

Dassa McKinney Elementary School Lunch Nutrient Analysis

Menu Item (Serving Size)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)
Category: Entrees													
Bread, French Toast Stick Whole Grain Maple Glazed, Frozen, Michael Foods Inc,	210.00	9.00	2.00	105.00	290.00	26.00	2.00	11.00	8.00	1.08	40.00	(M)	0.00
Cheeseburger w/ Bacon, Elem - LR1179 (1 sandwich)	441.37	24.61	10.56	82.81	975.74	26.02	2.00	5.01	27.57	2.88	251.87	303.75	0.00
Cheeseburger, Elem - LR1055 (1 sandwich)	325.00	14.50	5.75	57.50	455.00	25.00	2.00	5.00	22.50	2.88	175.00	250.00	0.00
Chicken Pattie Sandwich, Elem - LR1017 (1 sandwich)	413.11	18.50	4.00	65.00	591.83	39.63	4.21	4.43	23.20	2.53	120.40	230.00	108.46
Chicken, Homestyle WG Breaded Chicken Strips, Pilgrim's Pride, Gold Kist	280.00	17.00	4.00	65.00	340.00	15.00	2.00	0.00	18.00	1.08	20.00	200.00	108.00
Chicken, Homestyle Whole Grain Chicken Nuggets with ISP, 0.608 oz. each, Gold	200.00	10.00	2.00	35.00	400.00	13.00	2.00	0.99	15.00	1.80	20.00	100.00	78.00
Chicken, Tangerine, Whole Grain, Green Dragon, Asian Food Solutions, 72001, MMA,	192.92	4.06	1.02	45.69	385.85	25.38	2.03	13.20	14.22	1.46	0.00	0.00	0.00
Corn Dog, Whole Grain All Meat, 4 oz, State Fair, Sara Lee Foodservice, 28321,	310.00	16.00	4.00	(M)	670.00	32.00	(M)	(M)	9.00	(M)	(M)	(M)	(M)
Crazy Dipper Day - Elem - LR1199 (1 serv.)	526.91	21.77	5.76	25.63	1051.28	59.79	5.90	4.21	22.73	3.31(M)	40.14(M)	83.33(M)	0.00(M)
Ham & Cheese Pretzel Melt- Elem - LR1029 (1 sandwich)	261.67	7.50	3.25	47.50	498.33	30.67	3.00	3.00(M)	18.50	2.28	108.33	250.00	0.80
Hamburger, Elem - LR1198 (1 sandwich)	325.00	14.50	5.75	57.50	455.00	25.00	2.00	5.00	22.50	2.88	175.00	250.00	0.00

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Lasagna Roll-up - Elem - LR1201 (1 ea.)	270.01	6.50	3.50	20.00	635.05	34.50	3.50	8.50	16.00	1.62	310.00	400.00 (M)	6.00(M) ()
Pasta and Meat Sauce, MMA, Non-WG, Elem - LR1071 (1 c.)	407.32	13.62	3.82	49.66	684.06	49.71	5.62	10.82	22.01	2.96(M) ()	25.97(M) (M)	0.00(M) ()	0.00(M) ()
Pizza, 5" LunchAround Cheese Whole Grain 5.05 oz, The MAX, ConAgra Foods,	320.00	12.00	3.50	10.00	580.00	39.00	4.00	4.00	16.00	1.08	100.00	(M)	(M)
Pizza, Big Daddy's Original, 16" Rolled Edge Cheese, Non-WG, 1/10 slice - LR1122 (1	320.00	14.00	7.00	30.00	460.00	34.00	1.00	7.00	15.00	2.70	300.00	300.00	0.00
Pizza, Stuffed Crust Cheese 4.84 oz, The MAX, ConAgra, 77387-12407, MMA, Non-	340.00	14.00	4.00	15.00	860.00	37.00	2.00	4.00	15.00	2.70	150.00	500.00	0.00
Salad, Chef w/ Garlic Breadstick & Crackers, Entree - Dassa - LR1186 (1	343.19	15.56	7.24	61.86	859.04	30.41	3.15	6.37	20.08	1.76(M) ()	31.55(M) (M)	5421.9 3(M)	10.86(M) (M)
Salisbury Steak, Advance - LR1185 (1 serv.)	294.50	14.00	6.00	45.00	1263.5 0	26.05	1.00	1.00	14.00	1.80	40.00	0.00	1.20
Sandwich, Baked Italian Sub- Elem - LR1153 (1 sandwich)	375.91	18.77	7.65	67.80	1116.5 7	31.79	1.00	4.12	20.73	2.10	227.83	187.11	1.00
Sandwich, Grilled Cheese - Elem - LR1202 (1 sandwich)	311.67	15.33	5.42	22.50	655.00	29.00	0.00	5.00	14.50	1.44	265.00	1083.3 3	0.00
Sandwich, Turkey & Cheese Sub - Elem - LR1196 (1 sandwich)	261.45	6.50	2.25	37.50	653.49	31.64	1.21	4.43	20.04	1.33	135.40	280.00	0.46
Sausage, Fully Cooked & Browned Sausage Link, Low Sodium, Jones Dairy Farm,	100.00	7.00	3.00	25.00	170.00	1.00	0.00	0.00	7.00	0.36	0.00	0.00	0.00

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Taco, Crunchy Shell, k-6 - LR1184 (1 serv.)	230.03	12.15	5.39	37.08	279.23	18.16	2.76	1.76	12.70	1.80	110.87	406.94 (M)	3.15
Taco, Soft Shell, K-6 - LR1049 (1 serv.)	203.86	9.30	4.38	37.08	310.03	17.59	2.66	1.26(M)	13.56	1.98	109.40	406.94 (M)	3.15
Walking Tacos, Elem - LR1063 (1 ea.)	540.26	25.69	9.64	62.75	946.92	55.13	6.38	2.84	23.59	2.39	252.44	888.20 (M)	8.32(M)
Yogurt, Nonfat, Cherry Vanilla, 4 oz, Upstate Farm - SR101809 (1 container)	89.68	0.00	0.00	0.00	49.82	18.93	0.00	14.95	2.99	0.00	298.94	0.00	0.00
Yogurt, Nonfat, Raspberry, 4 oz, Upstate Farms, 98 - SR101811 (1 container)	89.68	0.00	0.00	0.00	49.82	18.93	0.00	14.95	2.99	0.00	298.94	0.00	1.20
Category: Grains													
Bread, Snowflake Dinner Roll, Nickles, 1661, Non- WGR - SR105882 (1 ea.)	90.00	1.50	0.00	0.00	170.00	16.00	0.00	2.00	3.00	0.72	20.00	0.00	0.00
Breadstick, New York 6" Garlic, Marzetti, 10081, Non- WG - SR100540 (2	220.00	8.00	2.00	0.00	400.00	30.00	1.00	2.00	5.00	0.72	0.00	0.00	2.40
Graham Crackers, Giant Cinnamon Goldfish Grahams, .9 oz, Campbells	120.00	4.00	1.00	0.00	135.00	19.00	1.00	6.00	2.00	0.99	100.00	0.00	0.00
Crackers, Goldfish Snack Cheddar, 0.75 oz, Pepperidge Farm, 14367,	100.00	3.50	0.50	5.00	180.00	14.00	0.99	0.00	2.00	0.72	20.00	0.00	0.00
Churro, Raspberry Filled 51% Whole Grain 5", Tio Pepe's, J&J, 41112, WGR - SR106956 (1 Churro)	160.00	4.00	1.00	0.00	60.00	28.00	1.00	9.00	3.00	0.72	20.00	0.00	0.00

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Pretzel, Soft 51% Whole Grain 2.2oz, SuperPretzel, J&J, 30110, WGR -	140.00	0.50	0.00	0.00	150.00	30.00	3.00	1.00	5.00	1.80	20.00	0.00	1.20
Pretzel, Soft Rods 51% Whole Grain 1oz, SuperPretzel, J&J, 31012,	70.00	0.50	0.00	0.00	40.00	14.00	1.00	0.00	2.00	0.72	0.00	0.00	0.00
Pretzels, Rold Gold Heartzels.70 oz - SR109475 (1 pkg.)	80.00	1.00	0.00	0.00	200.00	16.00	2.00	0.00	2.00	0.72	20.00	(M)	(M)
Rice, white, long-grain, parboiled, enriched, cooked - SR105135 (1/2 c.)	97.17	0.29	0.06	0.00	1.58	20.58	0.71	0.09	2.30	1.43	15.01	0.00	0.00
Soup, Chicken Noodle, Bernard - LR1144 (6 oz.)	41.98	1.18	0.00	8.28	718.93	6.28	0.33	0.04(M)	1.97	0.02(M)	2.87(M)	453.81 (M)	0.14(M)
Category: Vegetables													
Baby Carrots, 2.6 oz, VRO - SR106923 (1 pkg.)	30.00	0.00	0.00	0.00	55.00	7.00	2.00	5.00	0.00	0.00	0.00	5000.00	6.00
Beans, Baked Beans Vegetarian, Veg-BP - LR1031 (1/2 c.)	138.81	0.49	0.09	0.00	504.23	31.72	5.42	13.99	6.27	1.57	44.91	174.65	0.38
Black Bean, Canned Low Sodium, Bush's Best - LR1114 (1/2 c.)	120.00	0.50	0.00	0.00	240.00	23.00	6.00	0.00	7.00	2.70	6.00	0.00	0.00
Broccoli, Raw, Florets - SR108359 (1/2 c.)	14.96	0.16	0.05	0.00	14.52	2.92	1.14	0.75	1.24	0.32	20.68	274.12	39.25
Carrots, Frozen, Steamed, Veg-RO - SR100812 (1/2 cup servin)	77.45	3.71	1.42	0.00	264.92	10.96	4.68	5.78(M)	0.82	0.75	49.71	24120.44	3.26

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Cauliflower, Raw, USDA 11135, Veg-O - SR102329 (1/2 c.)	13.38	0.00	0.00	0.00	16.05	2.67	1.07	1.07	1.07	0.23	11.77	0.00	25.68
Green Beans, Frozen - LR1128 (1/2 c.)	44.00	2.86	1.28	0.00	187.28	4.35	2.00	0.00(M)	1.01	0.59	33.10	501.00	2.80
Hash Brown Rounds - McCain - SR109300 (2 pieces)	100.00	3.50	0.00	0.00	105.00	16.00	1.00	0.00	1.00	0.18	0.00	0.00	3.60
Peppers, sweet, green, raw - SR105243 (1/2 cup, chopp)	14.90	0.13	0.04	0.00	2.23	3.46	1.27	1.79	0.64	0.25	7.45	275.65	59.90
Potato, Reduced Sodium Tater Tots Shaped, Ore-Ida, 1000002789, Veg-S -	90.00	3.50	0.00	0.00	170.00	14.00	1.00	0.99	1.00	0.36	0.00	0.00	1.19
Potato, Smiles Shaped, McCain, OIF03456, Veg-S - SR101907 (4 ea.)	130.00	4.50	0.50	0.00	180.00	20.00	2.00	0.00	2.00	0.36	0.00	0.00	2.40
Potatoes, Mashed Potato Pearls, 12/28 oz. Pouch, Basic American Foods,	90.00	1.00	0.00	0.00	410.00	17.00	1.00	0.00	2.00	0.36	0.00	(M)	(M)
Salad Mix, Iceberg Romaine 50/50 - SR102611 (1 c.)	5.84	0.00	0.00	0.00	5.84	1.17	0.58	1.17	0.58	0.21	11.69	175.28	2.10
Soup, Condensed Tomato Soup, Prepared, Healthy Request, Campbell's, 6oz -	56.23	0.70	0.35	0.00	293.51	11.25	0.70	7.03	0.70	0.25	5.33	281.16	4.22
Tomatoes, Raw, Cherry - SR108358 (1/2 c.)	13.50	0.15	0.02	0.00	3.50	2.90	0.90	1.96	0.66	0.20	7.50	620.50	10.20
Vegetable, Broccoli, No Salt Added, Frozen, USDA Foods, 110473, VEG-DG -	26.00	0.00	0.00	0.00	22.00	5.00	3.00	1.00	3.00	(M)	(M)	(M)	(M)
Vegetable, California Blend, Frozen, Veg-O - SR101778 (3/4 Cup Cooked)	25.00	0.00	0.00	(M)	15.00	3.00	2.00	(M)	2.00	0.36	20.00	6250.0 0	15.00
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Vegetable, Cucumber Rings, Slices, Raw, Veg-O - 102517 (1/2 cup, slice)	7.80	0.06	0.02	0.00	1.04	1.89	0.26	0.87	0.34	0.15	8.32	54.60	1.46
Vegetable, Peas & Carrots, Steamed, Veg-R/O, O - 102690 (1/2 c.)	83.63	3.70	0.69	0.00	88.72	10.06	3.87	2.35(M)	2.63	0.25(M)	16.54(M)	7659.28(M)	1.07(M)
Vegetable, Peas, Green, No Salt Added, Frozen, USDA Foods, 110763, VEG-S -	62.00	0.00	0.00	0.00	58.00	11.00	4.00	4.00	4.00	(M)	(M)	(M)	(M)
Vegetables, Oriental Blend, Monarch, 673427, Veg-O - SR104875 (1/2 c.)	30.00	0.00	0.00	0.00	20.00	5.00	2.00	3.00	2.00	0.00	20.00	300.00	12.00
Whole kernel Corn - Unsalted - SR109289 (1/2 c.)	70.00	1.00	0.00	0.00	5.00	13.00	2.00	3.00	1.00	0.36	20.00	0.00	0.00
Category: Fruits													
Apples, Red Delicious, raw, with skin [100514] - SR107602 (1 medium (3)	95.00	0.31	0.06	0.00	2.00	25.13	4.40	(M)	0.47	0.22	10.99	98.01	8.41
Apples, Slices, 2 oz. bags, Peterson Farms, 203102 - SR107959 (1 Bag)	30.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	0.00	0.00	20.00	0.00	12.00
Applesauce, Sweetened, Blue Raspberry, 4.5 oz. container, Peterson Farms, ASA10008,	90.00	0.00	0.00	0.00	0.00	22.00	2.00	19.00	0.00	0.00	0.00	0.00	(M)
Applesauce, Sweetened, Watermelon, 4.5 oz. container, Peterson Farms,	90.00	0.00	0.00	0.00	0.00	22.00	2.00	19.00	0.00	0.00	0.00	0.00	(M)
Applesauce, Unsweetened, Mixed Berry, 4.5 oz. container, Peterson Farms, ASA10020, F -	50.00	0.00	0.00	0.00	0.00	14.00	1.00	12.00	0.00	0.00	0.00	0.00	(M)
Applesauce, Unsweetened, Peach, 4.5 oz. container, Peterson Farms, ASA10017, F -	50.00	0.00	0.00	0.00	0.00	14.00	1.00	12.00	0.00	0.00	0.00	0.00	(M)
Bananas, Petite, Raw, Small (6" to 6-7/8") 09040 - SR109218 (1 Banana)	90.00	0.33	0.00	0.00	1.00	23.07	2.60	12.35	1.10	0.26	5.00	65.00	7.00

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Craisins, Sweetened Dried Cranberries, Strawberry Flavor, Ocean Spray 23445,	110.00	0.00	0.00	(M)	0.00	28.00	3.00	24.00	0.00	(M)	(M)	(M)	(M)
Fruit, Applesauce, Unsweetened, Canned, USDA Foods, 110541, F -	51.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	(M)	(M)	(M)	(M)
Juice, 100% Grape 4 oz, Suncup, 090501, F - SR100183 (1 serving (4))	80.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00
Juice, Apple, 100%, 4 fl. oz., Frozen, Suncup, 030301 - SR107865 (1 Carton)	60.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	60.00
Juice, Orange, 100%, 4oz, Suncup, 090103, F - SR100182 (1 serving (4))	60.00	0.00	0.00	0.00	5.00	14.00	(M)	10.00	1.00	0.00	19.00	187.50	36.00
Oranges; varieties include Navel, Valencia, Pineapple or Hamlin, raw [100283, A357]	62.00	0.16	0.03	0.00	0.00	15.39	3.10	(M)	1.23	0.13	51.99	295.00	69.70
Peaches, Canned, Yellow, Sliced, In Juice, #10 Can, Seneca, 3710002465, F -	50.00	0.00	0.00	0.00	5.00	12.00	1.00	10.00	1.00	0.00	20.00	300.00	1.20
Peaches, clingstone, canned, diced, packed in extra light syrup [100220, A409] -	53.00	0.13	0.00	0.00	6.00	13.39	1.30	(M)	0.50	0.38	6.00	340.00	3.81
Pineapple, Tidbits, in Juice, Canned, 1/2 cup F - SR107930 (1/2 c.)	75.00	0.10	0.00	0.00	1.00	19.55	1.00	17.99	0.52	0.35	17.00	47.00	11.80
Raisins, Unsweetened 1.33oz Box - LR1107 (1 Box)	114.00	0.00	0.00	0.00	4.00	30.00	1.00	23.00	1.00	(M)	(M)	(M)	(M)
Tangerines, (mandarin oranges), canned, light syrup pack - SR105084 (1/2 c.)	76.86	0.13	0.01	0.00	7.56	20.40	0.88	19.52	0.57	0.47	8.82	1058.4 0	24.95

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Category: Milk													
Milk, 1% Strawberry, Half Pint, Turner Dairy Farms 19 - PGR1006 (1 c.)	150.00	2.00	1.50	10.00	115.00	25.00	(M)	25.00	8.00	(M)	200.00	750.00	(M)
Milk, Chocolate, Fat Free, Turner Dairy, Milk - SR100184 (1 cup servin)	130.00	0.50	0.00	4.00	210.00	24.00	0.00	23.00	8.00	(M)	200.00	750.00	(M)
Milk, Unflavored, 1% Low Fat, Turners Dairy, Milk - SR100873 (1 Carton)	100.00	2.00	1.50	10.00	25.00	12.00	0.00	12.00	8.00	(M)	250.00	750.00	(M)
Milk, Unflavored, Fat Free, Skim, Turners Dairy, M - SR100872 (1 c.)	90.00	0.00	0.00	5.00	115.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40
Milk, Vanilla Flavored, Fat Free, Turners Dairy, M - SR100539 (1 c.)	130.00	0.50	0.00	4.00	120.00	24.00	0.00	24.00	8.00	(M)	200.00	750.00	(M)
Category: Condiments													
Condiments, Barbecue Sauce Packet, Heinz, 533800 - SR108023 (1 packet)	10.00	0.00	0.00	0.00	160.00	3.00	0.00	2.00	0.00	0.00	0.00	100.00	0.00
Condiments, Ketchup, 9 gram Single Serve, 1000ct Case, Heinz, 984800 -	10.00	0.00	0.00	0.00	85.00	3.00	0.00	2.00	0.00	0.00	0.00	100.00	0.00
Dressing, Buttermilk Ranch, Single Serve Shelf Stable Pouch (12g), Sauer, 06503 -	60.00	6.00	1.00	5.00	90.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dressing, French Style Fat Free, Kraft Foods, 6496000 - SR103297 (1 pouch)	15.00	0.00	0.00	0.00	105.00	4.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00
Dressing, Italian 12 g, Heinz, 19810 - SR101921 (1 packet)	10.00	0.50	0.00	0.00	110.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Gravy Mix, Instant Beef Flavored, Bernard Food Industries, 300823 -	30.00	0.00	0.00	0.00	290.00	7.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Margarine, Spread Single Serving 5 g, Country Crock, Unilever Food Solutions,	25.00	2.50	0.50	0.00	40.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)

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Mayonnaise, 12g Pouch, Sauer, 06399, Non-Credible - SR101538 (1 pouch)	90.00	10.00	1.50	5.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mix, Instant Chicken Gravy, Bernard Food Industries, 300843 - SR107741 (9 g)	35.00	0.00	0.00	0.00	250.00	7.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mustard, Packet 5.5g, Heinz, 78000839 - SR101139 (1 packet)	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
Sauce, Taco, 9g packet, Heinz - SR106672 (1 piece)	4.64	0.04	0.01	0.00	94.15	1.03	0.06	(M)	0.07	0.08	1.02	30.93	0.06
Syrup, Breakfast Syrup 1.4oz cup Smucker's - SR109491 (1 unit)	110.00	0.00	0.00	0.00	20.00	29.00	0.00	22.00	0.00	0.00	0.00	0.00	0.00