8.00	2.50	0.00	9.92	870.48	9.99	1.98	(M)	2.00	0.36	0.00	300.08	0.00	103.91	0.87
Soup, Cream of Mushroom Soup, Canned, Campbell's F - SR101272 (1/2 Cup (8 oz ladle))	80.00	4.00	0.50	0.00	5.00	790.00	9.00	2.00	1.00	2.00	0.00	0.00	0.00	0.00	(M)	(M)
Soup, Ham & Bean Soup, Veg-BP - SR102463 (6 ounces)	287.99	1.01	0.18	0.00(M)	0.00	20095.58	39.45	8.16	15.89(M)	9.33	2.50	62.86	428.02	1.36	50.52(M)	0.71(M)
Soup, Homestyle Chicken Noodle, Reconstituted, Campbell's Foodservice, 08169, MMA - SR106686 (1 c.)Contains Egg, Wheat.	70.00	2.00	0.50	0.00	15.00	790.00	10.00	0.00	1.00	4.00	0.36	20.00	100.00	9.00	(M)	(M)
Soup, Lentil, Veg-BP - SR103910 (8 oz.)	147.83	0.01	0.00	(M)	0.00(M)	14.02	26.31	11.01	0.15(M)	9.79	3.51(M)	61.76(M)	0.07(M)	2.17(M)	3.08(M)	0.02(M)
Soup, Minestrone, Canned; Minestrone soup; as serv - SR103055 (1/2 c.)	80.00	2.50	1.00	(M)	4.99	979.99	11.99	1.99	(M)	3.00	0.72	20.00	3000.00	3.59	(M)	(M)
Soup, Mushroom Barley Soup, WG, Veg-O - SR105425 (1 1/2 c.)	124.94	3.43	0.50	(M)	0.00	604.29	21.54	4.38	0.70	2.92	0.80	17.45	9.62	0.92	119.72	2.04
Soup, Navy Bean Soup WB, MMA, Veg-BP, Veg-RO - SR102079 (6 fl. oz.)	121.38	1.63	0.14	0.00(M)	1.48	569.79	17.82	5.51	2.08(M)	9.41	1.88	87.73	2332.33	6.90	187.74 (M)	0.43(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)
Soup, New England Clam Chowder, Campbells, MMA - SR104469 (1/2 c.)	90.00	2.00	0.50	0.00	5.00	650.00	15.00	1.00	1.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
Soup, New England Clam Chowder, Veg-S - SR103649 (6 ounces)	96.21	2.73	0.69	(M)	10.89	822.48	11.67	0.67	2.22(M)	5.54	0.50	95.47	168.01	3.48	88.95(M)	0.43(M)
Soup, Pasta, Fagioli, Veg-RO - SR102547 (1/2 Cup (8 oz ladle)) Contains Wheat.	54.06	0.58	0.03	0.00(M)	1.21	224.57	10.05	1.91	0.76(M)	2.82	0.35	37.06	903.22	4.38	14.53(M)	0.12(M)
Soup, Potato Soup, Veg-S - SR103644 (1 cup serving) Contains Wheat, Soy.	113.44	1.15	0.63	0.00(M)	4.44	65.97	21.45	1.31	5.25(M)	5.25	0.81	135.55	201.43	6.62	76.47(M)	1.01(M)
Soup, Potato Soup, Veg-S, Veg-O - SR103620 (6 ounces)	83.39	1.46	0.34	0.05(M)	0.02	294.92	16.08	2.17	0.97	1.96	0.76	24.21	192.54	18.13	318.56	1.97
Soup, Ramen Noodle, Dry, Any Flavor, Reduced Fat, - SR104004 (1 1/2 oz dry (half noodle block))	140.00	1.00	0.00	0.00	0.00	480.00	28.38	1.08	(M)	4.36	1.81	8.80	0.80	0.48	4.83	1.44
Soup, Salmon Soup, MMA - SR103596 (6 ounces)	263.97	9.64	2.14	0.07(M)	138.88	608.12	11.12	0.13	10.79	31.43	1.05	504.09	393.94	1.82	229.59	4.67
Soup, Smart Ladle Tomato Condensed, Heinz, 357160, Veg-RO - SR102609 (1/2 c.)Contains Wheat.	90.00	0.00	0.00	0.00	0.00	400.00	20.00	0.00	12.00	2.00	0.72	20.00	300.00	96.00	(M)	(M)
Soup, Stock, Chicken, Home-Prepared, Commodity - SR103477 (1 c.)	86.40	2.88	0.77	(M)	7.20	343.20	8.47	0.00	(M)	6.05	0.50	7.20	7.20	0.48	221.16	1.51
Soup, Three Bean Soup, Veg-BP - SR103912 (8 oz.)	158.21	0.50	0.11	0.00(M)	0.00	11.13	28.92	9.36	1.50(M)	10.29	2.93	67.17	44.47	3.34	8.28(M)	1.72(M)
Soup, Tomato Soup Recipe, Veg-RO - SR101847 (1/2 Cup (8 oz ladle))Contains Milk.	77.48	0.00	0.00	0.00(M)	0.00	314.09	15.19	0.57	10.33	3.46	0.41	88.91	316.12	4.01	70.80(M)	0.07(M)
Soup, Tomato Soup, Canned, Campbell's, 51000-00016 - SR101500 (1 Cup (8 oz ladle))	90.00	0.00	0.00	0.00	0.00	480.00	20.00	1.00	12.00	2.00	0.72	0.00	300.00	6.00	(M)	(M)
Soup, Tomato Soup, Veg-RO - SR103454 (8 fl. oz.)Contains Milk.	95.00	1.25	0.75	0.00	5.00	302.50	16.00	0.50	12.00	5.00	0.36	150.00	400.00	4.20	(M)	(M)
Soup, Tomato Soup, Veg-RO - SR103611 (6 ounces)	152.59	1.63	0.81	(M)	0.32	1228.14	31.79	3.24	0.93(M)	3.87	0.59	24.48	691.90	7.90	88.86(M)	0.27(M)
Soup, Tomato Soup, Veg-RO, Non-WG - SR102474 (6 ounces)	181.71 (M)	3.20(M)	0.81(M)	0.05(M)	0.00(M)	795.21 (M)	34.24(M)	2.21(M)	0.36(M)	4.08(M)	1.70(M)	5.39(M)	277.69 (M)	3.33(M)	1.43(M)	0.79(M)
Soup, Turkey Noodle Soup, 6 oz., TVASD, MMA, Non-WG - SR104966 (6 oz.)Contains Milk, Wheat, Soy.	96.28	2.45	0.54	0.00(M)	28.76	589.56	12.15	0.29	0.57(M)	6.39	0.65	6.78	4.63	0.00	169.35 (M)	0.22(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)
Soup, Turkey Noodle Soup, 8 oz., TVASD, MMA, Non-WG - SR104958 (8 oz.)Contains Milk, Wheat, Soy.	144.64	3.69	0.82	0.00(M)	43.27	884.66	18.23	0.43	0.86(M)	9.62	0.97	10.19	6.99	0.00	254.03 (M)	0.33(M)
Soup, Turkey Rice Soup, MMA, Veg-RO, Non-WG - SR103612 (6 ounces)	150.66	2.67	0.84	(M)	19.36	1150.42	20.95	1.05	1.43(M)	9.85	1.70	38.86	3099.65	1.38	221.28	3.28
Soup, Vegetable Beef Soup, Elem, MMA, Veg - SR102373 (3/4 c.)	137.80	3.15	1.20	0.02(M)	10.83	668.94	20.48	2.36	0.70(M)	7.36	1.64	28.02	784.18	14.56	196.14 (M)	1.05(M)
Soup, Vegetable Beef Soup, MMA, Veg - SR102371 (1 c.)	312.29	7.72	2.32	0.04(M)	16.48	1222.62	49.85	4.29	1.86(M)	12.89	3.79	37.66	1081.75	16.99	60.38(M)	2.84(M)
Soup, Vegetable Beef Soup, MMA, Veg-O - SR103609 (1/2 c.)	51.38	1.78	0.65	0.11(M)	8.11	345.37	5.50	1.56	1.48(M)	3.72	0.59	22.64	1861.68	4.82	83.60(M)	1.13(M)
Soup, Vegetable Soup TVASD, Veg- O, Non-WG - SR104785 (1 c.)Contains Milk, Wheat, Soy.	137.38	2.53	0.46	0.00(M)	6.43(M)	433.89	22.24	2.30	3.01(M)	5.63	0.89(M)	30.87(M)	666.52 (M)	10.68(M)	175.12 (M)	0.33(M)
Soup, Vegetable Soup, Cambria County, Veg-O, Veg-RO - SR104933 (8 oz.)	39.70	0.16	0.01	0.00(M)	0.00	327.52	7.95	1.66	4.08(M)	1.69	0.88	34.74	1827.11	8.21	183.45 (M)	0.78(M)
Soup, Vegetable Soup, Side Dish #35, Veg-O - SR105504 (3/4 c.)	48.73	1.30	0.19	0.00(M)	0.00	570.99	8.54	1.38	2.10(M)	1.39	1.03	37.65	1271.13	9.97	91.00(M)	1.36(M)
Soup, Vegetable Soup, Veg-O - SR103404 (1 cup serving)	94.10	2.10	0.54	0.00(M)	4.61	477.13	13.77	1.95	3.56(M)	5.52	1.25	63.48	1589.89	11.65	171.63 (M)	1.27(M)
Soup, Vegetable Soup, Veg-S, Veg-RO - SR103997 (1 c.) Contains Wheat.	62.63	0.45	0.06	0.00(M)	0.00	274.87	12.87	2.80	2.81(M)	2.60	0.83	32.60	3873.37	24.11	13.98(M)	0.19(M)
Soup, Vegetable, Condensed, Veg-O - SR104838 (1/2 c.)	91.00	0.50	0.50	0.00	0.00	870.00	18.00	3.00	5.00	3.00	0.36	0.00	2500.00	0.00	(M)	(M)
Soup, Ybm Cream of Broccoli Soup, Veg-DG - SR103932 (8 oz.)Contains Milk.	37.20	0.04	0.01	0.00(M)	0.89(M)	163.46	6.18	1.52	2.96(M)	2.80	0.21(M)	73.06(M)	2866.10 (M)	17.91(M)	166.61 (M)	0.62(M)
Soup, Ybm Onion Soup, Veg-O - SR103946 (8 oz.)	29.55	0.86	0.34	0.00(M)	1.59	1117.88	4.82	0.49	1.06(M)	1.34	0.18	14.21	151.24	1.96	201.18 (M)	2.70(M)
Soup, Ybm Soup Egg Drop, MMA - SR103936 (8 oz.)	24.73	0.85	0.27	0.00(M)	31.00	971.64	3.04	0.71	1.43(M)	1.38	0.24	19.99	2207.35	2.14	214.51	2.90
Soup, Ybm Soup Lima Bean, Veg-BP, Veg-RO - SR103940 (8 oz.)	150.32	0.35	0.08	0.00(M)	0.00	974.89	29.36	8.55	5.01(M)	8.99	3.14	49.73	4244.66	2.16	214.37 (M)	4.63(M)
Soup, Ybm Soup Minestrone,WG, Veg-O - SR104335 (1 serv.)	67.02	0.26	0.02	0.00(M)	0.00	1050.00	13.55	1.97	3.21(M)	2.67	0.92	24.24	1074.86	5.08	179.08 (M)	2.76(M)
Soup, Ybm Soup Pea, Veg-S, Veg-RO - SR103947 (8 oz.)	155.38	0.56	0.08	0.00(M)	0.00	979.06	29.06	11.42	5.25(M)	10.32	1.92	41.70	5991.27	3.42	216.75 (M)	4.04(M)
Sour Cream, Fat Free, Land O Lakes, Condiment - SR104859 (1 pouch)Contains Milk.	25.00	0.00	0.00	0.00	0.00	30.00	4.00	0.00	2.00	2.00	0.00	60.00	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)
Soy sauce made from soy and wheat (shoyu), low sodium - SR105350 (1 c.)	135.15	0.20	0.03	(M)	0.00	8499.15	21.70	2.04	(M)	13.18	5.15	43.35	0.00	0.00	181.28	38.63
Spaghetti , whole grain, cooked, no salt added, 8 1/2 " to 11" in length [100427, B836] - SR105124 (1/2 c.)	87.00	0.38	0.07	0.00	0.00	2.00	18.58	3.20	(M)	3.73	0.74	10.00	2.00	0.00	(M)	(M)
Spaghetti and Meat Sauce, MMA, WG, Veg-RO - SR104123 (1 c.)	395.49	12.70	4.55	0.00	45.36	269.80	51.00	4.45	0.00(M)	21.35	4.76	57.30	653.64	7.64	(M)	(M)
Spaghetti Sauce - SR103331 (1/2 c.)	80.00	4.00	0.50	0.00	0.00	400.00	9.00	3.00	5.00	3.00	0.00	0.00	0.00	0.00	(M)	(M)
Spaghetti w/ Meat Sauce, Portion Pack, J.T.M. Food, CP5594, MMA, WGR, Veg-RO - SR106584 (1 serv.)Contains Egg, Wheat.	330.00	18.00	6.70	0.00	59.00	469.00	23.00	3.00	9.00	19.00	3.00	54.00	684.00	21.00	(M)	(M)
Spaghetti, cooked, enriched, without added salt - SR105123 (1 c.)	221.20	1.30	0.25	0.00	0.00	1.40	43.20	2.52	(M)	8.12	1.79	9.80	0.00	0.00	86.98	0.38
Spaghetti, Meat Sauce, MMA, Non-WG, Veg-RO - SR103669 (1 Cup (8 oz ladle))	376.18	14.19	5.06	0.54(M)	64.50	507.88	35.48	5.53	3.86(M)	24.60	4.06	51.91	552.85	4.17	512.42 (M)	2.45(M)
Spead, Melting Spread, Bongards' Creameries, 20274 - SR101045 (28 grams)	80.00	6.00	3.50	0.00	20.00	420.00	2.00	0.00	2.00	4.00	0.00	150.00	200.00	0.00	(M)	(M)
Spice, Basil, ground, 6/13 oz; as purchased - SR104200 (1/4 tsp.)	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Spice, Basil, Sweet Leaf, Tone Brothers, Inc., UPC - SR104293 (2 piece)	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Spice, Coriander, Ground, 6/14 oz - SR103998 (1/4 tsp.)	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Spice, Garlic salt, 6/40 oz; as purchased - SR105366 (1/4 tsp.)	0.00	0.00	0.00	(M)	0.00	540.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Spice, Mustard, Ground - SR102676 (1/4 tsp.)	3.00	0.30	0.00	(M)	0.00	0.00	0.30	0.00	(M)	0.30	0.05	1.50	0.30	0.03	(M)	(M)
Spice, Mustard, Ground, 6/15 oz - SR103667 (1/4 tsp.)	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Spice, Old Bay, McCormick - SR104408 (1/4 tsp.)	0.00	0.00	0.00	0.00	(M)	160.00	0.00	(M)	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Spice, Onion Powder, Monarch, 4353280 - SR104949 (1 Tbsp.)	0.00	0.00	0.00	(M)	(M)	0.00	7.92	0.00	0.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Spice, Paprika, Dried, McCormick - SR104341 (1 c.)	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)	0.00	(M)	(M)	6000.00	0.00	(M)	(M)
Spice, Pork Rub, Grill Mates, McCormick - SR104399 (2 tsp.)	15.00	0.00	0.00	0.00	(M)	220.00	2.00	(M)	1.00	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)
Spice, Poultry Seasoning, Culinary Secrets, 11014 - SR101302 (1/4 teaspoon, crumbled)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Spice, Red Pepper, Ground - SR103231 (1/4 tsp.)	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	342.00	0.00	(M)	(M)
Spice, Rosemary, Ground, 6/9 oz - SR104346 (1/4 tsp.)	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Spices, Baking Powder, 6/32 oz - SR104143 (1/8 tsp.)	0.00	0.00	0.00	(M)	0.00	98.18	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Spices, Bay Leaf - SR102999 (1 tbsp, crumbled)	5.63	0.15	0.04	(M)	0.00	0.41	1.35	0.47	(M)	0.14	0.77	15.01	111.33	0.84	0.10	0.07
Spices, Chili Powder - SR104282 (1 Tbsp.)	22.56	1.14	0.20	(M)	0.00	131.20	3.98	2.78	(M)	1.08	1.38	26.40	2372.00	0.06	0.86	0.95
Spices, Cinnamon, Ground - SR105019 (1 Tbsp.)	19.27	0.10	0.03	0.00	0.00	0.78	6.29	4.14	0.17	0.31	0.65	78.16	23.01	0.30	0.83	0.28
Spices, Garlic, Powder - SR104292 (1 tsp.)	2.65	0.01	0.00	(M)	0.00	0.48	0.58	0.07	(M)	0.13	0.05	0.63	0.00	0.01	0.05	0.03
Spices, Garlic, Raw - SR103230 (1 clove)	4.47	0.02	0.00	(M)	0.00	0.51	0.99	0.06	(M)	0.19	0.05	5.43	0.27	0.94	1.76	0.05
Spices, Marjoram, Dried - SR103672 (1 Tbsp.)	4.61	0.12	0.01	(M)	0.00	1.31	1.03	0.69	(M)	0.22	1.41	33.83	137.16	0.87	0.13	0.21
Spices, Oregano, Dried - SR104290 (1 cup, ground)	228.96	3.70	1.34	(M)	0.00	21.60	59.55	36.72	(M)	7.78	31.80	1379.81	1469.66	1.99	8.58	6.80
Spices, parsley, dried, CND - SR104319 (1 Tbsp.)	4.67	0.09	0.02	(M)	0.00	7.23	0.81	0.43	(M)	0.43	0.35	18.24	31.02	2.00	0.09	0.18
Spices, Pepper, Black - SR104291 (1 cup, ground)	277.10	3.60	1.53	(M)	0.00	22.08	70.60	27.93	(M)	11.47	10.72	489.07	603.89	0.00	13.76	4.96
Spices, pepper, white - SR102434 (1 tbsp, ground)	20.71	0.15	0.00	(M)	0.00	0.00	4.88	1.77	(M)	0.74	1.01	17.75	0.00	1.48	(M)	(M)
Spices, Seasoning Salt, 6/33 oz, Tone Brothers Inc - SR104175 (1/4 tsp.)	0.00	0.00	0.00	(M)	0.00	387.69	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Spices, Taco Seasoning - SR102052 (1 teaspoon, ground)	3.85	0.03	0.01	(M)	0.00	22.87	0.87	0.16	0.06(M)	0.12	0.06	2.71	78.41	0.20	0.08(M)	0.04(M)
Spices, Thyme, Dried - SR104313 (1 tbsp, ground)	11.87	0.32	0.12	(M)	0.00	2.37	2.75	1.59	(M)	0.39	5.32	81.27	163.40	2.15	0.34	0.51
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt - SR105117 (1/2 c.)	32.30	0.83	0.15	(M)	0.00	92.15	4.56	3.52	0.49	3.81	1.86	145.35	11457.95	2.09	84.49	1.32
Spinach, Raw, Veg-DG - SR105116 (1 c.)	6.90	0.12	0.02	(M)	0.00	23.70	1.09	0.66	0.13	0.86	0.81	29.70	2813.10	8.43	27.42	0.52
Spread, Soy Nut Butter, Soy Nut Butter Co., 82214, - SR102839 (2 Tbsp.)	190.00	14.00	2.50	0.00	0.00	100.00	10.00	0.00	3.00	7.00	0.36	60.00	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)
Spread, SunButter, Creamy, Made from Sunflower See - SR102550 (2 Tbsp.)	200.00	16.00	2.00	0.00	0.00	120.00	7.00	4.00	3.00	7.00	1.44	20.00	0.00	0.00	(M)	(M)
Squash, summer, zucchini, includes skin, cooked, b - SR104294 (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
Squash, summer, zucchini, includes skin, raw - SR104295 (1 cup, chopped)	21.08	0.40	0.10	(M)	0.00	9.92	3.86	1.24	(M)	1.50	0.46	19.84	248.00	22.20	117.54	0.72
Squash, winter, acorn, cooked, baked, without salt - SR105112 (1 cup, cubes)	114.80	0.29	0.06	(M)	0.00	8.20	29.89	9.02	(M)	2.30	1.91	90.20	877.40	22.14	169.94	2.58
Squash, winter, all varieties, cooked, baked, with - SR100950 (1 cup, cubes)	75.85	0.72	0.15	(M)	0.00	2.05	18.14	5.74	(M)	1.83	0.90	45.10	10707.15	19.68	182.88	1.42
Steak Roll, Italian, 5 in, WW, Morabito, WG - SR101514 (1 5" Steak Roll)Contains Milk, Wheat, Soy.	180.00	2.00	0.00	0.00	0.00	420.00	36.00	4.00	1.00	7.00	1.80	60.00	0.00	0.00	(M)	(M)
Stew, Beef Carrots and Onions in a Gravy with Toma - SR103002 (3/4 c.)	240.76	8.76	2.69	0.27(M)	70.63	692.42	15.90	2.63	3.46(M)	25.17	3.20	54.31	5205.55	15.28	243.66 (M)	2.97(M)
Stew, Beef Stew, Homemade, MMA, Veg-RO, Veg-S - SR102250 (1 Cup (8 oz ladle))	571.87	18.13	5.75	0.00(M)	76.25(M)	414.59	66.81	7.54(M)	0.39(M)	34.23	4.87(M)	49.12(M)	3899.87	5.56	185.22 (M)	1.57(M)
Stew, Beef Stew, MMA, Veg-O, Veg-S - SR100897 (1 Cup (8 oz ladle))	334.37	12.86	4.20	0.01(M)	74.39	717.64	23.36	3.09	1.00(M)	29.96	4.51	36.07	3951.87	6.50	177.00 (M)	3.49(M)
Stew, Beef Stew, New Covenant Christian, MMA, Veg- - SR104580 (6 oz.)	222.53	5.53	2.27	0.27(M)	72.09	428.73	17.20	1.75(M)	1.07(M)	26.28	3.58	38.46	2203.99 (M)	6.06	144.69 (M)	2.23(M)
Stew, Beef, MMA, Non-WG, Veg-RO, Veg-S - SR103552 (8 oz.) Contains Milk, Wheat, Soy.	471.73	17.68	3.34	0.00(M)	31.24(M)	3244.73	31.01	1.92(M)	0.10(M)	34.21	1.55(M)	22.20(M)	2950.24	4.02	19.03(M)	0.43(M)
Stew, Chicken, MMA, Non-WG, Veg-O, Veg-S - SR103642 (1 bowl (3/4 cup) (1 NLEA serving))	260.43	5.17	1.59	0.00(M)	110.45	694.46	14.21	1.70	0.78(M)	38.83	3.01	33.10	676.92	10.42	201.29 (M)	0.57(M)
Stew, Middle Eastern Chickpea and Rice, WG, Veg-BP - SR100125 (3/4 Cup (8 oz ladle))	164.74	3.19	0.57	(M)	1.29	368.93	28.23	6.54	3.10(M)	6.50	0.91	49.84	3061.32	11.65	43.41(M)	0.62(M)
Stir Fry, Veg-DG, Veg-RO, Veg-O - SR106231 (1/2 c.)	65.67	2.67	0.37	0.00(M)	0.00	46.87	9.37	3.22	3.71(M)	2.14	0.88	43.57	9195.12	50.86	89.42(M)	0.87(M)
Strawberries, Bananas and Pineapple, F - SR100811 (1/2 c.)	105.27	0.72	0.10	(M)	0.00	3.12	27.12	3.18	12.29(M)	1.41	0.26	13.84	73.73	18.67	74.69(M)	0.74(M)
Strawberries, frozen, thawed, sliced or diced, sweetened (packed in sugar or Brix syrup) [100256, A417] - SR105110 (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)

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)
Strawberries, raw - SR105449 (1 cup, halves)	48.64	0.46	0.02	(M)	0.00	1.52	11.67	3.04	7.43	1.02	0.62	24.32	18.24	89.38	138.24	0.61
Strawberries, Strawberries w/ Topping, F - SR102472 (1/2 cup serving)	119.77 (M)	0.14(M)	0.01(M)	(M)	0.00(M)	11.48(M)	31.65(M)	2.05(M)	25.52(M)	0.75(M)	0.65(M)	17.97(M)	37.48(M)	44.03(M)	78.09(M)	0.26(M)
Stromboli, Meat Lovers, 4.2 oz, Giorgio Foods, 5192, MMA, WG - SR100432 (1 piece)Contains Milk, Wheat, Soy.	300.00	11.00	3.00	0.00	45.00	670.00	28.00	2.00	4.00	18.00	2.70	100.00	0.00	9.00	(M)	(M)
Stromboli, Pepperoni, 4.2 oz, Frozen, Giorgio Foods, 5193, MMA, WG - SR100431 (1 ea.) Contains Milk, Egg, Wheat, Soy.	288.44	10.49	3.50	0.00	34.96	568.15	25.35	2.62	3.50	16.61	3.15	218.52	87.41	1.05	(M)	(M)
Strudel, Frudel, Apple, Naturally Flavored, Genera - SR100158 (1 frudel)	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, Turkey Dressing, Non-WG - SR104540 (1 serv.)	310.87	17.86	7.00	(M)	51.34	962.60	31.86	3.72	5.36(M)	5.82	1.89	99.76	706.59	2.59	94.42(M)	3.23(M)
Stuffing, Uncle Ben's Classic Cornbread Stuffing M - SR101203 (1/2 cup prepared (1.25 Non-WG))Contains Milk, Wheat, Soy, Gluten.	130.00	1.00	0.00	0.00	0.00	750.00	25.00	1.00	3.00	4.00	1.80	40.00	0.00	0.00	(M)	(M)
Sugar, Brown Light Granulated - SR101785 (1/2 cup packed)	412.50	0.00	0.00	0.00	0.00	0.00	110.00	0.00	110.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sunflower seed butter, spread made from sunflower - SR104083 (1/4 c.)	400.15	35.87	3.05	0.00	0.00	215.31	15.15	3.65	(M)	11.23	2.68	40.63	34.53	0.00	(M)	(M)
Sweet and Sour Dressing - SR100092 (1 serving (2 tbsp))	72.26	6.81	0.88	0.02(M)	0.00	26.60	2.91	0.00	2.34(M)	0.00	0.01	0.12	19.01	0.50	0.00(M)	0.00(M)
Sweet Potato, 10 Cut Wedge Ridge Cut, Harvest Splendor, McCain, MCF04712, Veg-RO - SR100575 (2 7/8 ounces)	120.00	4.00	1.00	0.00	0.00	140.00	19.00	2.00	7.00	1.00	0.36	20.00	3500.00	3.60	(M)	(M)
Sweet Potato, Bites, Harvest Splendor, McCain, MCF05034, Veg-RO - SR100916 (10 pieces)	120.00	4.00	0.50	0.00	0.00	100.00	19.00	3.00	10.00	1.00	0.36	20.00	3500.00	2.40	(M)	(M)
Sweet potato, canned, mashed - SR105108 (1 c.)	257.55	0.51	0.10	(M)	0.00	191.25	59.13	4.34	(M)	5.05	3.39	76.50	22182.45	13.26	188.39	1.91
Sweet potato, cooked, baked in skin, without salt - SR104169 (1/2 c.)	90.00	0.15	0.03	(M)	0.00	36.00	20.71	3.30	(M)	2.01	0.69	38.00	19218.00	19.60	75.78	1.35
Sweet potato, cooked, boiled, without skin - SR105087 (1 cup, mashed)	249.28	0.46	0.10	(M)	0.00	88.56	58.12	8.20	18.83	4.49	2.36	88.56	51627.20	41.98	262.83	2.07
Sweet Potato, Fries, Veg-RO - SR106432 (3 oz.)	233.33	10.67	2.00	0.00(M)	0.00	466.66	34.67	4.00	9.33(M)	1.33	0.96	26.67	4666.59	4.80	(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)
Sweet Potato, Regular Stix, Fries, Harvest Splendo - SR102887 (3 Ounce serving)	110.00	4.00	0.50	0.00	0.00	170.00	19.00	3.00	7.00	1.00	0.36	20.00	4500.00	3.60	(M)	(M)
Sweet Potato, Sweet Things Crisscut Fries, Lamb Weston, ConAgra, L0090, Veg-RO - SR103982 (2 1/4 ounces)	110.00	4.50	0.00	0.00	0.00	135.00	17.00	1.00	4.00	1.00	0.36	20.00	2500.00	2.40	(M)	(M)
Sweet Potato, Sweet Things Mini Tater Puffs, Lamb Weston, ConAgra, L0094, Veg-RO - SR101295 (3 ounces)	120.00	3.50	0.00	0.00	0.00	250.00	22.00	2.00	8.00	1.00	0.36	20.00	3000.00	2.40	(M)	(M)
Sweet Potatoes, Baked Sweet Potatoes Lightly Seasoned, Veg-RO - SR100142 (1/2 c.)	160.47	2.23	0.47	0.00(M)	0.00	70.65	34.03	3.74	2.14(M)	1.63	1.21	24.79	11583.36	13.58	0.39(M)	0.06(M)
Sweet Potatoes, Orange Glazed Sweet Potatoes, Veg- - SR103686 (1/4 c.)	117.94	2.05	0.47	0.49(M)	0.00	48.51	24.16	2.33	4.65(M)	1.08	0.77	17.84	7105.32	13.75	2.35(M)	0.07(M)
Syrup, Pancake and Waffle Syrup, 1.5 oz, Monarch, - SR100627 (1 1/2 ounces)	120.00	0.00	0.00	0.00	0.00	45.00	31.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Syrup, Pancake Maple Flavored Cup SS, Kraft, 00210 - SR100633 (1 ea.)	150.00	0.00	0.00	0.00	0.00	55.00	40.00	0.00	27.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Syrup, Pancake Maple Flavored Single Service Cup T - SR102198 (43 grams)	120.00	0.00	0.00	0.00	0.00	45.00	31.00	0.00	16.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Syrup, Pancake Maple Flavored, 41/1 GA, Harvest Va - SR102410 (60 Milliliters)	200.00	0.00	0.00	0.00	0.00	55.00	51.00	0.00	49.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Syrup, Pancake, 1.5 oz Cup, Poco Pac - SR105936 (1 ea.)	119.40	0.00	0.00	0.00	0.00	29.00	30.20	0.00	27.70	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Syrup, Pancake; 200/1 oz portion pck cup, GFS, 160 - SR102503 (1 ea.)	120.00	0.00	0.00	0.00	0.00	0.00	31.00	0.00	19.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Syrup, Sugar Free, Home Brand, 41550-04171 - SR104543 (1/4 c.)	30.00	0.00	0.00	0.00	(M)	10.00	10.00	(M)	0.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Syrups, Table Blends, Pancake, with 2% Maple - SR103872 (1 Tbsp.)	53.00	0.02	0.00	(M)	0.00	12.20	13.92	0.00	(M)	0.00	0.01	1.00	0.00	0.00	6.02	0.04
Taco Shell, Large Yellow 7", Mission Foods, 10112, WGR - SR104309 (2 tortilla (approx 7-8" dia))	200.00	9.00	3.00	0.00	0.00	0.00	28.00	3.00	0.00	3.00	1.08	20.00	0.00	0.00	(M)	(M)
Taco Shell, Regular Yellow 5", Mission Foods, 07381, WGR - SR100530 (1 shell)	50.00	2.00	0.67	0.00	0.00	0.00	7.00	0.67	0.00	0.67	0.24	6.67	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)
Taco shells, 6" Yellow, Mission, 74042 Non-WG - SR101568 (2 shell)	170.00	7.00	2.50	0.00	0.00	0.00	23.00	2.00	0.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
Taco w/ Beef & Cheese, Elem, MMA, Non-WG, WG, Veg- - SR101729 (2 each taco)Contains Wheat, Soy, Gluten.	448.78	23.53	10.46	0.00(M)	54.98	767.87	38.33	5.22	5.46	20.84	2.26	167.04	543.80	2.32	79.75(M)	3.28(M)
Taco, Beef or Pork, MMA, WG, Veg-O, Veg-RO - SR102326 (1 ea.)Contains Milk, Wheat.	336.87	19.14	8.29	0.00(M)	51.89(M)	866.11	23.53	3.12	2.47(M)	18.02	3.11	144.71 (M)	656.14	2.25(M)	51.34(M)	0.16(M)
Taco, MaxSnax, Whole Grain Totally Taco, Frozen, C - SR101869 (3 ea.)Contains Milk, Egg, Wheat, Soy.	250.00	8.00	2.50	0.00	10.00	600.00	30.00	4.00	2.00	4.00	2.70	200.00	100.00	0.00	(M)	(M)
Tacos, Beef Soft Tacos, Beef & Cheese, MMA, Non-WG - SR102357 (1 ea.)Contains Wheat, Gluten.	503.25	18.50	6.58	0.00(M)	59.09	2379.60	54.70	6.57	4.82(M)	31.43	5.39	407.07	1852.44	13.51	60.98(M)	1.33(M)
Tacos, Beef, JTM, 2 Tacos, 1.5 oz MMA, 2 oz Non-WG - SR100413 (2 each taco)Contains Wheat, Soy, Gluten.	263.59	8.77	3.36	0.00	26.36	619.14	35.01	5.51	0.00(M)	15.79	3.49	151.63	484.97	3.77	(M)	(M)
Tacos, Chicken, MMA, WGR - SR106986 (2 ea.)Contains Wheat.	340.61	15.38	7.46	0.01	80.04	575.73	28.20	4.27	0.22(M)	25.62	0.59	289.95	381.38	0.00	51.68(M)	1.44(M)
Tacos, Chicken, Whole Grain Flour Mini, Tasty Brands, 25701, MMA, WGR - SR106640 (3 tacos)Contains Milk, Wheat, Soy.	280.00	12.00	5.00	0.00	50.00	480.00	31.00	6.00	1.00	16.00	2.70	150.00	750.00	2.40	(M)	(M)
Tacos, Chicken, Whole Grain Volcano Mini, Tasty Brands, 25702, MMA, WGR - SR106641 (3 tacos)Contains Milk, Wheat, Soy.	280.00	12.00	5.00	0.00	50.00	480.00	31.00	6.00	1.00	16.00	2.70	150.00	750.00	2.40	(M)	(M)
Tacos, Fish Tacos, MMA, Non-WG - SR101640 (1 Taco)Contains Fish, Wheat, Gluten.	250.88	10.05	4.04	0.00(M)	65.19	551.00	18.00	2.00	1.00(M)	23.09	1.54	262.50	403.75	1.20	13.16(M)	1.01(M)
Tacos, Soft Tacos, MMA, Non-WG, Veg-RO, Veg-BP - SR101639 (1 Soft Taco)Contains Wheat, Gluten.	396.31	18.88	8.44	0.00(M)	84.37	1032.42	33.88	7.88	2.61(M)	25.64	3.81	354.06	1168.44	10.65	118.59 (M)	2.05(M)
Tangerines, (mandarin oranges), canned, juice pack - SR105085 (1 c.)	92.13	0.08	0.01	(M)	0.00	12.45	23.83	1.74	22.09	1.54	0.67	27.39	2121.48	85.16	222.88	0.70
Tangerines, (mandarin oranges), canned, light syrup pack - SR105084 (1 c.)	153.72	0.25	0.03	(M)	0.00	15.12	40.80	1.76	39.03	1.13	0.93	17.64	2116.80	49.90	209.31	0.48
Tangerines, (mandarin oranges), raw - SR105448 (1 cup, sections)	103.35	0.61	0.08	(M)	0.00	3.90	26.01	3.51	20.63	1.58	0.29	72.15	1327.95	52.06	166.08	0.74

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)
Teddy Graham, Cinnamon 0.8 oz, Nabisco, 1932001670, Non-WG - SR101327 (1 pouch)	90.00	3.00	0.50	0.00	0.00	95.00	16.00	1.00	5.00	1.00	0.72	80.00	0.00	0.00	(M)	(M)
Teddy Graham, Mini Honey Maid Bees & Teddy Grahams Honey 0.65 Oz, Nabisco, Non-WG - SR100770 (1 ea.)	80.00	2.50	0.50	0.00	0.00	95.00	13.00	1.00	4.00	1.00	0.72	80.00	0.00	0.00	(M)	(M)
Tomato Juice, Kosher - SR103334 (8 fl. oz.)	50.00	0.00	0.00	(M)	(M)	750.00	11.00	(M)	6.00	2.00	1.08	40.00	500.00	18.00	(M)	(M)
Tomato paste, canned, low-sodium [100327, A252] - SR100945 (1/2 c.)	107.00	0.62	0.13	0.00	0.00	128.00	24.77	5.40	(M)	5.66	3.90	47.00	1998.00	28.70	(M)	(M)
Tomato Paste, Canned, Low-Sodium [100327, A252], V - SR101904 (1/2 c.)	106.44	0.66	0.08	0.00	0.00	73.69	24.81	5.73	15.97	5.65	3.93	49.13	1997.75	28.66	(M)	(M)
Tomato products, canned, paste, without salt added - SR104317 (1 can (6 oz))	139.40	0.80	0.17	(M)	0.00	100.30	32.15	6.97	(M)	7.34	5.07	61.20	2592.50	37.23	124.95	4.76
Tomato products, canned, sauce, with onions - SR104208 (1 c.)	102.90	0.47	0.07	(M)	0.00	1349.95	24.35	4.41	(M)	3.82	2.28	41.65	2082.50	31.11	210.92	5.42
Tomato Puree, Canned, Red Gold, 106 oz, 72940-1100 - SR102228 (1/4 Cup (8 oz ladle))	30.00	0.00	0.00	0.00	0.00	10.00	6.00	1.00	3.00	1.00	1.08	0.00	750.00	4.80	(M)	(M)
Tomato Sauce, Redpack Multipurpose Marinara Sauce, - SR103581 (1/2 cup serving)	70.00	2.50	0.00	0.00	0.00	490.00	11.00	2.00	3.00	2.00	0.00	40.00	750.00	12.00	(M)	(M)
Tomato, Canned Tomatoes With Sliced Zucchini and Y - SR101655 (1/2 c.)	35.00	0.00	0.00	0.00	0.00	340.00	7.00	2.00	4.00	1.00	0.72	40.00	400.00	1.20	(M)	(M)
Tomato, Canned, Crushed, with basil, Furmano Foods - SR104927 (1/4 c.)	19.68	0.00	0.00	(M)	0.00	137.74	3.94	0.98	2.95	0.98	0.71	19.68	983.87	5.90	(M)	(M)
Tomato, Canned, Whole, Peeled, 6/102 oz can, Hunt' - SR103610 (1/2 c.)	19.99	0.00	0.00	(M)	0.00	189.99	3.99	0.99	(M)	0.99	0.00	39.99	399.99	11.99	(M)	(M)
Tomato, Canned; chunky, crushed, 6/#10 can; as served - SR105364 (1/2 c.)	35.00	0.00	0.00	(M)	0.00	409.99	7.00	1.00	(M)	2.00	2.25	65.00	679.99	15.00	(M)	(M)
Tomato, Canned; diced in juice, 6/#10 can; as served - SR105365 (1/2 c.)	25.00	0.00	0.00	(M)	0.00	270.00	4.99	1.00	(M)	1.00	0.95	81.00	700.00	18.00	(M)	(M)
Tomato, Canned; Diced, in juice, 6/#10 tin; as pur - SR104296 (1/4 cup, drained)	8.00	0.08	0.01	(M)	0.00	86.65	1.21	0.52	(M)	0.57	0.16	18.85	611.50	5.30	(M)	(M)
Tomato, Canned; Stewed, Furmano Foods, UPC04118804 - SR100166 (1/2 c.)	45.00	0.00	0.00	(M)	0.00	340.00	10.00	1.99	(M)	1.00	0.84	115.00	1020.00	7.99	(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)
Tomato, Fresh, Raw, All Red Varieties, Veg-RO - SR102509 (1 cup serving)	32.00	0.00	0.00	0.00	0.00	9.00	7.00	2.00	5.00	2.00	0.54	20.00	1500.00	22.80	(M)	(M)
Tomato, Tomato Sauce, 106 oz, Red Gold, 72940-1101 - SR102229 (1/4 Cup (8 oz ladle))	20.00	0.00	0.00	0.00	0.00	280.00	5.00	1.00	3.00	0.00	0.72	0.00	500.00	2.40	(M)	(M)
Tomatoes, Concentrated Crushed Tomatoes, Canned, C - SR104503 (1/2 c.)	50.00	0.00	0.00	0.00	0.00	200.00	10.00	2.00	8.00	2.00	(M)	(M)	(M)	(M)	(M)	(M)
Tomatoes, Crushed Tomatoes, Canned, ConAgra Foods, - SR100961 (1/2 c.)	40.00	0.00	0.00	0.00	0.00	290.00	9.00	3.00	5.00	2.00	1.08	0.00	300.00	9.00	(M)	(M)
Tomatoes, Raw, Cherry, Commodity, Veg- RO - SR101407 (1 c.)	27.00	0.00	0.00	(M)	0.00	7.00	6.00	2.00	4.00	1.00	0.36	10.00	1250.00	19.20	0.00	0.00
Tomatoes, red, ripe, canned, packed in tomato juice - SR105082 (1 c.)	40.80	0.31	0.05	(M)	0.00	343.20	9.60	2.40	(M)	1.87	2.33	74.40	280.80	22.32	226.27	1.94
Tomatoes, red, ripe, canned, stewed - SR105074 (1 c.)	66.30	0.49	0.07	(M)	0.00	563.55	15.79	2.55	(M)	2.32	3.39	86.70	438.60	20.14	233.43	2.98
Tomatoes, red, ripe, raw, year round average - SR105073 (1 cup, chopped or sliced)	32.40	0.36	0.05	(M)	0.00	9.00	7.00	2.16	4.73	1.58	0.49	18.00	1499.40	24.66	170.14	0.90
Topping, Chili Dog Topping, HA-43, MMA - SR104484 (2 Tbsp.) Contains Wheat, Gluten.	314.43	12.39	4.14	0.00(M)	63.28	369.92	24.90	2.63	3.08(M)	25.01	3.61	38.87	307.15	2.40	1.00(M)	0.03(M)
Topping, Chocolate Liquid Sugar-Free Shelf Stable - SR101891 (32 grams)	15.00	0.00	0.00	0.00	0.00	120.00	5.00	1.00	0.00	1.00	0.72	0.00	0.00	0.00	(M)	(M)
Toppings, Lettuce and Tomatoes for Sandwich, Veg-R - SR104188 (1 ea.)	13.60	0.14	0.02	(M)	0.00	6.85	2.91	1.04	1.95	0.77	0.31	12.70	555.88	6.40	82.54	0.36
Tortilla Chip, Yellow Corn, Snyder's, Non-WG - SR103703 (1 Ounce serving)Processed in a facility that also processes Peanuts.	140.00	4.50	0.00	0.00	0.00	135.00	23.00	2.00	0.00	2.00	1.08	0.00	0.00	0.00	(M)	(M)
Tortilla, 10" Flour, Hand Stretched, Abuelita, 001-302, Non-WG - SR102776 (1 tortilla (approx 10" dia))Processed in a facility that also processes Wheat, Soy.	150.00	3.50	0.50	0.00	0.00	220.00	26.00	1.00	0.00	4.00	1.44	100.00	0.00	0.00	(M)	(M)
Tortilla, 10" Flour, MexAmerica, Non-WG - SR104250 (1 tortilla)	200.00	4.50	1.00	0.00	0.00	490.00	34.00	1.00	0.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Tortilla, 10" Whole Wheat Tortilla, Don Pancho, 79341.02205, WG - SR106411 (1 tortilla)Contains Wheat.	160.00	4.50	1.50	0.00	0.00	220.00	30.00	7.00	1.00	4.00	1.08	80.00	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)
Tortilla, 10", Flour Ultra Grain Wheat, Abuelita, 001-452, WGR - SR106908 (1 tortilla)Processed in a facility that also processes Wheat, Soy.	190.00	4.00	0.50	0.00	0.00	160.00	32.00	4.00	0.00	5.00	1.80	60.00	0.00	0.00	(M)	(M)
Tortilla, 10', 100% Whole Wheat Flour Tortilla, Sun Dried Tomato (pressed), Abuelita, 001-418, WG - SR106130 (1 ea.)Contains Wheat. Processed in a facility that also processes Soy.	140.00	3.50	0.50	0.00	0.00	270.00	25.00	4.00	0.00	5.00	1.44	60.00	0.00	0.00	(M)	(M)
Tortilla, 51% Whole Wheat, 6", MexAmerica, WG - SR102440 (1 tortilla, medium (approx 6" dia)) Contains Wheat.	72.00	2.00	0.00	0.00	0.00	190.00	13.00	1.00	0.00	2.00	(M)	(M)	(M)	(M)	(M)	(M)
Tortilla, 6" Flour, MexAmerica, Non-WG - SR104249 (1 tortilla)	80.00	1.50	0.00	0.00	0.00	190.00	13.00	0.00	0.00	2.00	0.72	20.00	0.00	0.00	(M)	(M)
Tortilla, 6" Tomato Basil Hearty Grains 12/12 CT, - SR104076 (1 tortilla, medium (approx 6" dia)) Contains Wheat.	90.00	2.00	0.50	0.00	0.00	180.00	15.00	1.00	1.00	3.00	0.72	60.00	200.00	0.00	(M)	(M)
Tortilla, 6" Whole Grain White Corn, Don Pancho, 7 - SR100454 (2 tortilla)	100.00	1.00	0.00	0.00	0.00	10.00	20.00	2.00	1.00	2.00	0.00	0.00	0.00	0.00	(M)	(M)
Tortilla, 6" Whole Wheat Pressed Flour, Catallia, 40016, WGR - SR106990 (1 ea.)Contains Wheat.	70.00	2.00	0.50	0.00	0.00	105.00	13.00	2.00	0.00	2.00	0.00	40.00	0.00	0.00	(M)	(M)
Tortilla, 6" Whole Wheat Tortilla, Don Pancho Mexican Foods, 79341.02203, WG - SR100462 (1 tortilla)Contains Wheat.	80.00	2.00	0.50	0.00	0.00	105.00	15.00	4.00	1.00	2.00	0.72	40.00	0.00	0.00	(M)	(M)
Tortilla, 8" Flour, Pressed, Ultra Grain Wheat, Abuelita, 001-451, WGR - SR106907 (1 tortilla) Processed in a facility that also processes Wheat, Soy.	120.00	2.50	0.00	0.00	0.00	55.00	21.00	3.00	0.00	3.00	1.08	40.00	0.00	0.00	(M)	(M)
Tortilla, 8" Whole Wheat Tortilla, Don Pancho Mexican Foods, 79341.02204, WG - SR100461 (1 tortilla)Contains Wheat.	120.00	3.00	1.00	0.00	0.00	150.00	21.00	5.00	1.00	3.00	1.08	60.00	0.00	0.00	(M)	(M)
Tortilla, 8", 51% Whole Wheat, MexAmerica, WG - SR105483 (1 tortilla)Contains Wheat.	110.00	2.50	0.00	0.00	0.00	290.00	20.00	2.00	0.00	3.00	(M)	(M)	(M)	(M)	(M)	(M)
Tortilla, 9" Whole Wheat Pressed Flour, Catallia, 40029, WGR - SR106991 (1 ea.)Contains Wheat.	150.00	3.50	1.50	0.00	0.00	210.00	25.00	4.00	1.00	5.00	0.00	60.00	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)
Tortilla, Cheese/jalapeno Press Flour Tortilla Wra - SR102919 (2 1/2 oz.)Contains Wheat.	220.00	7.00	1.50	(M)	20.00	580.00	31.00	2.00	(M)	7.00	1.80	60.00	200.00	0.00	(M)	(M)
Tortilla, Die-cut Flour Tortilla, 6", Mexican Orig - SR102925 (3 tortilla)Contains Wheat.	200.00	4.00	0.50	0.00	0.00	260.00	35.00	2.00	1.00	6.00	1.80	40.00	0.00	0.00	(M)	(M)
Tortilla, Flour 10", Pressed, Shelf Stable, El Pas - SR102213 (1 tortilla (approx 10" dia))	210.00	5.00	2.00	(M)	0.00	510.00	36.00	1.00	0.00	6.00	1.80	150.00	0.00	0.00	(M)	(M)
Tortilla, Flour 6.25", Heat Pressed, Mexican Original, Tyson 7701-621, Non-WG - SR106013 (2 tortilla)Contains Wheat.	170.00	5.00	1.00	0.00	0.00	340.00	28.00	1.00	1.00	4.00	1.08	20.00	0.00	0.00	(M)	(M)
Tortilla, Flour Gordita 12" WW 6/10CT 38 OZ, Don P - SR103361 (1 tortilla (approx 12" dia))Contains Wheat, Gluten.	290.00	8.00	3.00	0.00	0.00	470.00	46.00	6.00	1.00	8.00	7.20	100.00	0.00	0.00	(M)	(M)
Tortilla, Flour Gordita, WW 6", Don Pancho, 79341. - SR104308 (1 tortilla)Contains Wheat.	80.00	1.50	0.50	0.00	0.00	110.00	13.00	2.00	1.00	2.00	0.72	40.00	0.00	0.00	(M)	(M)
Tortilla, Flour Grodita 9" WW, Don Pancho Mexican Foods, 79341.02024, WG - SR102202 (1 tortilla)	150.00	4.00	1.50	0.00	0.00	200.00	25.00	3.00	1.00	5.00	1.08	80.00	0.00	0.00	(M)	(M)
Tortilla, Flour Pressed 10 inch, Casa Sol 7814-894 - SR103879 (1 ea.)	190.00	5.00	1.00	0.00	0.00	330.00	31.00	2.00	1.00	5.00	1.44	20.00	0.00	0.00	(M)	(M)
Tortilla, Flour Tortilla 8" Hand Stretched, Abuelita, 001-201, Non-WG - SR101489 (1 tortilla) Contains Wheat, Gluten.	100.00	2.50	0.00	0.00	0.00	150.00	18.00	1.00	0.00	2.00	1.08	60.00	0.00	0.00	(M)	(M)
Tortilla, Flour Tortilla, 10" Pressed, Abuelita, 001-403, Non-WG - SR104628 (1 tortilla) Processed in a facility that also processes Wheat, Soy.	170.00	4.00	0.50	0.00	0.00	290.00	28.00	1.00	0.00	4.00	1.80	60.00	0.00	0.00	(M)	(M)
Tortilla, Flour Whole Wheat 10", Mission Foods, 10 - SR100623 (1 ea.)Contains Wheat, Gluten.	200.00	5.00	2.00	0.00	0.00	510.00	34.00	4.00	0.00	6.00	1.80	180.00	0.00	0.00	(M)	(M)
Tortilla, Flour, 6", Mission Foods, 595450, Non-WG - SR104677 (1 ea.)Contains Wheat, Gluten.	90.00	2.50	1.00	0.00	0.00	200.00	16.00	2.00	0.00	3.00	0.99	60.00	0.00	0.00	(M)	(M)
Tortilla, Flour, 8", Mission, 10410, Non-WG - SR101573 (1 ea.)	140.00	3.00	1.50	0.00	0.00	320.00	22.00	1.00	0.00	4.00	1.44	100.00	0.00	0.00	(M)	(M)
Tortilla, Flour, Whole Grain, 6" Pressed, Mission Foods, 28465, WG - SR106479 (1 tortilla) Contains Wheat.	90.00	2.00	0.50	0.00	0.00	150.00	15.00	1.00	1.00	3.00	0.72	60.00	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)
Tortilla, Gordita, Whole Wheat Flour, 6', WG - SR100580 (1 tortilla medium (approx 6" dia)) Contains Wheat.	80.00	1.50	0.50	0.00	0.00	110.00	13.00	2.00	1.00	2.00	0.72	40.00	0.00	0.00	(M)	(M)
Tortilla, Hearty Grains 10" Flour Tortillas, Missi - SR100992 (1 tortilla)Contains Wheat.	170.00	3.50	1.00	0.00	0.00	300.00	30.00	3.00	2.00	5.00	1.80	150.00	0.00	0.00	(M)	(M)
Tortilla, Heat-pressed White Flour Tortillas 10", Mexican Original, 7713-621, Non-WG - SR101225 (1 ea.)Contains Wheat.	190.00	5.00	1.00	0.00	0.00	490.00	31.00	2.00	1.00	5.00	1.08	20.00	0.00	0.00	(M)	(M)
Tortilla, Honey Wheat Tortillas, 10 inch, Tyson, 7 - SR102965 (2 1/2 oz.)Contains Wheat.	220.00	7.00	1.50	(M)	0.00	460.00	33.00	3.00	(M)	6.00	1.80	40.00	0.00	0.00	(M)	(M)
Tortilla, Honey Wheat Tortillas, 12", Original Wra - SR102793 (1 tortilla (approx 12" dia))Contains Wheat, Gluten.	300.00	8.00	1.50	0.00	0.00	560.00	49.00	4.00	4.00	8.00	2.70	60.00	0.00	0.00	(M)	(M)
Tortilla, Mission FS, 10 Inch, Heat Pressed, Missi - SR103350 (1 tortilla (approx 10" dia))Contains Wheat.	210.00	5.00	2.00	0.00	0.00	510.00	36.00	1.00	0.00	6.00	1.80	150.00	0.00	0.00	(M)	(M)
Tortilla, Original Wraps Herb Garlic Tortilla 10 i - SR102921 (1 piece (10"))Contains Wheat.	200.00	6.00	1.00	0.00	0.00	430.00	33.00	2.00	2.00	5.00	1.80	40.00	100.00	0.00	(M)	(M)
Tortilla, Original Wraps Spinach Tortilla, 10 inch - SR102972 (1 piece (10"))Contains Wheat.	200.00	6.00	1.50	0.00	0.00	410.00	32.00	2.00	1.00	5.00	2.70	40.00	400.00	0.00	(M)	(M)
Tortilla, Spinach 12" Tortilla Wrap, Kontos, 11505, Non-WG - SR105726 (1 ea.)Contains Wheat. Processed in a facility that also processes Soy.	310.00	3.00	0.50	0.00	0.00	700.00	52.00	2.00	2.00	9.00	2.70	400.00	0.00	0.00	(M)	(M)
Tortilla, Spinach Flavor Flour 12in Wraps, Tyson F - SR104596 (3 2/3 oz.)	304.94	9.46	2.10	(M)	0.00	663.00	47.94	3.06	2.04	7.14	3.67	61.20	510.00	0.00	(M)	(M)
Tortilla, Strips, Tri-Color, Fresh Gourmet, Condim - SR104435 (2 Tbsp.)Processed in a facility that also processes Tree nuts.	35.00	1.50	0.00	0.00	0.00	15.00	4.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Tortilla, Sun Dried Tomato Basil 12" Tortilla Wrap, Kontos, 11511, Non-WG - SR105725 (1 ea.) Contains Wheat. Processed in a facility that also processes Soy.	310.00	3.00	0.50	0.00	0.00	680.00	52.00	2.00	2.00	9.00	3.60	350.00	0.00	0.00	(M)	(M)
Tortilla, Sun-Dried Tomato Basil Tortillas, 30 oz - SR102977 (70 grams)	213.98	6.41	1.43	(M)	0.00	477.91	31.39	1.43	(M)	6.41	1.92	28.53	71.33	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)
Tortilla, Wheat Whole 12" Wrap Ref, WG - SR102167 (1 tortilla) Contains Wheat.	330.00	8.00	1.50	0.00	0.00	330.00	56.00	2.00	2.00	7.00	5.40	150.00	0.00	0.00	(M)	(M)
Tortilla, White Flour, 6.25" Pressed, Mexican Orig - SR100204 (1 ea.)Contains Wheat.	86.42	2.54	0.51	0.00	0.00	172.84	14.23	0.51	0.51	2.03	0.55	10.17	0.00	0.00	(M)	(M)
Tortilla, whole grain, frozen [100938, B153] - SR105462 (1 tortilla (8 inch))	117.27	2.93	0.98	0.00	0.00	156.37	18.57	2.93	(M)	3.91	0.00	58.63	0.00	0.00	(M)	(M)
Tortilla, Whole Wheat 12" Shelf Stable Wrap, Hilltop Hearth, 874576, WG - SR104762 (1 tortilla)Contains Wheat.	290.00	7.00	3.50	0.00	0.00	750.00	50.00	6.00	0.00	9.00	2.70	250.00	0.00	0.00	(M)	(M)
Tortilla, Whole Wheat Flour 10", Los Cabos, 51721, WGR - SR106414 (1 tortilla)Contains Wheat.	141.89	2.96	0.43	0.01	0.00	55.44	25.09	2.52	(M)	4.26	1.44	20.00	(M)	0.00	17.96	0.56
Tortilla, Whole Wheat Flour 7", Los Cabos, 51714, WGR - SR106412 (1 tortilla)Contains Wheat.	78.83	1.65	0.24	0.00	0.00	30.80	13.94	1.40	(M)	2.36	0.72	8.53	0.00	0.00	(M)	0.31
Tortilla, Whole Wheat Flour 8", Los Cabos, 51716, WGR - SR106413 (1 tortilla)Contains Wheat.	137.95	2.88	0.41	0.01	0.00	14.92	24.93	2.45	(M)	4.14	1.44	20.00	0.00	0.00	(M)	(M)
Tortilla, Whole Wheat Flour Tortilla, 10" Pressed, Abuelita, 001-408, WG - SR104504 (1 tortilla)Processed in a facility that also processes Wheat, Soy.	150.00	3.50	0.50	0.00	0.00	290.00	27.00	5.00	0.00	5.00	1.44	60.00	0.00	0.00	(M)	(M)
Tortilla, Whole Wheat Flour Tortilla, 8" Pressed, Abuelita, 001 -407, WG - SR103300 (1 tortilla) Processed in a facility that also processes Wheat, Soy.	110.00	3.00	0.00	0.00	0.00	200.00	19.00	3.00	0.00	4.00	1.08	40.00	0.00	0.00	(M)	(M)
Tortilla, Whole Wheat Flour Tortilla, Cheese, 10" Pressed, Abuelita, 001-419, WG - SR106216 (1 tortilla)Contains Wheat. Processed in a facility that also processes Soy.	140.00	3.50	0.50	0.00	0.00	270.00	21.00	4.00	1.00	5.00	1.08	60.00	0.00	0.00	(M)	(M)
Tortilla, Whole Wheat Flour Tortilla, Spinach, 10" Pressed, Abuelita, 07146100416, WG - SR106217 (1 tortilla)Contains Wheat. Processed in a facility that also processes Soy.	140.00	4.00	0.50	0.00	0.00	270.00	25.00	4.00	0.00	5.00	1.44	60.00	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)
Tortilla, Whole Wheat Pressed Tortilla, 10 inch, T - SR102131 (1 ea.)Contains Wheat, Soy, Gluten.	210.00	6.00	2.00	0.00	0.00	380.00	34.00	5.00	3.00	6.00	1.08	40.00	0.00	0.00	(M)	(M)
Tortilla, Whole Wheat Pressed Tortillas, 12", 3.6 oz, Mexican Original, 7520-621, WG - SR101409 (1 ea.)Contains Wheat.	310.00	8.00	2.00	0.00	0.00	660.00	52.00	6.00	3.00	8.00	2.70	150.00	0.00	0.00	(M)	(M)
Tortilla, Whole Wheat Pressed, Mexican Original, 6 - SR104719 (2 tortilla)Contains Wheat.	180.00	4.50	1.50	0.00	0.00	370.00	29.00	3.00	2.00	5.00	1.44	100.00	0.00	0.00	(M)	(M)
Tortilla, Whole Wheat, 12" 6/10CT, 38 oz, 1927565, - SR102786 (1 tortilla (approx 12" dia))Contains Wheat.	290.00	6.00	3.00	0.00	0.00	470.00	46.00	5.00	1.00	8.00	7.20	100.00	0.00	0.00	(M)	(M)
Tortillas, Flour, 8", Pressed, Tyson, 7705-0621, 1 - SR100203 (1 ea.)Contains Wheat, Gluten.	120.00	3.50	0.50	0.00	0.00	240.00	20.00	1.00	1.00	3.00	0.72	20.00	0.00	0.00	(M)	(M)
Tortillas, FS 10" Red Sundried Tomato Basil Wraps, - SR102413 (1 tortilla (approx 10" dia)) Contains Wheat.	210.00	4.50	2.00	0.00	0.00	610.00	35.00	2.00	1.00	6.00	1.80	150.00	200.00	0.00	(M)	(M)
Tortillas, FS 10" Spinach Herb Wraps, 6/12ct, Miss - SR102418 (1 tortilla (approx 10" dia)) Contains Wheat.	210.00	5.00	2.00	0.00	0.00	500.00	35.00	1.00	0.00	6.00	1.80	150.00	100.00	2.40	(M)	(M)
Tortillas, FS 8" Whole Wheat Heat Pressed Flour, 2 - SR102416 (1 tortilla (8 inch))Contains Wheat.	120.00	3.00	1.50	0.00	0.00	320.00	22.00	3.00	0.00	4.00	1.08	100.00	0.00	0.00	(M)	(M)
Tortillas, Hearty Grains 8 " Flour Tortillas, 24/1 - SR102412 (1 tortilla (8 inch))Contains Wheat.	140.00	3.00	1.00	0.00	0.00	250.00	24.00	2.00	2.00	4.00	1.44	100.00	0.00	0.00	(M)	(M)
Tortillas, Original Wraps White Tortillas, 10 inch - SR102918 (1 piece (10"))Contains Wheat.	200.00	6.00	1.50	0.00	0.00	410.00	32.00	1.00	1.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Tortillas, Shelf Stable whole grain reduced sodium - SR100340 (1 tortilla)	150.00	4.00	1.00	0.00	0.00	210.00	25.00	3.00	1.00	5.00	1.44	100.00	0.00	0.00	(M)	(M)
Tortillas, White Flour Tortillas 10", Mexican Orig - SR100902 (1 ea.)Contains Wheat.	190.00	5.00	1.00	0.00	0.00	490.00	31.00	2.00	1.00	5.00	1.08	20.00	0.00	0.00	(M)	(M)
Tostada, Eagle Tostada, MMA, WG, Veg-RO, Veg-BP, V - SR101284 (1 Tostada)Contains Milk.	415.87	19.95	8.28	0.00(M)	100.91	1277.61	34.93	7.88	0.36(M)	28.53	3.31	362.96	1224.10	8.70	17.21(M)	0.07(M)
Tuna Salad Melt, MMA, G, Veg-O - SR105114 (1 sandwich) Contains Wheat.	539.06	28.94	8.09	0.00(M)	119.24	1636.68	28.18	3.44	1.81(M)	39.99	2.42	210.14	603.25	1.23	60.09(M)	1.82(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)
Tuna Salad with Mayonnaise, MMA, Veg-O - SR102898 (1/2 c.)	114.44	3.98	0.75	0.00(M)	22.36	226.83	4.29	0.45	1.48(M)	14.74	0.92	15.34	113.65	1.23	36.77(M)	0.49(M)
Tuna Salad, MMA, Veg-O - SR105113 (2 oz.)Contains Wheat.	431.11	20.08	2.51	0.00(M)	92.24	1195.18	27.73	3.44	1.81(M)	33.71	2.37	54.14	331.25	1.23	58.53(M)	1.76(M)
Tuna, Chunk in Water Light, Harvest Value,152371, MMA - SR101571 (2 ounces)Contains Fish.	60.75	0.00	0.00	0.00	30.38	202.50	0.00	0.00	0.00	13.16	0.37	0.00	0.00	0.00	(M)	(M)
Tuna, Chunk Light Skipjack Tuna in Water, Northeas - SR103988 (1/4 c.)Contains Fish.	60.00	0.00	0.00	0.00	30.00	200.00	0.00	0.00	0.00	13.00	0.36	0.00	0.00	0.00	(M)	(M)
Tuna, Chunk Light Tuna in Water, MMA - SR101493 (2 ounces) Contains Fish.	80.00	1.50	0.00	0.00	40.00	260.00	0.99	0.99	0.00	16.00	0.72	0.00	0.00	0.00	(M)	(M)
Tuna, Chunk Light Tuna, Packed in Water, Canned, M - SR101406 (1/4 cup serving)Contains Fish.	60.00	0.50	0.00	0.00	30.00	310.00	0.00	0.00	0.00	13.00	0.36	0.00	0.00	0.00	(M)	(M)
Tuna, Light Tongol Chunk Can Imported Shelf Stable - SR101914 (56 grams)Contains Fish.	60.00	0.00	0.00	0.00	45.00	220.00	0.00	0.00	0.00	12.00	0.01	0.00	0.00	0.00	(M)	(M)
Tuna, Tuna Salad WYO C-2, MMA, Veg-O - SR103530 (1/3 cup serving)Contains Egg, Soy.	190.19	9.99	1.70	0.00(M)	115.71	443.16	5.22	0.40	1.97(M)	18.07	1.36	29.96	230.69	1.73	32.80(M)	0.43(M)
Turkey Bacon, Premuim Perfect Slice Fully Cooked, Jennie-O Turkey Store, 2711-06, MMA - SR101878 (1 slice cooked)	20.00	1.00	0.00	0.00	5.00	95.00	0.00	0.00	(M)	2.00	0.00	0.00	0.00	0.00	(M)	(M)
Turkey Deli Sandwich, WG, Jennio, Morabito WG MMA - SR101529 (1 sandwich)Contains Wheat, Soy.	324.71	13.78	6.06	0.00	55.31	858.33	28.69	3.00	3.01(M)	20.73	1.68	205.21	303.75	0.00	(M)	(M)
Turkey Franks, 8/1, Butterball, 61886, MMA - SR101120 (1 ea.)	150.00	12.00	4.00	0.00	50.00	740.00	2.00	0.00	0.00	7.00	1.08	80.00	300.00	0.00	(M)	(M)
Turkey Ham with Green Beans and Potatoes, MMA, Veg-S, Veg-O - SR105094 (1 c.)	85.23	2.09	0.59	0.00(M)	25.46(M)	471.90	9.21	1.62(M)	0.70(M)	8.29	1.00(M)	24.51(M)	210.11 (M)	4.59(M)	65.34(M)	0.58(M)
Turkey ham, dark meat, smoked, cooked then frozen (95% fat free,15% water added) [100126] - SR106783 (1 3/4 oz.)	51.00	1.70	0.42	0.00	25.50	374.00	0.85	0.00	(M)	7.65	0.61	0.00	0.00	0.00	(M)	(M)
Turkey Hot Dog on Whole Grain Bun, MMA, WG - SR100071 (1 ea.)Contains Wheat, Gluten.	230.00	12.50	3.00	0.00	45.00	900.00	21.00	3.00	3.00	11.00	2.88	210.00	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)
Turkey Pattie, Smart Picks Flamebroiled CN, AdvancePierre Foods, 444-425-0, MMA - SR106529 (2 1/2 ounces) Contains Soy.	130.00	6.00	2.00	0.00	35.00	250.00	3.00	1.00	1.00	14.00	1.44	20.00	0.00	0.00	(M)	(M)
Turkey, Blue Ribbon Oven Roasted Turkey Breast - Reduced Sodium, Jennie-O Turkey Store, 8364-02, MMA - SR104629 (1 serv.)	90.00	1.00	0.50	0.00	40.00	540.00	3.00	0.00	(M)	18.00	0.36	20.00	0.00	0.00	(M)	(M)
Turkey, Boneless Fully Cooked Smoked Turkey Picnic, Butterball, 22655-82533, MMA - SR104940 (2 ounces)	120.00	9.00	2.50	0.00	45.00	530.00	1.00	0.00	1.00	8.00	0.72	0.00	0.00	0.00	(M)	(M)
Turkey, Breast Oven Roasted, Frozen, House of Raef - SR101261 (2 ounces)	50.00	1.00	0.00	0.00	25.00	420.00	2.00	0.00	1.00	9.00	0.36	0.00	0.00	0.00	(M)	(M)
Turkey, Breast with White Turkey, Cooked, Sara Lee - SR104662 (2 ounces)	40.00	1.00	0.00	0.00	20.00	430.00	2.00	1.00	0.00	6.00	0.36	0.00	0.00	0.00	(M)	(M)
Turkey, breast, deli-style, cooked then frozen, no more than 10% added ingredients (water, salt, sugar, binders and phosphates) [100121] - SR106782 (1 5/8 oz.)	56.00	2.40	0.80	0.00	28.00	360.00	0.00	0.00	(M)	8.80	0.48	8.00	15.00	2.60	(M)	(M)
Turkey, Breast, Oven Roasted, Fully Cooked, Chipot - SR104546 (1 serv.)	60.00	1.00	0.00	0.00	30.00	440.00	1.00	0.00	1.00	11.00	0.72	20.00	0.00	2.40	(M)	(M)
Turkey, Breast, Oven Roasted, Fully Cooked, Ready - SR103090 (2 ounces)	44.44	0.49	0.00	0.00	19.75	434.57	0.99	0.00	0.99	9.88	0.36	0.00	0.00	0.00	(M)	(M)
Turkey, Breast, Skinless, Oven Roasted, Jennie-O Turkey Store, 8354-02, MMA - SR102541 (3 7/8 ounces)	100.00	1.00	0.50	0.00	40.00	890.00	2.20	0.00	(M)	19.00	0.36	0.00	0.00	1.20	(M)	(M)
Turkey, Burger, Pre-Cooked, Jennie-O, 6134, MMA - SR100244 (1 ea.)	110.00	6.00	2.00	0.00	50.00	320.00	0.00	0.00	0.00	15.00	0.72	0.00	0.00	0.00	(M)	(M)
Turkey, Carolina Turkey Deli White Turkey Roll, Butterball, 22655-82430, MMA - SR104939 (2 ounces)	80.00	4.00	1.00	0.00	35.00	440.00	2.00	(M)	(M)	8.00	0.72	(M)	(M)	(M)	(M)	(M)
Turkey, Corn Dog, Mini, Frozen, State Fair, Sara Lee Corp, 09100, MMA, Non-WG - SR103364 (4 ea.)Contains Milk, Egg, Wheat, Soy.	200.00	11.00	2.00	0.00	30.00	550.00	17.00	1.00	5.00	7.00	1.44	60.00	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)
Turkey, Creamed Turkey over Biscuits, MMA, WG,Non- - SR104452 (2 oz.)Contains Wheat, Soy.	412.65	13.74	2.54	0.00(M)	30.66	1549.62	50.46	3.65	4.88(M)	17.04	2.50	43.79	0.24	15.28	17.82(M)	0.50(M)
Turkey, Crumbles, Smart Picks, AdvancePierre Foods, 3-340630-0, MMA - SR105899 (1 serv.) Contains Soy.	100.01	5.00	1.50	0.00	40.00	250.02	2.00	1.00	0.00	11.00	1.08	20.00	0.00	0.00	(M)	(M)
Turkey, Deli Style Turkey Ham, Jennie-O Turkey Store, 8028, MMA - SR102225 (3 5/8 Ounce serving)	120.00	5.00	2.00	0.00	65.00	870.00	2.00	0.00	(M)	15.00	1.08	0.00	0.00	1.20	(M)	(M)
Turkey, Deli, Butterball, MMA - SR104172 (2 oz.)	50.63	1.01	0.00	0.00	25.31	455.63	2.02	0.00	1.01	10.13	0.73	0.00	0.00	0.00	(M)	(M)
Turkey, Diced Turkey Breast 1/2", Jennie-O Foodservice, 6423, MMA - SR102769 (4 ounces)	90.00	1.00	0.50	0.00	40.00	540.00	3.00	0.00	(M)	17.00	0.36	20.00	0.00	0.00	(M)	(M)
Turkey, Diced Turkey Ham 1/2", Frozen, Jennie-O, 6409, MMA - SR101096 (3 1/8 ounces)	100.00	4.50	1.50	0.00	60.00	530.00	1.00	0.00	(M)	15.00	1.08	0.00	0.00	1.20	(M)	(M)
Turkey, Extra Lean Sliced Turkey Ham .51 oz, 4/5.25 lb, Jennie-O Foodservice, 2565-21, MMA - SR102633 (6 slice (0.5 oz))	100.00	4.50	1.50	0.00	60.00	530.00	1.00	0.00	(M)	15.00	1.08	0.00	0.00	1.20	(M)	(M)
Turkey, Extra Lean Sliced, Oven Roasted Turkey Breast, Jennie-O Foodservice, 8483 MMA - SR103307 (3 slices)	56.37	0.63	0.31	0.00	21.92	651.35	1.25	0.00	(M)	11.27	0.23	0.00	0.00	0.00	(M)	(M)
Turkey, Frozen PreCooked Breast & Thigh Roast, Ovenable Bag, Jennie-O Foodservice, 317004, MMA - SR102610 (2 1/2 ounces)	80.00	3.00	1.00	0.00	35.00	430.00	1.00	0.00	(M)	12.00	0.36	0.00	0.00	0.00	(M)	(M)
Turkey, Frozen PreCooked Turkey Sausage Link, 160/ - SR104056 (1 serving (1 link))	60.00	4.00	1.00	0.00	30.00	100.00	0.00	0.00	(M)	6.00	0.36	20.00	0.00	0.00	(M)	(M)
Turkey, Frozen PreCooked Turkey Spaghetti Meat Sauce, Jennie-O Foodservice,2853-28,MMA - SR102620 (5 ounces)	130.00	4.00	1.00	0.00	55.00	400.00	7.00	0.00	(M)	17.00	1.44	40.00	400.00	15.00	(M)	(M)
Turkey, Ground, Frozen, 2/10 lb. Chubs, Perdue, 65 - SR103522 (4 ounces, dry)	230.00	18.00	6.00	0.00	110.00	55.00	0.00	0.00	0.00	15.00	1.80	150.00	0.00	0.00	(M)	(M)
Turkey, Ground, Raw, 85/15, Frozen, Carolina Turke - SR102885 (1 2 Ounce Serving Cooked)	220.00	16.00	5.00	0.00	75.00	80.00	0.00	0.00	0.00	20.00	1.44	20.00	0.00	0.00	(M)	(M)
Turkey, Hot Dog, Reduced Fat, 6", Sara Lee Corp, 16751 , MMA - SR106076 (1 ea.)	120.00	9.00	3.00	0.00	35.00	630.00	4.00	0.00	2.00	7.00	0.36	40.00	0.00	2.40	(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)
Turkey, Hot Turkey Lunch, MMA - SR101201 (1 ea.)Contains Milk, Wheat, Soy, Gluten.	348.77	4.00	0.00	0.00	3.75	2112.65	50.75	2.00	6.00(M)	26.25	3.96	80.00	0.00	0.00	(M)	(M)
Turkey, Natural Choice Tender Browned Turkey Breast, Jennie-O, 846902, MMA - SR101202 (2 3/4 Ounce serving)	80.00	1.50	0.00	0.00	3.50	540.00	0.00	0.00	(M)	18.00	0.36	0.00	0.00	0.00	(M)	(M)
Turkey, Oven Roasted Turkey Breast, MMA - SR103245 (1 Serving (3 oz = 2 MMA))	75.00	0.75	0.00	0.00	37.50	825.00	3.00	0.00	1.50	15.00	0.54	0.00	0.00	0.00	(M)	(M)
Turkey, Pre-Cooked Sloppy Joe Meat, Frozen, Jennie-O Foodservice, 2858-28, MMA, Veg-RO - SR104633 (5 ounces) Contains Wheat, Soy, Gluten.	160.00	5.00	1.50	0.00	50.00	790.00	13.00	0.00	(M)	17.00	1.08	60.00	300.00	6.00	(M)	(M)
Turkey, Pre-Cooked Turkey and Gravy -All White, Jennie-O Foodservice, 2862-28 MMA - SR102808 (4 ounces)Contains Soy.	120.00	4.50	1.50	0.00	45.00	510.00	3.00	0.00	(M)	17.00	0.72	0.00	0.00	0.00	(M)	(M)
Turkey, Pre-Cooked Turkey Breast & Thigh Roast - Ovenable Bag, Jennie-O Turkey Store, 3170-04, MMA - SR102537 (2 1/2 ounces)	80.97	3.04	1.01	0.00	35.42	435.22	1.01	0.00	(M)	12.15	0.36	0.00	0.00	0.00	(M)	(M)
Turkey, Pre-cooked Turkey Sausage Patty, 1.025 oz, Frozen, Jennie-O, 6132, MMA - SR101003 (1 patty)	60.00	4.00	1.00	0.00	30.00	100.00	0.00	0.00	(M)	6.00	0.36	20.00	0.00	0.00	(M)	(M)
Turkey, Pre-Cooked Turkey Taco Meat, Jennie-O, 2840-28, MMA - SR101277 (3 ounces)	120.00	7.00	2.00	0.00	70.00	410.00	3.00	0.00	0.00	14.00	1.80	100.00	200.00	1.20	(M)	(M)
Turkey, Pretzel Dog, Kunzler, 1118, MMA, WGR - SR106547 (1 ea.)Contains Wheat.	270.00	12.00	4.00	0.00	50.00	410.00	30.00	5.00	5.00	10.00	5.40	40.00	0.00	1.20	(M)	(M)
Turkey, Reduced Sodium, Frozen, Blue Ribbon Oven R - SR102220 (4 ounces)	90.00	1.00	0.50	0.00	40.00	540.00	3.00	0.00	(M)	18.00	0.36	20.00	0.00	0.00	(M)	(M)
Turkey, Sliced Breast Reduced Sodium Deli Favorites, Jennie-O, 8312-12, MMA - SR106580 (1 serv.)	80.00	1.00	0.50	0.00	40.00	450.00	0.00	0.00	0.00	18.00	0.36	10.00	50.00	0.00	(M)	(M)
Turkey, Sliced Oven Roasted Turkey Breast w/White Meat, 0.5 oz, Jennie-O, MMA - SR100589 (6 slices)	109.81	3.99	1.50	0.00	44.92	349.38	1.00	0.00	(M)	15.97	0.36	19.96	0.00	0.00	(M)	(M)
Turkey, Sliced Turkey Combo Pack, .50 oz, Jennie-O, 2095, MMA - SR106569 (1 6- .50oz Slices (2 oz. MMA))	100.00	4.50	1.50	0.00	60.00	530.00	1.00	0.00	(M)	15.00	1.08	0.00	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)
Turkey, Sliced Turkey Ham, Frozen, Jennie-O Foodservice, 2095, MMA - SR104404 (1 serv.)	99.98	4.50	1.50	0.00	59.99	529.87	1.00	0.00	(M)	15.00	1.08	0.00	0.00	1.20	(M)	(M)
Turkey, Slow Roasted, Perfect L'Attitudes, Jennie-O Foodservice, 2156-34, MMA - SR105900 (1 serv.)	120.00	6.00	1.50	0.00	55.00	360.00	1.00	0.00	0.00	15.00	1.08	0.00	0.00	1.20	(M)	(M)
Turkey, Sweet BBQ, Slow Roasted, Perfect L'Attitudes, Jennie-O Foodservice, 2153-34, MMA - SR105311 (3 1/3 ounces, dry)	110.00	4.50	1.50	0.00	55.00	590.00	4.00	0.00	2.00	15.00	1.08	0.00	0.00	1.20	(M)	(M)
Turkey, taco filling, cooked then frozen; made from ground turkey with mild taco flavoring [100119, A565] - SR105081 (2 oz.)	88.84	5.92	1.48	0.00	34.55	148.07	1.97	0.00	(M)	8.88	0.71	19.74	0.00	0.00	(M)	(M)
Turkey, Taco Meat, White and Dark, PreCooked, Jennie-O Foodservice, 2856-28, MMA - SR102222 (3 ounces)Contains Soy, Gluten.	120.00	6.00	2.00	0.00	55.00	380.00	3.00	0.00	(M)	15.00	1.44	40.00	200.00	0.00	(M)	(M)
Turkey, Thigh BBQ, Reduced Sodium, Reduced Fat, JTM, CP5429, MMA - SR106078 (4 1/8 ounces)Contains Soy.	157.99	4.00	1.10	0.00	39.00	460.97	17.00	1.00	9.00	16.00	2.00	35.00	568.96	4.00	(M)	(M)
Turkey, Turkey Breast Thigh Meat Skin On, Raw, Pat - SR100951 (112 grams)	140.00	7.00	2.00	0.00	50.00	750.00	0.00	0.00	0.00	21.00	1.44	20.00	0.00	1.20	(M)	(M)
Turkey, Turkey Breast, Golden Legacy, Cooked, MMA - SR101292 (2 ounces)	60.00	2.00	0.50	0.00	25.00	600.00	2.00	0.00	1.00	9.00	0.36	20.00	0.00	0.00	(M)	(M)
Turkey, Turkey Roast, MMA - SR100979 (2 ounces)	111.90	2.04	0.68	(M)	48.08	969.08	6.51	0.23	0.02(M)	16.09	2.25	9.91	16.03	0.41	64.43	4.06
Turkey, Turkey Taco Filling, Cooked, J.T.M. Food G - SR100639 (3 ounces)Contains Soy.	3.19	0.07	0.02	0.00	0.59	15.30	0.22	0.11	0.07	0.48	0.07	2.00	22.30	0.19	(M)	(M)
Turkey, White and Dark Meat w/ Gravy, Cooked, Boil in Bag, Jennie-O Foodservice, 2847-28, MMA - SR103211 (4 ounces)	120.00	6.00	2.00	0.00	55.00	460.00	2.00	0.00	(M)	15.00	0.72	20.00	0.00	0.00	(M)	(M)
Turnover, Apple Pie, 3.75 oz, Cutie Pie, 3101-94, - SR100514 (1 ea.)	297.00	9.30	2.60	0.00	0.00	335.00	52.40	3.40	26.50	3.10	(M)	(M)	(M)	(M)	(M)	(M)
Turnover, Cherry Pie, 3.75 oz, Cutie Pie, 3106-94, - SR100513 (1 ea.)	301.00	9.00	2.50	0.00	0.00	334.00	53.60	3.20	27.80	3.30	(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)
UBR, The Ultimate Breakfast Round Blueberry, Rich's, 09431, WG - SR102044 (1 ea.)Contains Wheat. Processed in a facility that also processes Milk, Tree nuts, Peanuts, Soy.	250.00	5.00	1.00	0.00	5.00	220.00	45.00	7.00	18.00	5.00	0.58	23.16	9.01	0.05	(M)	(M)
UBR, The Ultimate Breakfast Round, Sunberry Blast, Rich's, 09858, WG - SR102042 (1 ea.) Contains Egg, Wheat. Processed in a facility that also processes Milk, Tree nuts, Peanuts, Soy.	240.00	5.00	1.00	0.00	5.00	210.00	44.00	6.00	20.00	5.00	0.69	24.02	139.50	0.08	(M)	(M)
Ultra Stuffer, Whole Grain Ultra Stuffers Cream Cheese & Strawberry Jelly, Super Bakery, 3334, WG - SR105720 (1 piece)	190.00	5.00	2.00	0.00	20.00	190.00	32.00	2.00	12.00	5.00	1.08	60.00	100.00	2.40	(M)	(M)
Uncrustables, 2.6oz Peanut Butter & Grape Jelly Sandwich on Wheat, Smucker's, 5150006960, WGR, MMA - SR100463 (1 sandwich)Contains Wheat, Peanuts.	320.00	17.00	3.50	0.00	0.00	320.00	32.00	3.00	13.00	10.00	0.00	0.00	0.00	0.00	(M)	(M)
USDA Commodity, chicken fajita strips, frozen - SR105277 (1 strip)	12.69	0.54	0.15	(M)	8.27	75.11	0.21	0.00	(M)	1.75	0.09	1.22	0.00	0.00	6.64	0.27
UV Cheese, Shredded Yellow Cheddar, 5 lb, MMA - SR101337 (1/4 cup serving)Contains Milk.	120.00	10.00	7.00	0.00	30.00	190.00	1.00	0.00	0.00	7.00	0.00	200.00	350.00	0.00	(M)	(M)
UV Kidney Beans, Dark Red Kidney Beans in Brine, Cann - SR100972 (1/2 c.)	110.00	0.00	0.00	0.00	0.00	430.00	18.00	7.00	1.00	9.00	1.80	40.00	0.00	0.00	(M)	(M)
UV Potato, Mashed, Flake Dehydrated, Add Water Carton - SR104386 (1/2 Cup (Prepared)) Contains Milk.	66.52	0.74	0.00	0.00	0.00	243.91	12.56	0.74	0.00	1.48	2.96	1.48	0.00	2.96	(M)	(M)
UV%Hot Dog, Turkey Frank, Kunzler, 1079 MMA - SR105390 (1 frankfurter)	140.00	11.00	3.50	0.00	50.00	300.00	1.00	0.00	1.00	6.00	0.72	60.00	0.00	0.00	(M)	(M)
Vegetab;e, Broccoli Salad, Veg-DG - SR103785 (4 oz.)	366.28	23.81	4.24	0.00(M)	8.45	575.65	34.17	2.45	25.06(M)	5.60	0.77	72.32	605.10	81.32	124.52 (M)	3.02(M)
Vegetable Blend, California Normandy Frozen, Norpa - SR100568 (1 c.)	25.00	0.00	0.00	(M)	0.00	29.99	4.00	2.00	(M)	1.00	0.18	15.96	1274.00	16.22	(M)	(M)
Vegetable Blend, Fajita, Frozen, Monarch, 672547, - SR102284 (1 Cup (8 oz ladle))	25.00	0.00	0.00	0.00	0.00	10.00	5.00	1.00	3.00	1.00	0.00	0.00	100.00	15.00	(M)	(M)
Vegetable Blend, Italian, Frozen, Harvest Value, 6 - SR102280 (1 Cup (8 oz ladle))	30.00	0.00	0.00	0.00	0.00	35.00	5.00	2.00	1.00	2.00	0.36	20.00	750.00	4.80	(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)
Vegetable Bowls, E-36A, Veg-DG, Veg-RO - SR106384 (1 serv.)	100.48	6.32	1.04	0.00(M)	5.00	147.10	10.87	2.89	3.67	1.85	0.52(M)	41.52(M)	10538.17(M)	44.19(M)	94.49(M)	0.99(M)
Vegetable Cup, Fresh Veggie Cups, FV-L, Veg-O, Veg - SR103843 (1 container (4 oz))	36.16	0.19	0.04	(M)	0.00	103.20	8.11	3.14	4.74	0.86	0.81	46.00	11260.99	3.66	120.95	0.89
Vegetable Medley, Fresh Veggie Cup, FV-L, Veg-O - SR103840 (1 container (4 oz))	64.12	0.64	0.08	(M)	0.00	72.79	12.89	4.92	4.06	4.75	1.38	83.54	3736.13	144.03	179.81	1.61
Vegetable, Acorn Squash, Veg-RO - SR101616 (1/2 Cup (8 oz ladle))	176.60	5.21	3.16	0.00(M)	13.00	109.74	34.01	3.09	12.61(M)	1.96	1.54	79.80	959.22	45.51	213.71	2.27
Vegetable, Baked Beans, Elem and Middle, Veg-BP - SR102716 (4 ounces)	152.77	0.57	0.09	0.00(M)	0.00	257.56	35.25	5.11(M)	9.17(M)	6.16	1.54(M)	48.49(M)	291.61(M)	0.00(M)	0.27(M)	0.06(M)
Vegetable, Baked Beans, Hyndman, Veg-BP - SR104518 (1/2 c.)	119.09	0.37	0.07	0.00(M)	0.00	216.42	27.66	4.14	3.90(M)	4.80	1.24	38.24	107.94	0.05	1.44(M)	0.03(M)
Vegetable, Baked Beans, Veg-BP - SR102961 (1/2 cup serving)	126.98	0.00	0.00	0.00	0.00	433.74	26.56	5.14	9.80	5.99	1.54	34.25	49.41	0.59	(M)	(M)
Vegetable, Baked Potato with Cheese Sauce, Veg-S, MMA - SR106043 (1 ea.)Contains Milk, Soy.	264.92	6.18	4.07	0.00	20.01	377.84	43.51	2.98	0.00(M)	10.17	1.94	29.88	1.99	12.84	(M)	(M)
Vegetable, Baked Squash, Veg-O - SR102806 (1/2 c.)	55.19	2.56	0.92	(M)	1.44	129.03	5.33	1.58	2.13(M)	0.00	0.12	17.07	0.00	0.00	0.03(M)	0.28(M)
Vegetable, Baked Squash, Yellow Squash, Veg-O - SR104213 (1/2 c.)	55.19	2.56	0.92	(M)	1.44	129.03	5.33	1.58	2.13(M)	0.00	0.12	17.07	0.00	0.00	0.03(M)	0.28(M)
Vegetable, Baked Sweet Potato, Veg-RO - SR104454 (3/8 c.)	126.44	2.11	0.88	0.00(M)	0.00	56.53	25.85	3.02	0.00(M)	1.30	0.97	17.68	9426.44	11.03	(M)	(M)
Vegetable, Beets elem, Veg-O - SR102378 (1/2 c.)	240.18	6.18	2.73	0.00(M)	0.00	588.85	45.69	3.22	37.12(M)	1.94	1.97	48.81	330.35	7.35	269.49(M)	2.38(M)
Vegetable, Black Bean Salsa, Veg-BP, Veg-RO - SR104231 (1/2 c.)	131.15	0.45	0.11	0.00(M)	0.00	236.49	24.69	9.19	0.02(M)	8.11	2.74	71.48	283.18	10.18	1.25(M)	0.01(M)
Vegetable, Blend, Oriental, Paris Foods Corp, 1448 - SR100378 (84 grams)	25.00	0.00	0.00	0.00	0.00	5.00	5.00	2.00	2.00	1.00	0.36	20.00	400.00	24.00	(M)	(M)
Vegetable, Breaded Zucchini, Side Dish #3, Veg-O, MMA, WG - SR105520 (1/2 c.)	416.41	13.17	3.01	0.00(M)	5.14(M)	2371.20	64.30	4.71	8.38(M)	11.96	13.18	175.61	1485.33	24.50	91.01(M)	7.70(M)
Vegetable, Broccoli Seasoned, Veg-DG - SR100219 (1/2 c.) Contains Soy.	58.16	3.67	1.64	0.00(M)	0.00	44.14	4.92	2.76	1.35	2.85	0.56	30.36	1092.12	36.89	83.46(M)	0.65(M)
Vegetable, Broccoli with Cheese Sauce, #23FV, Veg- - SR103680 (1 portion)Contains Milk, Soy.	62.60	2.70	0.45	0.00	0.00	267.50	6.70	2.00	2.00	1.75	0.00	20.00	65.00	31.80	(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)
Vegetable, Buttered Corn, Veg-S - SR104394 (3/8 c.)	88.79	4.33	1.48	(M)	5.30	142.78	12.73	1.58	2.02(M)	1.68	0.31	2.89	299.89	2.31	50.94	0.65
Vegetable, Butternut Squash, Baked, French Fries V - SR104489 (1/2 c.)	69.85	0.18	0.04	(M)	0.00	4.99	18.19	5.49	(M)	1.40	1.16	54.88	533.88	13.47	103.41	1.57
Vegetable, Calico Beans, Frozen, Hanover Foods, 28 - SR101788 (1/2 Cup Cooked, Drained Vegetable)	160.00	1.00	0.00	(M)	(M)	10.00	31.00	(M)	(M)	9.00	2.70	60.00	0.00	6.00	(M)	(M)
Vegetable, California Blend, Frozen, Veg-O - SR101778 (3/4 Cup Cooked, Drained Vegetable)	25.00	0.00	0.00	(M)	(M)	15.00	3.00	2.00	(M)	2.00	0.36	20.00	6250.00	15.00	(M)	(M)
Vegetable, Carrot and Celery Boat, Veg-RO, Veg-O - SR103719 (1/2 c.)	12.66	0.08	0.01	0.00(M)	0.00	21.84	2.95	0.87	1.46	0.29	0.09	10.46	5131.85	1.83	27.88	0.30
Vegetable, Celery & Carrot Sticks, Veg-RO, Veg-O - SR102394 (1/2 cup (washed))	16.55	0.12	0.02	0.00(M)	0.00	41.24	3.67	1.26	1.91	0.46	0.14	20.16	5240.73	2.58	51.02	0.49
Vegetable, Celery and Carrot Sticks, Veg-RO, Veg-O - SR104453 (1 serv.)Contains Milk, Egg, Soy.	117.37	6.85	0.99	0.00(M)	4.72	358.53	12.79	2.50	4.67	0.92	0.28	60.29	9786.42	5.10	154.89	0.98(M)
Vegetable, Celery Sticks and Ranch, Veg-O - SR105977 (1/2 c.)May contain Milk, Egg, Soy.	260.76	18.94	3.17	0.00(M)	20.93	948.00	20.62	0.96	5.28	2.51	0.12	65.86	269.40	1.86	57.26(M)	0.45(M)
Vegetable, Cole Slaw, Veg-O - SR102459 (1/2 c.)	260.40	19.35	2.71	0.00(M)	0.00	482.75	20.16	2.94	15.58	2.00	0.55	47.36	689.11	41.71	150.48	2.65
Vegetable, Corn TVASD, Veg-S - SR104804 (1 c.)Contains Soy.	178.44	4.78	1.80	0.00(M)	0.00	315.29	35.02	4.43	0.00(M)	4.63	0.87	4.60	522.66	6.42	0.00(M)	0.72(M)
Vegetable, Corn, Peas, Carrots, and Green Beans, Side Dish #32, Veg-O - SR105505 (3/8 c.)	63.46	1.22	0.23	0.23(M)	0.00	245.50	10.90	2.72	0.00(M)	2.72	0.66	22.10	3229.23	8.17	126.52 (M)	0.64(M)
Vegetable, Corn, Redbank Valley SD, Veg-S - SR104464 (3/8 c.)	88.38	2.75	0.99	0.00	0.00	169.38	16.51	1.73	0.00(M)	2.33	0.77	4.34	155.88	7.59	(M)	(M)
Vegetable, Crunchy Broccoli Blanched, Veg-DG - SR106419 (1/2 c.)	25.13	0.09	0.02	0.00	0.00	20.34	4.78	2.59	0.00(M)	2.64	0.52	43.45	859.73	34.11	0.00(M)	0.00(M)
Vegetable, Glazed Carrots, Veg-RO - SR103646 (1/2 cup serving) Contains Soy.	62.11	2.32	0.52	0.50(M)	0.00	111.14	10.24	2.64	7.07(M)	0.58	0.81	29.13	12610.18	2.36	81.97(M)	0.62(M)
Vegetable, Hash Browns, Veg-S - SR105437 (1 c.)	254.72	13.76	2.07	(M)	0.00	9.10	30.84	2.63	2.63	3.65	1.37	28.70	2.30	11.51	153.51	1.84
Vegetable, Hashbrowns, 17A, Veg-S - SR105888 (1/2 c.)	173.48	10.88	1.15	1.13(M)	0.00	544.92	17.31	1.26	1.21(M)	1.23	0.06	0.94	382.30	7.13	1.28(M)	0.96(M)
Vegetable, Hummus ex, Veg-BP - SR102635 (2 oz.)	87.95	6.21	1.56	0.00(M)	0.00	108.98	6.87	1.34	0.03(M)	1.50	0.41	9.71	33.15	1.33	0.59(M)	0.19(M)
Vegetable, Mashed Potato, Veg-S - SR103721 (1/2 c.)	65.67	0.68	0.17	0.02(M)	0.00	27.22	13.81	1.12	0.57	1.43	0.21	4.69	71.89	13.77	2.08	0.62

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)
Vegetable, Mashed Potatoes, S - SR106971 (1/2 c.)Contains Milk, Soy.	94.83	2.20	1.15	0.00(M)	2.11	543.23	17.20	2.59	1.25(M)	1.97	0.57	15.65	101.05	21.32	92.44(M)	2.35(M)
Vegetable, Mashed Potatoes, Side Dish #20, Veg-S - SR104516 (1/2 c.)Contains Milk.	99.78	2.60	0.94	(M)	3.60	541.85	17.15	2.59	1.42(M)	1.99	0.57	17.25	116.53	21.28	88.47(M)	2.36(M)
Vegetable, Mashed Potatoes, Veg-S - SR104456 (1/2 c.) Contains Milk, Soy.	72.56	1.36	0.28	0.00(M)	0.00	294.69	12.64	0.74	0.00	1.49	0.54	17.27	28.13	22.31	78.92(M)	0.20(M)
Vegetable, Mexicali Corn, Veg-S - SR104463 (1/4 c.)	45.13	1.32	0.47	0.00(M)	0.00	81.66	8.53	1.00	0.29(M)	1.21	0.42	3.46	147.36	8.80	8.52(M)	0.04(M)
Vegetable, Mixed Squash, Veg-O - SR101018 (1/2 Cup (8 oz ladle))	19.43	0.32	0.10	(M)	0.00	191.54	3.82	1.12	2.86(M)	1.18	0.46	20.41	182.33	17.98	91.76	1.06
Vegetable, Orange Glazed Carrots, Veg-RO - SR105386 (1/4 c.)	56.42	1.96	0.38	0.34(M)	0.00	38.97	9.87	0.91	6.10(M)	0.51	0.41	17.90	5479.60	6.87	7.94(M)	0.17(M)
Vegetable, Peas w/ Margarine, Redbank Valley SD, V - SR104455 (1/2 c.)	92.33	2.49	1.03	0.00	0.00	193.59	13.24	4.34	0.00(M)	4.65	1.00	21.05	657.28	10.15	(M)	(M)
Vegetable, Peas w/ Margarine, Veg-S - SR104235 (1/2 c.)	104.08	2.10	0.87	0.00	0.00	99.22	16.17	6.24	0.00(M)	5.84	1.79	26.93	2462.36	11.20	(M)	(M)
Vegetable, Pesto White Beans, Veg-BP - SR104941 (1/2 c.) Contains Milk, Tree nuts.	171.95	2.77	0.52	0.00(M)	0.50	665.52	27.57	6.82	0.51(M)	10.29	2.51	70.85	45.14	1.60	114.48 (M)	1.54(M)
Vegetable, Pork & Beans, Showboat, Bush Brothers & - SR104388 (1/2 c.)	120.00	1.50	0.50	0.00	0.00	200.00	22.00	5.00	6.00	6.00	(M)	(M)	(M)	(M)	(M)	(M)
Vegetable, Pot. Baked E Minutebaker, Veg-S - SR102389 (1 ea.)Contains Milk.	165.46	3.98	1.20	0.36(M)	3.83	54.47	29.38	3.04	1.82	3.67	1.49	29.27	223.99	13.25	105.21 (M)	1.92(M)
Vegetable, Pot. Smiley Elem McCain, Veg-S - SR102387 (1 serv.)	140.40	4.50	0.50	0.00	0.00	263.20	22.60	2.00	2.08	2.00	0.36	0.00	52.00	3.02	(M)	(M)
Vegetable, Potatoes, Mashed, Real Premium Mashed P - SR100866 (1/4 cup mix)Contains Milk, Soy.	80.00	1.00	0.00	0.00	0.00	310.00	17.00	1.00	1.00	2.00	0.36	20.00	0.00	3.60	(M)	(M)
Vegetable, Refried Beans, Veg-BP - SR102341 (1/2 c.)	119.35	1.62	0.61	0.00(M)	10.12	149.72	19.79	6.78	(M)	7.00	2.12	52.63	0.00	7.68	270.59 (M)	0.27(M)
Vegetable, Regular Straight Cut French Fries, Redu - SR101014 (1/2 cup fries)	110.00	3.50	0.50	0.00	0.00	130.00	18.00	1.00	0.00	2.00	0.36	0.00	0.00	3.60	(M)	(M)
Vegetable, Romano Medley, Frozen, Hanover Foods, 2 - SR101781 (1/2 Cup Cooked, Drained Vegetable)	25.00	0.00	0.00	(M)	(M)	10.00	4.00	(M)	(M)	1.00	0.72	40.00	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)
Vegetable, Sauteed Green Beans, Veg-O - SR104514 (3/4 c.)	67.24	2.65	0.57	0.00(M)	0.55	566.75	9.19	2.96	2.51(M)	2.27	0.98	55.03	726.49	14.63	102.62 (M)	2.08(M)
Vegetable, Scalloped Potatoes, Veg-S - SR104429 (1/2 c.) Contains Milk, Wheat, Soy.	196.00	4.90	3.18	0.00(M)	7.31	683.53	35.75	2.86	4.29	4.32	0.52	61.86	85.02	3.43	128.39 (M)	0.20(M)
Vegetable, Seasoned Corn, Veg-S - SR100218 (1/2 c.)Contains Soy.	98.40	4.11	1.70	0.00	0.00	35.02	15.83	2.00	0.00(M)	2.09	0.39	2.00	325.00	2.90	(M)	(M)
Vegetable, Seasoned Green Peas, Veg-S - SR105385 (1/2 c.)	87.92	2.20	0.41	0.34(M)	0.00	257.56	12.70	4.19	4.65(M)	4.86	1.43	21.28	1994.91	16.74	93.67	1.15
Vegetable, Seasoned Potato, I-32, Veg-S - SR106815 (1/2 ea.)	90.13	0.11	0.04	0.00(M)	0.00	111.66	20.63	1.56	0.02(M)	2.47	1.01	15.40	67.98	6.42	0.03(M)	0.02(M)
Vegetable, Skillet Mallow Sweet Potatoes, Veg-RO - SR104013 (3/4 c.)	219.80	2.12	1.36	0.00(M)	4.80(M)	69.70	48.78	2.96(M)	3.82(M)	2.07	0.99(M)	21.88(M)	8383.03 (M)	25.19(M)	35.46(M)	0.14(M)
Vegetable, Stewed Tomatoes, J-19, Veg-RO - SR104483 (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)
Vegetable, Succatash, Veg-S - SR104485 (1/2 c.)	79.63	0.52	0.09	0.00	0.00	52.71	17.39	3.10	(M)	3.36	1.02	14.43	185.01	5.45	(M)	(M)
Vegetable, Summer Blend, Frozen, Hanover Foods, 29 - SR101783 (1/2 Cup Cooked, Drained Vegetable)	35.00	0.00	0.00	(M)	(M)	17.00	6.00	(M)	(M)	2.00	0.72	20.00	5000.00	12.00	(M)	(M)
Vegetable, Sweet Potato, Harvest Splendor, Deep Gr - SR102425 (1/2 c.)Contains Wheat.	93.58	3.30	0.55	0.00	0.00	137.62	14.31	1.10	5.50	1.10	0.40	22.02	3853.24	2.64	(M)	(M)
Vegetable, Sweet Potato, Veg-RO - SR102663 (4 ounces)Contains Soy.	79.34	2.26	1.02	0.00(M)	0.00	52.47	14.16	1.70	5.12	0.89	0.35	17.01	8145.23	1.36	43.82(M)	0.56(M)
Vegetable, Tomato and Lettuce, Veg-DG, Veg-RO - SR103547 (1 ea.)	7.50	0.08	0.01	(M)	0.00	3.00	1.61	0.54	1.08	0.40	0.14	5.70	325.20	4.53	42.70	0.20
Vegetable, Tomato Sauce, Meatless, G-7, Veg-RO - SR104573 (1/2 c.)	66.19	1.47	0.23	0.00(M)	0.00	134.82	12.13	2.63	4.81(M)	2.53	1.74	50.56	1153.24	18.36	24.85(M)	0.07(M)
Vegetable, Tomato Soup, Veg-RO - SR105132 (3/4 c.)	115.11	0.23	0.07	0.00(M)	1.79(M)	187.76	25.18	1.89(M)	20.37(M)	4.87	1.45(M)	161.23 (M)	1004.88 (M)	15.73(M)	81.24(M)	0.68(M)
Vegetable, Vegetable Medley, Veg- O - SR100212 (1/2 c.) Contains Soy.	77.85	3.94	1.62	0.00(M)	0.00	68.11	9.09	1.51	0.00(M)	1.51	0.27	9.89	1329.02	2.29	(M)	(M)
Vegetable, White Tuscan Bean Salad, Veg-BP - SR104923 (1/2 c.)Contains Milk, Egg, Fish, Soy.	139.66	4.10	0.69	0.00(M)	2.81	376.93	21.87	4.34	1.38(M)	5.77	1.31	50.64	713.14	2.40	7.31(M)	0.07(M)
Vegetable, Winter Blend, Frozen, Hanover Foods, 28995, Veg-O - SR101784 (1/2 Cup Cooked, Drained Vegetable)	10.00	0.00	0.00	0.00	0.00	5.00	1.00	1.00	0.50	1.00	0.18	10.00	150.00	15.00	(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)
Vegetable, Ybm Fresh Vegetables, Veg-RO, Veg-O - SR103882 (1 c.)	32.69	0.24	0.07	0.00(M)	0.00	27.73	7.58	2.50	3.90	1.12	0.41	20.93	6426.16	69.22	116.81	0.74
Vegetables, Assorted Veggie Tray, Veg-RO, Veg-O - SR102242 (1 cup serving)	29.07	0.19	0.03	0.00(M)	0.00	52.44	6.32	2.16	1.86(M)	0.82	0.58	28.47	6333.31	31.93	70.06(M)	0.40(M)
Vegetables, Baby Carrots and Grape Tomatoes, Veg-RO - SR106470 (1/2 c.)	47.60	0.07	0.01	0.00(M)	0.00	391.35	11.98	2.30	5.28	0.53	0.18	31.46	5439.85	6.60	26.93(M)	0.30(M)
Vegetables, Baby Carrots with Low Fat Dip, Veg-RO - SR102253 (1/2 cup sticks)Contains Milk, Egg, Soy.	118.00	7.09	1.02	0.00	5.00	351.60	12.47	2.29	1.00(M)	0.50	0.71	45.20	10945.02	2.10	(M)	(M)
Vegetables, Beans and Spinach, Veg-BP, Veg-DG - SR106819 (3/4 c.)	305.50	4.78	1.26	0.00(M)	0.00	368.44	50.19	12.50	0.26(M)	18.51	5.23	181.29	5709.23	20.15	67.39(M)	1.27(M)
Vegetables, Broccoli and Cheese, Side Dish #5, Veg-DG - SR105495 (1/2 c.)	50.54	2.47	1.51	0.00(M)	4.86	640.91	4.88	2.25	0.95	3.08	0.46	79.58	1126.14	44.16	174.37 (M)	2.10(M)
Vegetables, California Vegetables, Veg-O - SR104439 (1/2 c.)Contains Milk.	43.40	1.42	0.28	0.00(M)	0.00	57.74	4.67	2.34	0.00(M)	1.17	0.22	18.65	1602.77	18.96	(M)	(M)
Vegetables, Carrot and Celery Sticks, Veg-RO, Veg-O - SR104782 (1/2 c.)May contain Milk, Egg, Soy.	102.79	6.10	1.02	0.00(M)	6.59	340.20	11.22	1.78	4.05	1.30	0.20	40.85	7767.90	3.66	70.35(M)	0.68(M)
Vegetables, Collard Greens, Chopped Frozen, Monarc - SR100290 (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, Corn and Black Bean Fiesta, Flame-roas - SR103962 (3 ounces)	110.00	2.50	0.00	0.00	0.00	150.00	19.00	4.00	5.00	4.00	1.08	20.00	500.00	9.00	(M)	(M)
Vegetables, Cucumber Slices with Low Fat Dip, Veg- - SR102238 (1 ea.)Contains Milk, Egg, Soy.	105.60	7.11	1.04	0.00(M)	5.00	292.08	9.78	0.52	2.74	0.68	0.29	36.64	109.20	2.91	99.04(M)	0.40(M)
Vegetables, Cucumber with Ranch, Veg-O - SR103739 (1/2 cup, sliced)	147.80	13.06	2.02	0.00(M)	10.00	381.04	8.89	0.26	2.87	0.34	0.15	28.32	54.60	1.46	49.52(M)	0.20(M)
Vegetables, Fresh Cut Fries, S - SR106979 (4 oz.)	136.84	3.89	0.30	0.00(M)	0.00(M)	619.92	24.21	3.66(M)	1.74(M)	2.56	0.80(M)	14.38(M)	20.39(M)	29.79(M)	123.37 (M)	2.96(M)
Vegetables, Fresh Veggie Boats, Veg-RO, Veg-DG, Veg-O - SR104787 (1/2 c.)May contain Milk, Egg, Soy.	103.16	6.16	1.03	0.00(M)	6.59	311.17	11.07	1.86	3.90	1.91	0.53	37.00	3398.09	43.11	83.54(M)	0.57(M)
Vegetables, Fresh Veggies, Veg-DG, Veg-RO, Veg-O - SR101712 (1 Tray)	28.35	0.22	0.04	(M)	0.00	54.72	6.09	2.15	2.82	1.36	0.60	38.27	4243.15	27.70	104.98	0.75
Vegetables, Fresh, O - SR106977 (1/2 c.)	13.76	0.06	0.02	(M)	0.00	24.84	3.25	0.99	1.79	0.33	0.33	13.31	4195.89	1.38	47.45	0.28

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, Fresh, Side Dish #12, Veg-RO, Veg-O - SR106289 (1/2 c.)	13.81	0.06	0.01	(M)	0.00	25.07	3.26	1.00	1.80	0.33	0.33	13.43	4197.14	1.39	47.72	0.28
Vegetables, Frozen; mixed, capri, IQF, 12/2 lb; as - SR104623 (3/4 c.)	24.99	0.00	0.00	(M)	0.00	24.99	4.00	0.99	(M)	0.99	0.18	17.69	1823.16	0.73	(M)	(M)
Vegetables, Glazed Carrots, Side Dish #16, Veg-RO - SR105498 (1 c.)	186.03	10.31	1.93	1.69(M)	0.00	659.99	24.02	5.60	10.67(M)	1.02	0.99	70.35	28686.03	3.99	2.02(M)	1.48(M)
Vegetables, Green Beans, Blessed Sacrament, Veg-O - SR105063 (1/2 c.)	21.84	0.83	0.16	0.00(M)	0.00	32.73	3.51	1.61	0.00(M)	0.82	0.48	26.58	333.89	2.24	0.16(M)	0.09(M)
Vegetables, Mashed Potatoes, Veg-S - SR101979 (1/2 Cup (8 oz ladle))Contains Milk.	69.84	0.08	0.02	0.00(M)	0.21	165.53	15.54	1.90	1.16	2.07	0.68	23.00	22.63	16.93	67.99(M)	1.33(M)
Vegetables, Mixed Vegetables, Frozen, Veg-O - SR105384 (1/2 c.)	85.44	1.84	0.35	0.34(M)	0.00	208.56	14.55	3.40	1.00(M)	3.38	0.83	23.99	3991.66	10.06	19.33(M)	0.43(M)
Vegetables, mixed, frozen, cooked, boiled, drained - SR104384 (1/2 c.)	59.15	0.14	0.03	(M)	0.00	31.85	11.91	4.00	2.84	2.60	0.75	22.75	3892.07	2.91	75.74	0.61
Vegetables, Mixed, Frozen; Caribbean blend, 6/4 lb - SR103308 (1 c.)	35.00	0.00	0.00	0.00	0.00	30.00	6.00	2.00	3.00	1.00	0.72	20.00	100.00	18.00	(M)	(M)
Vegetables, Onions and Green Peppers, Cooked, Veg- - SR102246 (1 cup serving)	32.20	0.14	0.05	(M)	0.00	3.68	7.50	1.76	3.54	1.03	0.28	17.82	171.35	41.24	94.43	0.40
Vegetables, Onions, Red and Green Peppers, Roasted - SR102883 (1 cup serving)	23.00	0.06	0.02	(M)	0.00	17.41	8.39	0.98	2.44(M)	0.63	0.24	18.53	625.29	30.59	51.24(M)	0.20(M)
Vegetables, Oriental Blend, Monarch, 673427, Veg-O - SR104875 (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)
Vegetables, Prince Edward Blend (Baby Beans), Flav R Pac, Veg-O - SR106444 (1 c.)	28.00	0.00	0.00	0.00	0.00	12.00	5.60	2.40	1.60	0.80	0.29	32.00	600.00	7.20	(M)	(M)
Vegetables, Salad Bar, Side Dish #24, Veg-DG, O, RO, MMA - SR104689 (1 1/2 c.)	73.80	2.62	0.59	0.00(M)	48.50	316.53	8.68	2.32	1.59(M)	4.35	1.10	48.39	4297.21	24.24	103.89 (M)	1.40(M)
Vegetables, Salad, Veg-RO, Veg-O, Veg-BP - SR104118 (1 serv.)	125.89	2.55	0.27	(M)	0.00	343.63	20.53	6.82	2.91(M)	7.05	1.92	60.63	851.75	9.90	216.71	1.85
Vegetables, Sandwich Trimmings, Veg-O, Veg-RO - SR105446 (1/2 c.)	63.02	0.36	0.07	(M)	0.00	696.29	14.43	1.84	11.06	1.14	0.48	60.48	768.59	6.36	140.78	2.30
Vegetables, Sautéed Mixed, Veg-O, Veg-RO, Veg-S - SR104526 (1 serv.)	210.88	9.20	4.54	0.00(M)	15.00	735.83	30.17	3.17	2.51(M)	3.93	1.48	34.83	6346.96	9.07	148.19 (M)	2.02(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, Seasoned Baked Red Jacket Potato Chunks, Veg-S - SR105276 (1/2 c.)	74.47	0.00	0.00	0.00	0.00(M)	0.00	16.38	1.86(M)	14.27(M)	2.48	0.67(M)	12.41(M)	0.00(M)	16.76(M)	0.00(M)	0.00(M)
Vegetables, Steamed, 1/2 cup serving, Veg. - SR104391 (1/2 c.)	38.55	0.42	0.04	(M)	0.00	37.42	7.53	2.95	1.93	3.20	0.83	53.30	706.47	101.15	101.26	0.99
Vegetables, Stir Fry Vegetables, Canned, La Choy, 4430012361, Veg-O - SR104993 (1/2 c.)	15.00	0.00	0.00	0.00	0.00	180.00	3.00	2.00	1.00	0.00	0.00	0.00	1500.00	18.00	(M)	(M)
Vegetables, Stir Fry; original, 12/2 lb; as purchased - SR105305 (1/2 c.)	30.00	0.00	0.00	(M)	0.00	25.00	5.00	2.00	(M)	1.00	0.26	17.60	665.70	9.30	(M)	(M)
Vegetables, Tomato Slices with Lettuce Leaves, Veg-RO, Veg-O - SR104784 (3/4 c.)	16.57	0.18	0.03	(M)	0.00	6.49	3.56	1.19	2.40	0.88	0.31	12.36	721.60	10.19	93.81	0.45
Vegetables, Veggie Cup, Veg-RO, Veg-BP, Veg-O - SR102407 (1 ea.)	47.33	0.39	0.05	0.00(M)	0.00	46.66	9.47	2.07	1.44(M)	1.84	0.53	17.86	2740.83	4.81	25.84(M)	0.20(M)
Vegetables, Veggie Dippers 2, Veg-O - SR104024 (1/2 c.) Contains Milk, Egg, Soy.	181.62	17.98	2.84	0.00(M)	4.72	276.76	2.74	1.15	1.17(M)	1.04	0.09	10.69	53.88	11.46	11.45(M)	0.09(M)
Vegetarian Chili, Veg-BP, Veg-RO, Veg-O - SR105083 (1/2 c.)	108.73	0.64	0.11	0.00(M)	0.00	363.12	20.26	5.80	1.88(M)	6.18	3.02	90.19	1713.26	27.92	82.47(M)	1.34(M)
Veggie Burger, Garden Veggie Pattie, Morningstar F - SR103111 (1 Patty (3.5oz))Contains Milk, Egg, Wheat, Soy.	170.00	6.00	1.00	0.00	0.00	540.00	15.00	3.00	2.00	16.00	1.44	80.00	0.00	0.00	(M)	(M)
Veggie Rib Patty w/ Honey BBQ Sauce, AdvancePierre Foods, 9288, MMA - SR106531 (3 1/4 ounces)Contains Milk, Wheat, Soy.	140.00	4.50	0.00	0.00	0.00	380.00	17.00	4.00	7.00	10.00	1.80	60.00	200.00	1.20	(M)	(M)
Veggie Tray, Raw, Veg-RO, Veg-O, Veg-S, Veg-DG - SR100351 (3/4 cup serving)	69.70	0.46	0.07	0.00(M)	0.00	128.26	13.48	4.98	3.66(M)	4.02	1.44	60.46	7267.08	48.52	113.70 (M)	1.03(M)
Vinegar, Cider - SR104142 (1 c.)	50.19	0.00	0.00	0.00	0.00	11.95	2.22	0.00	(M)	0.00	0.48	16.73	0.00	0.00	224.21	0.41
Vinegar, Distilled, White - SR102696 (1 c.)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	15.97	0.00	0.00	(M)	(M)
Vinegar, Roland White Balsamic Vinegar - SR103675 (1 Tbsp.)	10.00	0.00	0.00	(M)	0.00	0.00	3.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Waffle, Belgian, Krusteaz, 731-0360, Non-WG - SR103172 (1 waffle)Contains Egg, Wheat, Soy.	370.00	10.00	2.00	0.00	0.00	1040.00	59.00	2.00	13.00	10.00	3.20	170.00	0.00	0.00	(M)	(M)
Waffle, Gourmet Whole Wheat, Bulk; Bake Crafters; as served - SR105309 (1 piece)	65.00	1.60	0.00	(M)	0.00	163.00	12.00	2.00	(M)	2.00	72.00	48.00	0.00	0.00	(M)	(M)

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Waffle, Jumbo Waffles, Frozen, Non-WG - SR102353 (2 waffle) Contains Milk, Egg, Wheat, Soy.	190.00	6.00	1.00	0.00	4.99	530.00	31.00	1.00	4.00	4.00	8.10	80.00	0.00	0.00	(M)	(M)
Waffle, Stick Bulk Frozen, Non-WG - SR101794 (66 grams) Contains Milk, Egg, Wheat.	180.00	7.00	1.00	0.00	30.00	200.00	25.00	1.00	7.00	3.00	1.08	40.00	300.00	0.00	(M)	(M)
Waffle, Waffle Jumbo Square, Frozen, Aunt Jemima 4 - SR102351 (2 ea.)	190.00	6.00	1.00	0.00	0.00	530.00	31.00	1.00	4.00	4.00	9.00	350.00	0.00	0.00	(M)	(M)
Waffle, Whole Grain Waffle Stix, 1.1 oz, Belgian Chef, WG - SR106056 (2 waffle sticks) Contains Milk, Egg, Wheat, Soy.	140.00	2.00	0.00	0.00	0.00	250.00	27.00	2.00	5.00	4.00	1.08	20.00	0.00	0.00	(M)	(M)
Waffles, Belgian Chef Whole Grain Wafffle Stick, F - SR101644 (2 waffle sticks)Contains Milk, Egg, Wheat, Soy.	140.00	2.00	0.00	0.00	0.00	250.00	27.00	2.00	5.00	4.00	1.08	20.00	0.00	0.00	(M)	(M)
Waffles, Buttermilk, Non-WG, MMA - SR104535 (1 waffle)	336.74	13.81	8.16	0.00(M)	80.07	390.07	44.03	0.90	3.75(M)	8.43	4.01	106.59	468.65	0.89	82.14(M)	1.33(M)
Waffles, Gourmet, Whole Grain, Bulk, Bake Crafters, 1453, WGR - SR106057 (1 waffle)Contains Milk, Egg, Wheat, Soy. Processed in a facility that also processes Tree nuts.	70.00	2.00	0.00	0.00	0.00	120.00	12.00	1.00	2.00	2.00	0.72	60.00	0.00	0.00	(M)	(M)
Waffles, Made with Whole Grain, Aunt Jemima, Pinnacle Food Service, 43577, WG - SR102120 (2 waffles)Contains Milk, Egg, Wheat, Soy.	200.00	6.00	1.00	0.00	0.00	490.00	32.00	3.00	4.00	5.00	3.60	100.00	0.00	0.00	(M)	(M)
Waffles, Mini, Blueberry Bash, Pillsbury, UPC-100- - SR100346 (1 ea.)	190.00	6.00	1.00	0.00	10.00	200.00	32.00	2.00	14.00	3.00	0.36	20.00	0.00	0.00	(M)	(M)
Waffles, Mini, Maple Madness, General Mills, 100- - SR100447 (1 pouch)Contains Milk, Egg, Wheat, Soy.	190.00	5.00	1.00	0.00	10.00	200.00	33.00	2.00	14.00	3.00	0.36	20.00	0.00	0.00	(M)	(M)
Waffles, Mini, Maple Madness, Pillsbury, UPC100-18000-44306-9, WG - SR106055 (1 ea.)	190.00	5.00	1.00	0.00	10.00	200.00	33.00	2.00	15.00	3.00	0.36	20.00	0.00	0.00	(M)	(M)
Waffles, Pillsbury Blueberry Bash Mini Waffles, General Mills, 32264, WG - SR105457 (1 pouch)Contains Milk, Egg, Wheat, Soy.	210.00	6.00	1.00	0.00	5.00	180.00	38.00	3.00	13.00	4.00	0.72	20.00	0.00	0.00	(M)	(M)
Waffles, Pillsbury Maple Madness Mini Waffles, General Mills, 32265, WG - SR105458 (1 pouch)Contains Milk, Egg, Wheat, Soy.	210.00	6.00	1.00	0.00	5.00	170.00	38.00	3.00	13.00	4.00	0.72	20.00	0.00	0.00	(M)	(M)

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Waffles, Snack'n Waffles, Blueberry Flavored, Smucker's, 33661,WG - SR106349 (1 waffles)Contains Milk, Egg, Wheat.	250.00	7.00	1.50	0.00	25.00	280.00	43.00	4.00	20.00	5.00	0.72	40.00	0.00	0.00	(M)	(M)
Waffles, Snack'n Waffles, Chocolate Chip, Smucker's, 33508,WG - SR106714 (1 ea.) Contains Milk, Egg, Wheat, Soy.	278.23	7.79	2.23	0.00	27.82	322.74	47.85	4.45	22.26	5.57	0.80	44.52	0.00	0.00	(M)	(M)
Waffles, Snack'n Waffles, Cinnamon Flavored, Smucker's, 33660,WG - SR106348 (1 waffles)Contains Milk, Egg, Wheat.	240.00	7.00	1.50	0.00	30.00	310.00	41.00	4.00	19.00	5.00	0.72	40.00	0.00	0.00	(M)	(M)
Waffles, Snack'n Waffles, Maple Flavored, Smucker's, 33659,WG - SR102856 (1 waffles)Contains Milk, Egg, Wheat.	240.00	7.00	1.50	0.00	30.00	310.00	42.00	4.00	19.00	5.00	0.72	40.00	0.00	0.00	(M)	(M)
Warm Apples, F - SR105406 (1 portion)	139.21	7.26	1.33	0.52(M)	0.00	61.58	19.50	0.69	14.52(M)	0.04	0.78	3.05	321.40	0.65	1.57(M)	0.17(M)
Watermelon, raw - SR105072 (1 cup, balls)	46.20	0.23	0.03	(M)	0.00	1.54	11.63	0.62	9.55	0.94	0.37	10.78	876.26	12.47	140.83	0.39
Wheat Hot Dog Roll, Butter Krust, 560, WG - SR101117 (1 bun) Contains Wheat, Soy.	100.00	1.00	0.00	0.00	0.00	230.00	20.00	2.00	3.00	4.00	1.08	60.00	0.00	0.00	(M)	(M)
Whipped Topping, On Top Whipped Topping, Frozen,Ri - SR101031 (2 tsp.)Contains Milk.	25.00	2.00	2.00	0.00	0.00	0.00	2.00	0.00	2.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Whole Grain Hamburger Bun - SR100070 (1 bun)Contains Wheat, Soy, Gluten.	140.00	2.00	0.00	0.00	0.00	310.00	28.00	3.00	4.00	6.00	1.44	40.00	0.00	0.00	(M)	(M)
Whole Grain Macaroni and Cheese WG, MMA - SR100165 (1 serv.)Contains Milk, Egg, Wheat.	278.00	11.00	6.10	0.00	37.00	657.00	30.00	1.00	8.00	15.00	1.00	378.00	502.00	1.00	(M)	(M)
Whole Wheat Cheese Pizza, MMA, WG, Veg-RO - SR100176 (1 serv.)	307.40	11.70	4.70	0.00	23.00	607.80	31.80	2.40	4.20	19.90	1.80	469.90	915.00	3.20	(M)	(M)
Whole Wheat Cluster Dinner Roll (33g), 60,116 Mora - SR101942 (1 roll (33 grams))Contains Wheat, Soy, Gluten.	120.00	1.50	0.00	0.00	0.00	220.00	22.00	2.00	1.00	4.00	1.44	40.00	0.00	0.00	(M)	(M)
Wrap, 10" Tortilla Whole Wheat Wrap, Aladdin Baker - SR102717 (1 ea.)Contains Wheat, Soy.	170.00	5.00	1.50	0.00	0.00	280.00	28.00	5.00	0.00	5.00	1.44	80.00	0.00	0.00	(M)	(M)
Wrap, Breakfast with Cheese, 3.10 oz, MMA, WG - SR105955 (1 wrap)Contains Milk, Egg, Wheat, Soy.	180.00	10.00	4.00	0.00	190.00	400.00	14.00	2.00	0.00	10.00	0.72	100.00	363.00	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)
Wrap, Buffalo Chicken Twister #5E, MMA, WG - SR103303 (1 wrap)Contains Wheat, Soy.	366.25	17.58	7.41	0.02	37.22	933.64	37.30	3.81	2.07(M)	16.40	1.73	203.60	211.25	0.77	17.59(M)	0.84(M)
Wrap, Buffalo Chicken Wrap, MMA, WG - SR104872 (1 wrap) Contains Egg, Wheat, Soy.	257.44	9.02	2.00	0.00	42.16	994.06	26.01	2.00	3.00	19.06	2.44	115.06	378.85	1.00	(M)	(M)
Wrap, Buffalo Chicken, MMA, WGR - SR106985 (1 ea.) Contains Milk, Wheat, Soy.	459.31	23.57	9.90	0.01(M)	110.19 (M)	1577.82	27.81	4.02(M)	2.09(M)	34.28	0.46(M)	213.03 (M)	534.79 (M)	0.03(M)	108.05 (M)	2.80(M)
Wrap, Chicken & Cheese, MMA, WGR - SR106987 (1 ea.) Contains Wheat.	392.85	17.05	8.57	0.01(M)	102.02 (M)	836.16	25.52	4.02(M)	1.00(M)	32.28	0.33(M)	324.39 (M)	416.26 (M)	0.00(M)	79.37(M)	3.17(M)
Wrap, Chicken fajita wrap, WG, MMA - SR100341 (1 fajita)	291.49	11.32	4.73	0.00	38.88	672.30	31.27	5.08	3.08(M)	16.50	2.67	251.54	1232.02	13.13	(M)	(M)
Wrap, Chicken Fajita, MMA, Non-WG, Veg-O - SR102243 (1 ea.) Contains Milk, Wheat, Soy, Gluten.	404.47	14.49	5.05	0.00(M)	85.43	1305.22	38.33	5.44	3.89	31.26	3.10	174.97	337.15	10.31	23.61(M)	0.10(M)
Wrap, Chicken Wrap, Hyndman, MMA, WG - SR104557 (1 wrap) Processed in a facility that also processes Wheat, Soy.	241.51	7.45	2.36	0.00(M)	35.96	457.03	27.60	5.04	0.01(M)	18.41	1.78	170.34	117.95	0.04	43.04(M)	1.21(M)
Wrap, Chili Cheese, Maxwrap 4.8 oz, Con Agra, 20077387126467, MMA, WG - SR106115 (1 piece) Contains Milk, Wheat, Soy, Gluten.	300.00	11.00	3.00	0.00	10.00	590.00	35.00	4.00	1.00	17.00	2.70	200.00	100.00	0.00	(M)	(M)
Wrap, Combination Wrap, MMA, Non-WG, Veg-O, Veg-RO - SR104315 (1 wrap)	493.22	24.74	11.01	0.00(M)	81.09	1978.21	39.70	1.76	1.54(M)	26.60	2.75	183.74	737.21	10.19	59.75(M)	0.29(M)
Wrap, Garlic Pesto 12" Tortilla Wrap, Kontos, 11507, Non-WG - SR105678 (1 ea.)Contains Wheat. Processed in a facility that also processes Soy.	310.00	3.00	0.50	0.00	0.00	680.00	52.00	2.00	2.00	9.00	3.60	400.00	0.00	0.00	(M)	(M)
Wrap, Ham and Cheese on Whole Wheat Bun, 2 oz MMA, - SR102247 (1 ea.)Contains Wheat, Soy, Gluten.	339.22	13.87	5.63	0.00	56.77	906.39	35.75	5.00	4.01(M)	20.07	1.87	115.94	151.88	0.88	(M)	(M)
Wrap, Ham Wrap w/ Dinner Roll, 7-8, MMA, WGR - SR106918 (1 wrap)Contains Wheat, Soy. May contain Milk, Egg.	601.38	24.37	7.41	0.00(M)	71.05	1619.39	64.19	6.34	2.95(M)	29.32	4.45	336.47	314.71	2.07	27.11(M)	0.10(M)
Wrap, Ham Wrap w/ Dinner Roll, K-6, MMA, WGR - SR106915 (1 wrap)Contains Wheat, Soy. May contain Milk, Egg.	531.38	22.87	6.91	0.00(M)	71.05	1514.39	53.19	5.34	2.95(M)	27.32	3.73	316.47	314.71	2.07	27.11(M)	0.10(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, Italian Combo (Cheese, Turkey Ham, Turkey Pepperoni, Turkey Salami), Whole Grain Tortilla, Tasty Brands, 70004, MMA, WGR - SR106659 (1 wrap) Contains Milk, Wheat, Soy.	250.00	11.00	5.00	0.00	50.00	730.00	17.00	2.00	2.00	15.00	1.44	200.00	200.00	4.80	(M)	(M)
Wrap, Italian Wrap on 10" White Wrap, MMA, Non-WG; - SR100314 (1 wrap)Contains Wheat.	360.78	17.20	5.92	0.00(M)	34.68	1150.53	35.78	2.50(M)	4.03(M)	15.96	1.67	132.53	700.00	3.00	0.00(M)	0.00(M)
Wrap, Italian Wrap on 12" WG Wrap, 1/2 Wrap, MMA, - SR100387 (1/2 wrap)Contains Wheat, Gluten. May contain Milk.	305.84	14.57	5.38	0.00(M)	34.68	1010.53	29.78	3.50(M)	4.03(M)	15.96	1.94	312.53	700.00	3.00	0.00(M)	0.00(M)
Wrap, Kraft Foods Asian Turkey Wrap, MMA, WG, Veg- - SR101849 (1 wrap)Contains Wheat.	445.57	25.34	8.83	0.00(M)	87.86	1907.67	29.66	3.57	2.96(M)	29.29	2.10	266.20	2670.31	1.22	31.67(M)	0.94(M)
Wrap, Non-WG, MMA, Veg-O, Veg-RO - SR104667 (1 wrap) Contains Milk. Processed in a facility that also processes Wheat, Soy.	283.65	10.84	4.26	0.00(M)	44.89	663.24	30.89	1.66	1.27(M)	15.47	2.71	167.80	567.23	5.09	52.63(M)	0.24(M)
Wrap, South West Chicken and Vegetable Wrap, 2 WG, - SR100130 (1 wrap)Contains Wheat, Soy, Gluten.	334.99 (M)	9.24(M)	3.04(M)	0.00(M)	43.87(M)	801.24 (M)	42.81(M)	7.15(M)	3.00(M)	21.11(M)	2.23(M)	52.00(M)	16.50(M)	1.75(M)	25.00(M)	0.62(M)
Wrap, Turkey & Cheese in Whole Grain Tortilla, Tasty Brands, 70002, MMA, WGR - SR106658 (1 wrap)Contains Milk, Wheat, Soy.	230.00	10.00	5.00	0.00	30.00	730.00	18.00	2.00	1.00	16.00	0.72	200.00	500.00	0.00	(M)	(M)
Wrap, Turkey and Cheese Wrap Roll Up, MMA, WG - SR106875 (1 ea.)Contains Wheat. Processed in a facility that also processes Soy.	242.94	6.28	2.14	0.00	37.59	781.31	24.26	4.00	1.00(M)	22.04	1.35	436.61	542.41	0.00	(M)	(M)
Wrap, Turkey and Cheese Wrap, MMA, WG, Veg-RO, Veg - SR104513 (1 wrap)Processed in a facility that also processes Wheat, Soy.	271.11	9.91	3.66	0.00(M)	37.89(M)	786.85	30.71	5.78	2.08(M)	17.51	2.37	189.62	1851.69	9.64	59.63(M)	0.50(M)
Wrap, Turkey and Cheese, WG, MMA - SR106233 (1 ea.) Contains Wheat. Processed in a facility that also processes Soy.	265.94	9.80	3.27	0.00	56.62	1032.46	27.52	4.00	0.00(M)	19.86	2.25	421.61	542.41	0.91	(M)	(M)
Wrap, Turkey Bologna and Cheese, Whole Grain Tortilla, Tasty Brands, 70001, MMA, WG - SR106657 (1 wrap)Contains Milk, Wheat, Soy.	270.00	16.00	6.00	0.00	50.00	870.00	17.00	2.00	1.00	15.00	0.72	250.00	500.00	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)
Wrap, Turkey Ham and Cheese, Whole Grain Tortilla, Tasty Brands, 70006, MMA, WGR - SR106660 (1 wrap)Contains Milk, Wheat, Soy.	230.00	10.00	5.00	0.00	40.00	750.00	18.00	2.00	2.00	18.00	1.08	250.00	500.00	0.00	(M)	(M)
Wrap, Turkey With Cheese Wrap, MMA, Non-WG - SR104136 (1 ea.)Contains Wheat, Gluten.	232.65	11.64	5.66	0.00(M)	39.19	912.49	18.90	1.00	0.09(M)	13.86	1.55	220.25	272.00	0.00	21.06(M)	0.99(M)
Wrap, Turkey Wrap w/ Dinner Roll, 7-8, MMA, WGR - SR106914 (1 wrap)Contains Wheat, Soy. May contain Milk, Egg.	561.23	18.69	6.04	0.00(M)	51.74	1196.78	61.88	6.34	2.95(M)	33.02	3.77	333.49	291.15	1.22	27.11(M)	0.10(M)
Wrap, Turkey Wrap w/ Dinner Roll, K-6, MMA, WGR - SR106913 (1 wrap)Contains Wheat, Soy. May contain Milk, Egg.	491.23	17.19	5.54	0.00(M)	51.74	1091.78	50.88	5.34	2.95(M)	31.02	3.05	313.49	291.15	1.22	27.11(M)	0.10(M)
Yam, cooked, boiled, drained, or baked, without salt - SR105071 (1 cup, cubes)	157.76	0.19	0.04	(M)	0.00	10.88	37.37	5.30	(M)	2.03	0.71	19.04	165.92	16.46	95.38	1.03
Yogurt And Fruit Parfait, MMA, WG, F - SR104420 (1 ea.)	232.48	7.09	4.47	0.00(M)	18.52	219.00	31.42	2.39	8.94(M)	11.80	0.79	349.73	226.19	5.06	187.47 (M)	2.09(M)
Yogurt, Blended Peach, Nonfat, 4 oz, MMA - SR104102 (1 Carton) Contains Milk.	90.00	0.00	0.00	0.00	0.00	75.00	19.00	0.00	16.00	3.00	0.00	300.00	0.00	0.00	(M)	(M)
Yogurt, Blueberry Fruit on Bottom, 6 oz, Dannon, 108, MMA - SR105945 (1 Container)	140.00	1.50	1.00	0.00	10.00	130.00	27.00	0.50	25.00	6.00	0.00	200.00	0.00	0.00	(M)	(M)
Yogurt, Blueberry, Nonfat Blended, 4 oz, Upstate F - SR104647 (4 ounces)	90.00	0.00	0.00	0.00	0.00	75.00	19.00	0.00	16.00	3.00	0.00	300.00	0.00	0.00	(M)	(M)
Yogurt, Cherry Blended, 4 oz, Dannon,2733, MMA - SR101898 (4 ounces)	110.00	1.50	1.00	0.00	5.00	80.00	19.00	0.00	17.00	5.00	0.00	150.00	0.00	0.00	(M)	(M)
Yogurt, Cherry, Fruit on Bottom, 6 oz, Dannon, MMA - SR105947 (1 Container)	140.00	1.50	1.00	0.00	5.00	85.00	26.00	0.00	24.00	6.00	0.00	200.00	0.00	0.00	(M)	(M)
Yogurt, Danimals Strawberry Banana Yogurt, 4 oz SS Cup, Dannon Company Inc, 2732, MMA - SR101215 (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 Strawberry Yogurt, 4 oz SS Cup, D - SR101214 (1 ea.)	110.00	1.50	1.00	0.00	5.00	80.00	19.00	0.00	17.00	5.00	0.00	150.00	0.00	0.00	(M)	(M)
Yogurt, Dannon Light 'n Fit 6 oz Cherry Vanilla Yogurt, 627 MMA - SR105922 (6 oz.)	90.27	0.00	0.00	(M)	7.48	127.84	16.49	0.00	(M)	7.48	0.00	300.90	752.25	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)
Yogurt, Dannon Light 'n Fit 6 oz Vanilla Yogurt, 660, MMA - SR105919 (6 oz.)	90.27	0.00	0.00	(M)	7.48	127.84	14.96	0.00	(M)	7.48	0.00	300.90	752.25	0.00	(M)	(M)
Yogurt, Dannon Light 'n Fit 6oz Peach Yogurt, 620, MMA - SR106503 (6 oz.)	90.27	0.00	0.00	(M)	7.48	127.84	16.49	0.00	(M)	7.48	0.00	300.90	752.25	0.00	(M)	(M)
Yogurt, Dannon Light 'n Fit 6oz Strawberry-Banana Yogurt. 621, MMA - SR106504 (6 oz.)	90.27	0.00	0.00	(M)	7.48	137.70	16.49	0.00	(M)	7.48	0.00	225.59	752.25	1.87	(M)	(M)
Yogurt, Greek Chillin' Cherry, 4 oz, Chobani, M/MA - SR106623 (1 ea.)Contains Milk.	120.00	2.00	1.00	0.00	10.00	50.00	15.00	0.00	14.00	9.00	0.00	10.00	100.00	3.60	(M)	(M)
Yogurt, Greek Jammin' Strawberry, 4 oz, Chobani, M/MA - SR106620 (1 ea.)Contains Milk.	120.00	2.00	1.00	0.00	10.00	45.00	15.00	0.00	14.00	9.00	0.00	10.00	100.00	3.60	(M)	(M)
Yogurt, Greek Plain 5.3 oz, Dannon, MMA - SR105941 (1 Container)	80.00	0.00	0.00	0.00	10.00	50.00	6.00	0.00	6.00	15.00	0.00	150.00	0.00	0.00	(M)	(M)
Yogurt, Greek Swirlin' Strawberry Banana, 4 oz, Chobani, M/MA - SR106622 (1 ea.)Contains Milk.	120.00	2.00	1.00	0.00	10.00	45.00	15.00	0.00	14.00	9.00	0.00	10.00	100.00	3.60	(M)	(M)
Yogurt, Greek, Blueberry, Oikos, 5.3 oz, Dannon, 2716, MMA - SR105939 (1 Container)	130.00	0.00	0.00	0.00	5.00	50.00	20.00	0.00	19.00	12.00	0.00	150.00	0.00	0.00	(M)	(M)
Yogurt, Greek, Strawberry, Oikos, 5.3 oz, Dannon, 2715, MMA - SR105940 (1 Container)	120.00	0.00	0.00	0.00	5.00	50.00	19.00	0.00	18.00	12.00	0.00	150.00	0.00	0.00	(M)	(M)
Yogurt, Lemon, Natural Blended, Low Fat, 6 oz, Dannon, 103, MMA - SR105949 (1 Container)	150.00	2.50	1.50	0.00	10.00	105.00	25.00	0.00	25.00	7.00	0.00	250.00	0.00	0.00	(M)	(M)
Yogurt, Light 'n Fit 6oz Strawberry, The Dannon Company, 625, MMA - SR104590 (6 oz.)Contains Milk.	80.00	0.00	0.00	0.00	4.90	80.00	16.00	0.00	11.00	5.00	0.00	150.00	400.00	1.20	(M)	(M)
Yogurt, Light 'n Fit Blueberry, 6 oz, Dannon, 622, MMA - SR105917 (6 oz.)	90.27	0.00	0.00	(M)	7.48	127.84	16.49	0.00	(M)	7.48	0.00	300.90	752.25	0.00	(M)	(M)
Yogurt, Mixed berry Fruit on Bottom, 6 oz, Dannon, 116, MMA - SR105943 (1 Container)	140.00	1.50	1.00	0.00	5.00	120.00	26.00	0.50	23.00	6.00	0.00	200.00	0.00	0.00	(M)	(M)
Yogurt, Nonfat, Blueberry, Blended, 8 oz, Upstate - SR102833 (1 Container)	190.00	0.00	0.00	0.00	5.00	150.00	40.00	0.00	33.00	6.00	0.00	600.00	0.00	1.20	(M)	(M)
Yogurt, Nonfat, Cherry Vanilla, 4 oz, Upstate Farm - SR101809 (1 container (4 oz))	90.00	0.00	0.00	0.00	0.00	75.00	19.00	0.00	16.00	3.00	0.00	300.00	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)
Yogurt, Nonfat, Raspberry, 4 oz, Upstate Farms, 98 - SR101811 (1 container (4 oz))	90.00	0.00	0.00	0.00	0.00	75.00	19.00	0.00	16.00	3.00	0.00	300.00	0.00	0.00	(M)	(M)
Yogurt, Nonfat, Strawberry banana, 4 oz, Upstate F - SR101814 (1 container (4 oz))	90.00	0.00	0.00	0.00	0.00	75.00	19.00	0.00	16.00	3.00	0.00	300.00	0.00	0.00	(M)	(M)
Yogurt, Nonfat, Wild Strawberry, 6 oz, Crowley Foo - SR102816 (1 Container)Contains Milk.	90.00	0.00	0.00	0.00	4.99	100.00	17.00	0.00	11.00	6.00	0.00	200.00	0.00	0.00	(M)	(M)
Yogurt, Original Harvest Peach, Low Fat, 99% Fat F - SR102403 (1 container (6 oz))Contains Milk.	170.00	1.50	1.00	0.00	10.00	85.00	33.00	(M)	26.00	5.00	(M)	200.00	750.00	(M)	(M)	(M)
Yogurt, Original Mountain Blueberry, Low Fat, 99% - SR102405 (1 container (6 oz)) Contains Milk.	170.00	1.50	1.00	0.00	10.00	85.00	33.00	(M)	26.00	5.00	(M)	200.00	750.00	(M)	(M)	(M)
Yogurt, Original Strawberry, Low Fat, 99% Fat Free - SR102402 (1 container (6 oz))Contains Milk.	170.00	1.50	1.00	0.00	10.00	85.00	33.00	(M)	26.00	5.00	(M)	200.00	750.00	(M)	(M)	(M)
Yogurt, Parf/Fruit, MMA, WG, F - SR106237 (1 ea.)	447.55	7.44	2.22	0.00	11.34	180.31	82.93	4.50	15.00	16.34	1.67	411.58	131.27	4.69	232.65	2.43
Yogurt, ParfaitPro Multiserve Pouch Lowfat Vanilla, Yoplait, 16632, MMA - SR101888 (8 ounces)	190.00	1.50	1.00	0.00	5.00	120.00	37.00	(M)	28.00	7.00	(M)	250.00	1000.00	(M)	(M)	(M)
Yogurt, Peach, Fruit on Bottom, 6 oz, Dannon, 112, MMA - SR105948 (1 Container)	150.00	1.50	1.00	0.00	5.00	80.00	28.00	0.50	26.00	6.00	0.00	200.00	0.00	0.00	(M)	(M)
Yogurt, Plain, Fat Free, Dannon, MMA - SR100604 (1 ea.)	110.00	0.00	0.00	0.00	5.00	160.00	16.00	0.00	16.00	11.00	0.00	400.00	0.00	2.40	(M)	(M)
Yogurt, Plain, Low Fat, 12 Grams Protein Per 8 Oun - SR104402 (1/2 container (4 oz))	71.19	1.75	1.13	(M)	6.78	79.10	7.96	0.00	(M)	5.93	0.09	206.79	57.63	0.90	96.13	1.23
Yogurt, Plain, Natural Blended, Low Fat, 6 oz, Dannon, 100, MMA - SR105951 (1 Container)	100.00	2.50	1.50	0.00	10.00	115.00	12.00	0.00	12.00	8.00	0.00	300.00	0.00	0.00	(M)	(M)
Yogurt, Raspberry Fruit on Bottom, 6 oz, Dannon, 107, MMA - SR105944 (1 Container)	150.00	1.50	1.00	0.00	5.00	110.00	28.00	0.50	26.00	6.00	0.00	200.00	0.00	0.00	(M)	(M)
Yogurt, Simply Go-Gurt, Strawberry, 1% Milkfat 2.2 - SR101238 (1 individual packet)	70.00	0.50	0.00	0.00	4.99	30.00	13.00	0.00	10.00	2.00	0.00	100.00	400.00	0.00	(M)	(M)
Yogurt, Strawberry Banana Blended Low Fat Danimals - SR102499 (4 ounces)Contains Milk.	109.61	1.50	1.00	0.00	4.98	79.72	18.93	0.00	15.94	4.98	0.00	149.47	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)
Yogurt, Strawberry Banana, Fruit on Bottom, 6 oz, Dannon, 118, MMA - SR105946 (1 Container)	150.00	1.50	1.00	0.00	5.00	95.00	28.00	0.50	26.00	6.00	0.00	200.00	0.00	0.00	(M)	(M)
Yogurt, Strawberry Blended, Danimals, 4 oz. Cup, Dannon, 2731, MMA - SR101895 (4 ounces)	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, Strawberry Fruit on Bottom, 6 oz, Dannon, 104, MMA - SR105942 (1 Container)	140.00	1.50	1.00	0.00	5.00	105.00	27.00	0.50	25.00	6.00	0.00	200.00	0.00	0.00	(M)	(M)
Yogurt, Strawberry, Nonfat Blended, 4 oz, Upstate Farms, 9815, MMA - SR106861 (1 ea.)	90.00	0.00	0.00	0.00	0.00	75.00	19.00	0.00	16.00	3.00	0.00	300.00	0.00	0.00	(M)	(M)
Yogurt, Strawberry, Parfait Pro, Lowfat, 64 oz, Yoplait, General Mills, 16631000, MMA - SR101890 (8 ounces)	200.00	1.50	1.00	0.00	5.00	105.00	39.00	0.00	28.00	7.00	0.00	200.00	1000.00	0.00	(M)	(M)
Yogurt, Trix Raspberry Rainbow, Low Fat, 4oz, Yoplait, General Mills, 70470-17725, MMA - SR100398 (1 container (4 oz))	100.00	0.50	0.50	0.00	5.00	50.00	20.00	(M)	13.00	3.00	(M)	100.00	500.00	(M)	(M)	(M)
Yogurt, Trix Strawberry Banana Bash, 48/4 oz, Yoplait, General Mills Inc, 70470-17726, MMA - SR100315 (1 container (4 oz))	100.35	0.50	0.50	0.00	5.02	50.18	20.07	0.00	13.05	3.01	0.00	100.35	501.77	0.00	(M)	(M)
Yogurt, Trix Triple Cherry Yogurt, Low Fat 4 oz, General Mills, 70470-31077, MMA - SR101017 (1 container (4 oz))	100.00	0.50	0.50	0.00	5.00	50.00	20.00	(M)	13.00	3.00	(M)	100.00	500.00	(M)	(M)	(M)
Yogurt, Upstate Farm Blueberry, Non-Fat, Blended, - SR101134 (1 ea.)Contains Milk.	190.00	0.00	0.00	0.00	5.00	150.00	39.00	0.00	33.00	6.00	0.00	600.00	0.00	1.20	(M)	(M)
Yogurt, Upstate Farm Cherry Vanilla, Non-Fat, Blen - SR101151 (1 ea.)Contains Milk.	180.00	0.00	0.00	0.00	5.00	150.00	39.00	0.00	32.00	6.00	0.00	600.00	0.00	1.20	(M)	(M)
Yogurt, Upstate Farm Strawberry, Non-Fat, Blended, - SR101144 (1 ea.)Contains Milk.	180.00	0.00	0.00	0.00	5.00	150.00	39.00	0.00	33.00	6.00	0.00	600.00	0.00	3.60	(M)	(M)
Yogurt, Upstate Farms Lowfat Vanilla, Natural, 5 l - SR101437 (1 4 oz serving)Contains Milk.	120.00	1.00	0.50	0.00	5.00	105.00	22.00	0.00	18.00	5.00	0.00	150.00	0.00	1.20	(M)	(M)
Yogurt, Upstate Farms Peach, Blended, Nonfat, 8 oz - SR101152 (1 8 oz Serving) Contains Milk.	180.00	0.00	0.00	0.00	5.00	150.00	38.00	0.00	32.00	6.00	0.00	600.00	0.00	2.40	(M)	(M)
Yogurt, Upstate Farms Strawberry Banana, Blended, - SR101145 (1 8 oz Serving) Contains Milk.	180.00	0.00	0.00	0.00	5.00	150.00	39.00	0.00	32.00	6.00	0.00	600.00	0.00	2.40	(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)
Yogurt, Vanilla, Danimals, Nonfat, 4 oz., Dannon, 2733, MMA - SR104715 (1 ea.)	80.00	0.00	0.00	0.00	5.00	60.00	16.00	0.00	13.00	4.00	0.00	150.00	0.00	0.00	(M)	(M)
Yogurt, Vanilla, Low Fat, 32 oz, Yoplait, 439000, MMA - SR105952 (8 ounces)	210.00	1.50	1.00	0.00	10.00	100.00	42.00	0.00	33.00	7.00	0.00	200.00	1000.00	0.00	(M)	(M)
Yogurt, Vanilla, Natural Blended, Low Fat, 6 oz, Dannon, 101, MMA - SR105950 (1 Container) Contains Milk.	150.00	2.50	1.50	0.00	10.00	105.00	25.00	0.00	25.00	7.00	0.00	250.00	0.00	0.00	(M)	(M)
Yogurt, Yogurt Asst Straw-ban/rasp Var, MMA - SR101422 (1 Container)Contains Milk.	170.00	1.50	1.00	0.00	10.00	80.00	33.00	0.00	27.00	5.00	0.00	200.00	0.00	0.00	(M)	(M)
Yogurt, Yogurt Asst Stw-mixed Bry, MMA - SR101424 (1 Container)Contains Milk.	170.00	1.50	1.00	0.00	10.00	80.00	33.00	0.00	27.00	5.00	0.00	200.00	750.00	0.00	(M)	(M)
Yogurt, Yogurt Basket - High School Only, 2 WG, 2 - SR100132 (1 Basket)Contains Milk, Egg, Wheat, Soy.	601.52	17.52	8.63	0.00(M)	49.29	583.71	91.07	3.00	65.05	21.96	1.96	586.27	283.86	14.95	168.32 (M)	2.31(M)
Yogurt, Yogurt Blueberry Greek, MMA - SR101427 (5 1/3 ounces) Contains Milk.	130.00	0.00	0.00	0.00	5.00	50.00	20.00	0.00	19.00	12.00	0.00	150.00	0.00	0.00	(M)	(M)
Yogurt, Yogurt Cherry Danimal Crsh Cup, MMA - SR101435 (4 ounces)Contains Milk.	110.00	1.50	1.00	0.00	5.00	80.00	19.00	0.00	17.00	5.00	0.00	150.00	0.00	0.00	(M)	(M)
Yogurt, Yogurt Greek Black Cherry Fruit-on-the - SR101432 (5 1/3 ounces)Contains Milk.	130.00	0.00	0.00	0.00	5.00	50.00	21.00	0.00	20.00	12.00	0.00	150.00	0.00	0.00	(M)	(M)
Yogurt, Yogurt Greek Peach Fruit-on-the-Bottom - SR101430 (5 1/3 ounces)Contains Milk.	130.00	0.00	0.00	0.00	5.00	45.00	20.00	0.00	19.00	12.00	0.00	150.00	0.00	0.00	(M)	(M)
Yogurt, Yogurt Honey Greek, MMA - SR101429 (5 1/3 ounces) Contains Milk.	140.00	0.00	0.00	0.00	10.00	50.00	23.00	0.00	21.00	12.00	0.00	150.00	0.00	0.00	(M)	(M)
Yogurt, Yogurt Strawberry Greek, MMA - SR101428 (5 1/3 ounces) Contains Milk.	120.00	0.00	0.00	0.00	5.00	50.00	19.00	0.00	18.00	12.00	0.00	150.00	0.00	0.00	(M)	(M)
Yogurt, Yogurt Stwbry Ban Danimal Crch, MMA - SR101436 (4 ounces)Contains Milk.	110.00	1.50	1.00	0.00	5.00	80.00	19.00	0.00	16.00	5.00	0.00	150.00	0.00	0.00	(M)	(M)
Yogurt, Yogurt Vanilla Parfait Pouch, MMA - SR101425 (1 cup serving)Contains Milk.	200.00	1.50	1.00	0.00	5.00	105.00	39.00	0.00	28.00	7.00	0.00	200.00	1000.00	0.00	(M)	(M)
Yogurt,Dannon Light 'n Fit 6 oz Lemon Chiffon Yogurt, MMA - SR105921 (6 oz.)	90.27	0.00	0.00	(M)	7.48	135.32	14.96	0.00	(M)	7.48	0.00	300.90	752.25	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)
Yogurt,Dannon Light 'n Fit 6 oz Strawberry-Kiwi Yogurt, MMA - SR105920 (6 oz.)	90.27	0.00	0.00	(M)	7.48	127.84	16.49	0.00	(M)	7.48	0.00	225.59	752.25	3.74	(M)	(M)
Yogurt,Dannon Light 'n Fit 6 oz White Chocolate Raspberry Yogurt, MMA - SR105918 (6 oz.)	90.27	0.00	0.00	(M)	7.48	120.36	14.96	0.00	(M)	7.48	0.00	300.90	752.25	0.00	(M)	(M)
Yogurt,Dannon Light 'n Fit 6oz Raspberry Yogurt, 621, MMA - SR106505 (6 oz.)	90.27	0.00	0.00	(M)	7.48	142.97	16.49	0.00	(M)	7.48	0.00	300.90	752.25	0.00	(M)	(M)

Legend

(M) Indicates missing values.

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