



# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

**Age Group:** Brkfst Grades K-5      **Period:** Breakfast      **Week:** 3      **Day:** Monday      **Count Type:** Forecasted      **Total No. of Customers:** 100

Weekly Std.	SFA		Na (mg)	Fat		CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)
	CAL	(g)		% of CAL	(g)																		
350.00-500.00		10.00	540.00																		6.51		

M66354 YOGURT, PARFAIT STRAWBERRY 1.0

10.00 @ 1 serving	135.19	0.59	3.92	67.14	1.57	10.43	26.34	4.01	5.00	1.08	222.31	517.91	80.06*	0.11*	0.86*	16.06	0.01*	0.01*	0.18*	0.01*	0.00*	106.31	5.07*	0.39
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M54739 BRD: CRACK SS, GRIPZ GRAHAM BITES CINN WG

10.00 @ 1 package	100.00	1.00	9.00	80.00	3.00	27.00	19.00	2.00	0.00	3.00	-*	749.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	0.72
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M52925 PIZZA AP Tony Bkfst T.Ssg 1.0

75.00 @ 1 each	210.00	2.00	8.57	480.01	7.00	30.00	26.00	9.00	15.00	2.00	240.00	200.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M50205 CEREAL HOT, Oatmeal (2BG)

1.00 @ 1 cup	212.61	0.71	3.00	6.51	4.25	18.00	38.27	7.09	0.00	5.67	2.17*	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	6.51	0.00*	2.55
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M50209 COND\_Sugar, Cinnamon

1.00 @ 1 tablespoon	45.64	0.00	0.03	0.16	0.01	0.11	11.86	0.02	0.00	0.23	2.09	1.28	0.00	0.01	0.13	0.02	0.00	0.00	0.01	0.00	0.00	4.45	0.28	0.04
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M50439 CEREAL BWL, Cheerios WG

1.00 @ 1 bowl	100.00	0.50	4.50	140.00	2.00	18.00	20.00	3.00	0.00	3.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	8.10
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M50208 CEREAL BWL, CinnTstCrnch RS WG

3.00 @ 1 bowl	110.00	0.50	4.09	160.00	3.00	24.54	22.00	1.00	0.00	3.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	200.01	-*	3.60
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M50442 CEREAL BWL, Cocoa Puffs RS WG

4.00 @ 1 bowl	110.05	0.00	0.00	160.08	1.50	12.27	25.01	2.00	0.00	2.00	-*	500.25	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.05	-*	4.50
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M50524 CEREAL BWL, Lucky Charms WG

5.00 @ 1 bowl	110.00	0.00	0.00	180.00	1.00	8.18	23.00	2.00	0.00	2.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	4.50
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M51237 BRD: BREAD WG, Tst Marg 1sl

15.00 @ 1 slice	110.00	1.33	10.91	160.00	4.33	35.45	15.00	3.00	0.00	1.00	1.33*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M52728 BRD: BAR, Cereal TeamCh WG IW

1.00 @ 1 each	150.00	0.50	3.00	85.00	3.50	21.00	30.00	2.00	0.00	3.00	-*	100.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	200.00	-*	4.50
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M50534 FRUIT: ORANGE 138ct 1/8wg 1/2c

\* Some values for this nutrient are unavailable; the number listed is incomplete.

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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

15.00 @ 8 wedge	46.96	0.01	0.29	0.00	0.12	2.30	11.74	0.94	0.00	2.40	180.86	224.82	0.00	0.18	0.00	53.16	0.09	0.04	0.28	0.06	0.00	39.97	13.99	0.10	
M50722 FRUIT: RAISINS, SS BOX																									
10.00 @ 1 each	127.15	0.02	0.17	4.68	0.20	1.38	33.67	1.31	0.00	1.57	318.51	0.00	0.00	0.05	1.49	0.98	0.05	0.05	0.33	0.07	0.00	21.26	42.95	0.80	
M50979 JUICE SS, Apple 100% 4oz Cart																									
75.00 @ 1 each	60.00	0.00	0.00	15.00	0.00	0.00	14.00	0.00	0.00	0.00	85.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00	
M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50																									
15.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00	
M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50																									
75.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00	
M53222 COND PC Margarine 5g																									
20.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00	
M53221 COND PC Jelly, Grape Smucker																									
20.00 @ 1 each	35.00	0.00	0.00	5.00	0.00	0.00	9.00	0.00	0.00	0.00	0.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00	
<b>Average</b>	400.07	2.32	5.22	594.46	7.67	17.25	64.47	15.6	17	2.96	325.21*	923.54	8.01*	.04*	.24*	11.69	.02*	.01*	.09*	.02*	0*	391.87	6.9*	2.38	

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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

**Age Group:** Lunch Grades K-5      **Period:** Lunch      **Week:** 3      **Day:** Monday      **Count Type:** Forecasted      **Total No. of Customers:** 100

Weekly Std.	CAL	SFA (g)	% of CAL	Na (mg)	Fat (g)	% of CAL	CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)
	550.00-650.00		10.00	1230.00																		237.25		

M51275 CHIX NUGGET, BNLS WING WG (5) 2.0 MWWW

70.00 @ 5 each	251.07	1.88	6.75	401.72	11.30	40.50	15.06	22.60	50.21	1.26	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	25.11	-*	1.81
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M66507 QUES 6" CH WG 2.0

20.00 @ 1 each	400.01	13.00	29.25	630.01	23.00	51.75	30.00	20.00	60.00	2.00	0.00*	600.02	-*	-*	-*	0.00	-*	-*	-*	-*	-*	520.01	-*	1.44
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M52347 SALAD, ChixDcd CH Frt AP 2.0

5.00 @ 1 each	197.21	3.76	17.14	180.50	8.98	40.99	9.96	19.31	58.75	1.79	64.22*	1357.15	0.00*	0.10*	0.78*	29.52	0.01*	0.01*	0.14*	0.02*	0.00*	122.96	8.50*	0.92
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M51680 BRD: ROLL DG, WG 2.5oz

75.00 @ 1 each	170.00	0.50	2.65	135.00	3.00	15.88	28.00	7.00	0.00	3.40	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	12.70	-*	0.85
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M50962 SDW BD, SBJ WG 2.0

4.00 @ 1 sandwich	654.64	3.95	5.43	556.98	33.60	46.19	69.74	19.82	0.00	9.90	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	39.50	-*	5.00
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M53347 SDW BD, SB WG 2.0

1.00 @ 1 sandwich	554.98	3.95	6.41	556.98	33.60	54.49	43.82	19.82	0.00	9.90	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	39.50	-*	5.00
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M54874 VEG: CORN, FZ MARG 1/2C

60.00 @ 1/2 cup	92.55	1.25	12.16	0.82	3.46	33.69	15.80	2.09	0.00	1.96	191.89	162.89	0.00*	0.06*	0.25*	2.86	0.02*	0.05*	1.07*	0.08*	0.00*	2.46	64.66*	0.38
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M50186 VEG: BROCCOLI, Fresh 1/2c

10.00 @ 1/2 cup	10.84	0.01	1.03	10.52	0.12	9.79	2.12	0.90	0.00	0.83	100.78	198.68	0.00	0.25	32.40	28.45	0.02	0.04	0.20	0.06	0.00	14.99	21.05	0.23
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M50843 FRUIT: STRAWBERRIES, Frsh 1/2c

60.00 @ 1/2 cup	24.57	0.01	0.42	0.77	0.23	8.44	5.90	0.51	0.00	1.54	117.47	9.21	0.00	0.22	1.69	45.14	0.02	0.02	0.30	0.04	0.00	12.28	18.43	0.31
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M52794 FRUIT: ORANGE Mand w/Syr 1/2c

10.00 @ 1/2 cup	75.88	0.00	0.00	9.49	0.00	0.00	17.07	0.95	0.00	0.95	-*	189.70	-*	-*	-*	11.38	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50980 JUICE SS, Frt Bld 100% 4oz Crt

60.00 @ 1 each	60.00	0.00	0.00	10.00	0.00	0.00	14.00	0.00	0.00	0.00	100.00	0.00	-*	-*	-*	3.60	-*	-*	-*	-*	-*	0.00	-*	0.00
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M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50

15.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50

75.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
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M53222 COND PC Margarine 5g

75.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50855 COND PC Ketchup 9g Heinz

75.00 @ 1 each	10.00	0.00	0.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50624 COND PC Drsg Ranch 12g

30.00 @ 1 each	50.00	0.00	0.00	100.00	5.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50287 COND PC Sauce, BBQ 12g

75.00 @ 1 each	15.00	0.00	0.00	160.00	0.00	0.00	4.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.60	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50407 COND\_Salsa, AP 1/8c

20.00 @ 1/8 cup	10.25	0.00	0.00	174.23	0.00	0.00	2.05	0.00	0.00	0.00	0.00	102.49	-*	-*	-*	3.69	-*	-*	-*	-*	-*	0.00	-*	0.00
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M66423 NACHOS FRITO BFGDCHILI CH SC WG 2.0 (2BG)

24.00 @ 1 each	428.46	8.91	18.72	660.08	22.32	46.88	39.05	18.09	49.06	5.19	303.77*	770.53	0.43*	0.33*	4.41*	17.69	0.03*	0.05*	1.65*	0.15*	0.60*	237.25	64.16*	1.76
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<b>Average</b>	807.43	8.55	9.53	1138.3	28.6	31.88	96.89	40.31	68.61	7.94	331.8*	1435.4	.1*	.28*	5.5*	43.13	.04*	.06*	1.24*	.11*	.14*	476.51	67.78*	3.35
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**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

**Age Group:** Brkfst Grades K-5      **Period:** Breakfast      **Week:** 3      **Day:** Tuesday      **Count Type:** Forecasted      **Total No. of Customers:** 100

	CAL	SFA (g)	% of CAL	Na (mg)	Fat (g)	% of CAL	CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)
<b>Weekly Std.</b>	350.00-500.00		10.00	540.00																		100.05		

M51267 BRD: MUF AP, Blueb 2ozWG (1BG)

40.00 @ 1 muffin	190.00	2.00	9.47	130.00	6.00	28.42	31.00	3.00	40.00	2.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.72
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M52695 CHEESE, MZ String LF 1ea 1.0

40.00 @ 1 stick	60.00	2.00	30.00	210.01	2.50	37.50	1.00	8.00	10.00	0.00	0.00	146.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	220.01	-*	0.11
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M50781 BRD: BISC AP, 2.0oz WG

45.00 @ 1 each	210.00	9.00	38.57	460.00	10.00	42.86	27.00	4.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	150.00	-*	1.08
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M50658 EGG: Scrambled Saus CH SS 2.0

45.00 @ 1 No 16 Scoop	111.77	3.73	30.05	176.65	8.45	68.05	1.36	7.69	165.62	0.00	0.00*	272.57	-*	-*	-*	0.00	-*	-*	-*	-*	-*	94.51	-*	0.76
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M50205 CEREAL HOT, Oatmeal (2BG)

1.00 @ 1 cup	212.61	0.71	3.00	6.51	4.25	18.00	38.27	7.09	0.00	5.67	2.17*	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	6.51	0.00*	2.55
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M50209 COND\_Sugar, Cinnamon

1.00 @ 1 tablespoon	45.64	0.00	0.03	0.16	0.01	0.11	11.86	0.02	0.00	0.23	2.09	1.28	0.00	0.01	0.13	0.02	0.00	0.00	0.01	0.00	0.00	4.45	0.28	0.04
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M50439 CEREAL BWL, Cheerios WG

1.00 @ 1 bowl	100.00	0.50	4.50	140.00	2.00	18.00	20.00	3.00	0.00	3.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	8.10
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M50208 CEREAL BWL, CinnTstCrnch RS WG

3.00 @ 1 bowl	110.00	0.50	4.09	160.00	3.00	24.54	22.00	1.00	0.00	3.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	200.01	-*	3.60
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M50442 CEREAL BWL, Cocoa Puffs RS WG

4.00 @ 1 bowl	110.05	0.00	0.00	160.08	1.50	12.27	25.01	2.00	0.00	2.00	-*	500.25	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.05	-*	4.50
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M50524 CEREAL BWL, Lucky Charms WG

5.00 @ 1 bowl	110.00	0.00	0.00	180.00	1.00	8.18	23.00	2.00	0.00	2.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	4.50
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M51237 BRD: BREAD WG, Tst Marg 1sl

15.00 @ 1 slice	110.00	1.33	10.91	160.00	4.33	35.45	15.00	3.00	0.00	1.00	1.33*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M52726 BRD: BAR, Cereal FrtyCh WG IW

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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

1.00 @ 1 each	150.00	0.50	3.00	95.00	3.50	21.00	29.00	3.00	0.00	3.00	-*	200.00	-*	-*	-*	1.20	-*	-*	-*	-*	200.00	-*	1.80	
M50843 FRUIT: STRAWBERRIES, Frsh 1/2c																								
30.00 @ 1/2 cup	24.57	0.01	0.42	0.77	0.23	8.44	5.90	0.51	0.00	1.54	117.47	9.21	0.00	0.22	1.69	45.14	0.02	0.02	0.30	0.04	0.00	12.28	18.43	0.31
M52794 FRUIT: ORANGE Mand w/Syr 1/2c																								
10.00 @ 1/2 cup	75.88	0.00	0.00	9.49	0.00	0.00	17.07	0.95	0.00	0.95	-*	189.70	-*	-*	-*	11.38	-*	-*	-*	-*	0.00	-*	0.00	
M50980 JUICE SS, Frt Bld 100% 4oz Crt																								
60.00 @ 1 each	60.00	0.00	0.00	10.00	0.00	0.00	14.00	0.00	0.00	0.00	100.00	0.00	-*	-*	-*	3.60	-*	-*	-*	-*	0.00	-*	0.00	
M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50																								
15.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	300.00	-*	0.00	
M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50																								
75.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	300.00	-*	0.00	
M53222 COND PC Margarine 5g																								
75.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
M53221 COND PC Jelly, Grape Smucker																								
75.00 @ 1 each	35.00	0.00	0.00	5.00	0.00	0.00	9.00	0.00	0.00	0.00	0.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
M50056 COND PC Sauce, Taco 9g																								
15.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
<b>Average</b>	486.54	8.54	15.8	665.3	15.35	28.39	67.34	17.9	99.78	2.79	95.48*	1131.82	0*	.07*	.51*	18.86	.01*	.01*	.09*	.01*	0*	497.83	5.53*	2.05

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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

**Age Group:** Lunch Grades K-5      **Period:** Lunch      **Week:** 3      **Day:** Tuesday      **Count Type:** Forecasted      **Total No. of Customers:** 100

Weekly Std.	CAL	SFA		Fat		CHO	Pro	Chol	Fiber	K	Vit A	Vit D	Vit E	Vit K	Vit C	Vit B1	Vit B2	Vit B3	Vit B6	Vit B12	Ca	P	Fe
		(g)	% of CAL	Na (mg)	(g)	% of CAL	(g)	(g)	(mg)	(g)	(mg)	(IU)	(IU)	(mg)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mg)	(mg)
	550.00-650.00		10.00	1230.00																	300.00		

M51417 BURG, Beef AP WG 2.0

30.00 @ 1 each	240.00	2.00	7.50	345.00	7.00	26.25	29.00	16.00	25.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	60.00	-*	2.88
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M50821 BURG, Beef AM AP WG 2.25

45.00 @ 1 each	285.00	4.25	13.42	545.00	10.50	33.16	29.50	18.50	37.50	2.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	135.00	-*	2.88
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M54370 BURG, BLACK BEAN AP WG 2.0

2.00 @ 1 each	300.00	1.00	3.00	710.00	9.00	27.00	42.00	19.00	5.00	7.00	280.00*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	80.00	-*	2.16
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M51979 CHIX Dcd Pot Pie F WG 2.0

22.00 @ 1 serving	394.42	10.58	24.14	683.90	15.60	35.60	38.16	24.05	57.65	3.63	100.21*	2621.90	0.00*	0.18*	9.80*	3.05	0.05*	0.03*	0.32*	0.05*	0.00*	169.67	22.74*	2.25
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M53347 SDW BD, SB WG 2.0

1.00 @ 1 sandwich	554.98	3.95	6.41	556.98	33.60	54.49	43.82	19.82	0.00	9.90	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	39.50	-*	5.00
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M51445 VEG GARN: Rom Leaf/Tom Sl

50.00 @ 1 serving	4.96	0.01	1.72	1.84	0.07	12.86	1.02	0.30	0.00	0.47	68.61	1352.71	0.00	0.09	15.65	2.51	0.02	0.01	0.13	0.02	0.00	6.10	7.65	0.18
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M50412 COND\_Pickle, Dill Slice 3ea

60.00 @ 3 slice	2.43	0.01	4.72	243.11	0.07	25.17	0.36	0.10	0.00	0.21	-*	0.00	-*	-*	-*	0.32	-*	-*	-*	-*	-*	12.97	-*	0.08
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M54866 VEG: BLEND, PEAS/CARR FZ MARG 1/2C

20.00 @ 1/2 cup	66.50	1.23	16.66	57.03	3.27	44.24	8.49	2.59	0.00	2.60	133.67	7978.63	0.00*	0.44*	15.77*	6.79	0.19*	0.05*	0.97*	0.07*	0.00*	19.29	41.09*	0.79
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M52815 VEG: PEPPERS, Red Strips1/2c

20.00 @ 1/2 cup	15.56	0.01	0.78	2.01	0.15	8.71	3.03	0.50	0.00	1.05	105.92	1571.73	0.00	0.79	2.46	64.10	0.03	0.04	0.49	0.15	0.00	3.51	13.05	0.22
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M53362 FRUIT: HONEYDEW, Melon 1/2c

30.00 @ 1/2 cup	30.93	0.03	0.95	15.47	0.12	3.50	7.81	0.46	0.00	0.69	195.92	42.96	0.00	0.02	2.49	15.47	0.03	0.01	0.36	0.08	0.00	5.16	9.45	0.15
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M52268 FRUIT: PEACHES Dice w/Jc 1/2c

30.00 @ 1/2 cup	50.83	0.00	0.00	10.17	0.00	0.00	12.20	0.00	0.00	0.00	182.98	304.97	-*	-*	-*	1.22	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50979 JUICE SS, Apple 100% 4oz Cart

75.00 @ 1 each	60.00	0.00	0.00	15.00	0.00	0.00	14.00	0.00	0.00	0.00	85.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50

15.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
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M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50

75.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
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M50855 COND PC Ketchup 9g Heinz

50.00 @ 1 each	10.00	0.00	0.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50055 COND PC Mayonnaise 12g

5.00 @ 1 each	80.00	1.50	16.87	75.00	8.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50284 COND PC Mustard 6g

5.00 @ 1 each	0.00	0.00	-	65.00	0.00	-	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50624 COND PC Drsg Ranch 12g

25.00 @ 1 each	50.00	0.00	0.00	100.00	5.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50287 COND PC Sauce, BBQ 12g

25.00 @ 1 each	15.00	0.00	0.00	160.00	0.00	0.00	4.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.60	-*	-*	-*	-*	-*	0.00	-*	0.00
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**Average**

	520.21	5.47	9.46	965.52	13.59	23.52	70.98	27.16	43.91	3.84	287.29*	3787.63	0*	.34*	14.37*	22.71	.07*	.03*	.54*	.09*	0*	405.01	22.49*	3.13
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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

**Age Group:** Brkfst Grades K-5      **Period:** Breakfast      **Week:** 3      **Day:** Wednesday      **Count Type:** Forecasted      **Total No. of Customers:** 100

Weekly Std.	CAL	SFA (g)	% of CAL	Na (mg)	Fat (g)	% of CAL	CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)
	350.00-500.00		10.00	540.00																		100.05		

M54299 BRD: DONUT, GLAZE MAPLE BACON WG

70.00 @ 1 each	352.78	7.34	18.73	339.33	16.99	43.36	45.38	5.97	3.01	2.81	0.30*	9.50	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	0.00*	14.17	0.00*	0.74
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M52695 CHEESE, MZ String LF 1ea 1.0

70.00 @ 1 stick	60.00	2.00	30.00	210.01	2.50	37.50	1.00	8.00	10.00	0.00	0.00	146.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	220.01	-*	0.11
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M51725 SDW BISC, ChixPtyWG 1 (2.25BG)

15.00 @ 1 sandwich	294.42	9.74	29.79	653.66	13.97	42.71	32.46	10.46	12.41	2.99	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	169.86	-*	1.80
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M50205 CEREAL HOT, Oatmeal (2BG)

1.00 @ 1 cup	212.61	0.71	3.00	6.51	4.25	18.00	38.27	7.09	0.00	5.67	2.17*	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	0.00*	6.51	0.00*	2.55
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M50209 COND\_Sugar, Cinnamon

1.00 @ 1 tablespoon	45.64	0.00	0.03	0.16	0.01	0.11	11.86	0.02	0.00	0.23	2.09	1.28	0.00	0.01	0.13	0.02	0.00	0.00	0.01	0.00	0.00	4.45	0.28	0.04
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M50439 CEREAL BWL, Cheerios WG

1.00 @ 1 bowl	100.00	0.50	4.50	140.00	2.00	18.00	20.00	3.00	0.00	3.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	8.10
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M50208 CEREAL BWL, CinnTstCrnch RS WG

3.00 @ 1 bowl	110.00	0.50	4.09	160.00	3.00	24.54	22.00	1.00	0.00	3.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	200.01	-*	3.60
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M50442 CEREAL BWL, Cocoa Puffs RS WG

4.00 @ 1 bowl	110.05	0.00	0.00	160.08	1.50	12.27	25.01	2.00	0.00	2.00	-*	500.25	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.05	-*	4.50
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M50524 CEREAL BWL, Lucky Charms WG

5.00 @ 1 bowl	110.00	0.00	0.00	180.00	1.00	8.18	23.00	2.00	0.00	2.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	4.50
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M51237 BRD: BREAD WG, Tst Marg 1sl

15.00 @ 1 slice	110.00	1.33	10.91	160.00	4.33	35.45	15.00	3.00	0.00	1.00	1.33*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M52728 BRD: BAR, Cereal TeamCh WG IW

1.00 @ 1 each	150.00	0.50	3.00	85.00	3.50	21.00	30.00	2.00	0.00	3.00	-*	100.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	200.00	-*	4.50
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M53362 FRUIT: HONEYDEW, Melon 1/2c

\* Some values for this nutrient are unavailable; the number listed is incomplete.

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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

20.00 @ 1/2 cup	30.93	0.03	0.95	15.47	0.12	3.50	7.81	0.46	0.00	0.69	195.92	42.96	0.00	0.02	2.49	15.47	0.03	0.01	0.36	0.08	0.00	5.16	9.45	0.15	
M52268 FRUIT: PEACHES Dice w/Jc 1/2c																									
20.00 @ 1/2 cup	50.83	0.00	0.00	10.17	0.00	0.00	12.20	0.00	0.00	0.00	182.98	304.97	-*	-*	-*	1.22	-*	-*	-*	-*	-*	0.00	-*	0.00	
M50979 JUICE SS, Apple 100% 4oz Cart																									
60.00 @ 1 each	60.00	0.00	0.00	15.00	0.00	0.00	14.00	0.00	0.00	0.00	85.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00	
M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50																									
15.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00	
M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50																									
75.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00	
M53222 COND PC Margarine 5g																									
25.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00	
M53221 COND PC Jelly, Grape Smucker																									
25.00 @ 1 each	35.00	0.00	0.00	5.00	0.00	0.00	9.00	0.00	0.00	0.00	0.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00	
<b>Average</b>	543	8.71	14.44	706.48	17.84	29.57	75	19.42	16.22	3.09	127.23*	816.47	0*	0*	.5*	5.35	.01*	0*	.07*	.02*	0*	478.55	1.89*	1.72	

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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

**Age Group:** Lunch Grades K-5      **Period:** Lunch      **Week:** 3      **Day:** Wednesday      **Count Type:** Forecasted      **Total No. of Customers:** 100

	CAL	SFA (g)	% of CAL	Na (mg)	Fat (g)	% of CAL	CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)
<b>Weekly Std.</b>	550.00-650.00		10.00	1230.00																		12.70		

M53770 SDW BN, CHIXPTY PLN WG/WG2.0 MWWW

45.00 @ 1 sandwich	369.73	2.00	4.86	679.55	11.99	29.18	40.98	26.97	49.94	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	59.98	-*	2.88
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M52610 HOT DOG, Plain WG 2.0

45.00 @ 1 each	290.00	4.00	12.41	1040.01	14.00	43.45	29.00	12.00	50.00	2.00	-*	300.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	120.00	-*	2.52
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M50714 SALAD, CHam Tky Cobb APW2.25

5.00 @ 1 each	188.51	5.05	24.10	433.02	11.11	53.04	5.66	16.50	141.66	0.89	0.00*	1634.11	-*	-*	-*	8.00	-*	-*	-*	-*	-*	137.37	-*	1.05
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M51680 BRD: ROLL DG, WG 2.5oz

5.00 @ 1 each	170.00	0.50	2.65	135.00	3.00	15.88	28.00	7.00	0.00	3.40	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	12.70	-*	0.85
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M50962 SDW BD, SBJ WG 2.0

4.00 @ 1 sandwich	654.64	3.95	5.43	556.98	33.60	46.19	69.74	19.82	0.00	9.90	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	39.50	-*	5.00
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M53347 SDW BD, SB WG 2.0

1.00 @ 1 sandwich	554.98	3.95	6.41	556.98	33.60	54.49	43.82	19.82	0.00	9.90	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	39.50	-*	5.00
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M54861 VEG: BEANS, GREEN FZ MARG 1/2C

20.00 @ 1/2 cup	45.75	1.20	23.55	0.70	3.03	59.71	4.49	1.04	0.00	2.09	111.90	291.80	0.00*	0.03*	26.53*	2.86	0.02*	0.06*	0.27*	0.04*	0.00*	29.25	20.20*	0.46
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M50431 VEG: CARROTS, Fresh Baby 1/2c

40.00 @ 1/2 cup	24.80	0.02	0.59	55.28	0.09	3.34	5.84	0.45	0.00	2.06	167.96	9772.87	0.00	-*	6.66	1.84	0.02	0.03	0.39	0.07	0.00	22.68	19.84	0.63
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M50536 FRUIT: APPLE, 138ct 1/8wg 1/2c

15.00 @ 4 wedge	31.53	0.02	0.50	2.39	0.10	2.95	8.40	0.17	0.00	1.45	67.15	33.13	0.00	0.11	1.32	3.11	0.01	0.02	0.06	0.03	0.00	5.02	6.81	0.07
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M52271 FRUIT: PEARS, Dice w/Jc 1/2c

25.00 @ 1/2 cup	60.66	0.00	0.00	10.11	0.00	0.00	14.15	0.00	0.00	2.02	80.89	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M53365 JUICE SS, Grape100% 4oz Cart

60.00 @ 1 each	80.00	0.00	0.00	15.00	0.00	0.00	18.00	1.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50

\* Some values for this nutrient are unavailable; the number listed is incomplete.

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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

15.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50																								
75.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
M53222 COND PC Margarine 5g																								
5.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50855 COND PC Ketchup 9g Heinz																								
50.00 @ 1 each	10.00	0.00	0.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50624 COND PC Drsg Ranch 12g																								
40.00 @ 1 each	50.00	0.00	0.00	100.00	5.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50287 COND PC Sauce, BBQ 12g																								
15.00 @ 1 each	15.00	0.00	0.00	160.00	0.00	0.00	4.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.60	-*	-*	-*	-*	-*	0.00	-*	0.00
M54564 FRUIT: STRAWBERRIES, SLCD (USDA) W/SYR FRZ 1/2C																								
70.00 @ 1/2 cup	119.33	0.01	0.09	3.92	0.16	1.23	32.33	0.66	0.00	2.35	-*	30.32	-*	-*	-*	51.65	-*	-*	-*	-*	-*	13.70	-*	0.74
M52816 DESRT: TOPPING, Whipd NonDairy																								
70.00 @ 1 tablespoon	13.47	1.00	66.56	0.81	1.00	67.06	1.06	0.05	0.01	0.01	-*	0.20	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.15	-*	0.00
<b>Average</b>	661.71	4.4	5.99	1130	18.08	24.59	98.06	28.42	59.31	6.57	119.86*	4700.56	0*	.02*	8.17*	39.68	.01*	.03*	.22*	.04*	0*	385.84	13*	3.65

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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

**Age Group:** Brkfst Grades K-5      **Period:** Breakfast      **Week:** 3      **Day:** Thursday      **Count Type:** Forecasted      **Total No. of Customers:** 100

Weekly Std.	CAL	SFA		Na	Fat		CHO	Pro	Chol	Fiber	K	Vit A	Vit D	Vit E	Vit K	Vit C	Vit B1	Vit B2	Vit B3	Vit B6	Vit B12	Ca	P	Fe
	(350.00-500.00)	(g)	% of CAL	(mg)	(g)	% of CAL	(g)	(g)	(mg)	(g)	(mg)	(IU)	(IU)	(mg)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mg)	(mg)	(mg)
			10.00	540.00																		0.00		

M52636 BRD: WAFFLE, AP MAPLE MADNESS WG IW

45.00 @ 1 pouch	210.00	1.00	4.29	170.00	6.00	25.72	38.00	4.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.72
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M54066 SDW BN, EggCSausSS AM WG 1.0

25.00 @ 1 sandwich	228.05	3.57	14.08	567.50	8.48	33.47	28.08	11.09	80.09	2.00	0.00*	209.04	-*	-*	-*	0.00	-*	-*	-*	-*	-*	150.81	-*	1.78
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M50205 CEREAL HOT, Oatmeal (2BG)

2.00 @ 1 cup	212.61	0.71	3.00	6.51	4.25	18.00	38.27	7.09	0.00	5.67	2.17*	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	6.51	0.00*	2.55
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M50209 COND\_Sugar, Cinnamon

2.00 @ 1 tablespoon	45.64	0.00	0.03	0.16	0.01	0.11	11.86	0.02	0.00	0.23	2.09	1.28	0.00	0.01	0.13	0.02	0.00	0.00	0.01	0.00	0.00	4.45	0.28	0.04
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M50439 CEREAL BWL, Cheerios WG

2.00 @ 1 bowl	100.00	0.50	4.50	140.00	2.00	18.00	20.00	3.00	0.00	3.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	8.10
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M50208 CEREAL BWL, CinnTstCrnch RS WG

6.00 @ 1 bowl	110.00	0.50	4.09	160.00	3.00	24.54	22.00	1.00	0.00	3.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	200.01	-*	3.60
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M50442 CEREAL BWL, Cocoa Puffs RS WG

8.00 @ 1 bowl	110.05	0.00	0.00	160.08	1.50	12.27	25.01	2.00	0.00	2.00	-*	500.25	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.05	-*	4.50
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M50524 CEREAL BWL, Lucky Charms WG

10.00 @ 1 bowl	110.00	0.00	0.00	180.00	1.00	8.18	23.00	2.00	0.00	2.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	4.50
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M51237 BRD: BREAD WG, Tst Marg 1sl

30.00 @ 1 slice	110.00	1.33	10.91	160.00	4.33	35.45	15.00	3.00	0.00	1.00	1.33*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M52726 BRD: BAR, Cereal FrtyCh WG IW

2.00 @ 1 each	150.00	0.50	3.00	95.00	3.50	21.00	29.00	3.00	0.00	3.00	-*	200.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	200.00	-*	1.80
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M50536 FRUIT: APPLE, 138ct 1/8wg 1/2c

15.00 @ 4 wedge	31.53	0.02	0.50	2.39	0.10	2.95	8.40	0.17	0.00	1.45	67.15	33.13	0.00	0.11	1.32	3.11	0.01	0.02	0.06	0.03	0.00	5.02	6.81	0.07
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M52271 FRUIT: PEARS, Dice w/Jc 1/2c

\* Some values for this nutrient are unavailable; the number listed is incomplete.

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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

25.00 @ 1/2 cup	60.66	0.00	0.00	10.11	0.00	0.00	14.15	0.00	0.00	2.02	80.89	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M53365 JUICE SS, Grape100% 4oz Cart																								
60.00 @ 1 each	80.00	0.00	0.00	15.00	0.00	0.00	18.00	1.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50																								
15.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50																								
75.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
M53222 COND PC Margarine 5g																								
50.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M53221 COND PC Jelly, Grape Smucker																								
50.00 @ 1 each	35.00	0.00	0.00	5.00	0.00	0.00	9.00	0.00	0.00	0.00	0.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50056 COND PC Sauce, Taco 9g																								
10.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50058 COND PC Syrup 1.4oz Smuckers																								
50.00 @ 1 each	110.00	0.00	0.00	25.00	0.00	0.00	29.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
<b>Average</b>	483.48	2.53	4.72	513.5	8.61	16.02	87.87	13.98	25.27	3.65	30.78*	885.28	0*	.02*	.2*	3.24	0*	0*	.01*	0*	0*	353.68	1.03*	2.38

\* Some values for this nutrient are unavailable; the number listed is incomplete.

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# DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Bluebonnet ES

Service Area: Bluebonnet - K-5 - OVS

Menu Name: Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

Avg.Method: Balanced

Age Group: Lunch Grades K-5      Period: Lunch      Week: 3      Day: Thursday      Count Type: Forecasted      Total No. of Customers: 100

Weekly Std.	CAL	SFA (g)	% of CAL	Na (mg)	Fat (g)	% of CAL	CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)
	550.00-650.00		10.00	1230.00																		43.51		

M52963 CHIX Popcorn, AP WG 2.0

45.00 @ 1 serving	250.19	2.72	9.78	380.72	14.14	50.87	15.23	15.23	21.76	3.26	-*	108.78	-*	-*	-*	0.00	-*	-*	-*	-*	-*	43.51	-*	1.96
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M51682 STICKS, KOLACHES MORNGSSG RS WG 2.0 2EA

45.00 @ 2 each	340.00	2.00	5.30	560.01	8.00	21.18	56.00	10.00	40.00	6.00	-*	2000.34	-*	-*	-*	0.00	-*	-*	-*	-*	-*	80.01	-*	3.60
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M52735 SALAD, Rom CH MZ SC W 2.0

5.00 @ 1 each	213.24	9.52	40.18	412.11	15.15	63.95	4.85	14.69	45.00	1.26	146.57*	5376.52	0.00*	0.12*	43.60*	7.46	0.04*	0.04*	0.25*	0.06*	0.00*	419.86	17.48*	0.47
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M53360 COND\_DRESSING, CAESAR CREAMY (KEN'S ESSENTIALS)

5.00 @ 1 tablespoon	75.00	1.25	15.00	135.00	8.00	96.00	0.50	0.50	0.00	0.00	-*	50.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	10.00	-*	0.00
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M55313 BRD: BRDSTK DG, RIPSTK 2EA (2BG)

50.00 @ 2 each	160.00	0.00	0.00	200.00	2.00	11.25	28.00	6.00	0.00	3.08	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	14.80	-*	1.46
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M51851 SDW BD, CHam AM WG 2.0

4.00 @ 1 sandwich	350.00	6.38	16.39	1132.50	14.63	37.61	33.50	21.00	75.00	2.00	-*	200.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	150.00	-*	2.61
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M53347 SDW BD, SB WG 2.0

1.00 @ 1 sandwich	554.98	3.95	6.41	556.98	33.60	54.49	43.82	19.82	0.00	9.90	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	39.50	-*	5.00
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M53153 VEG: BEANS, Bkd Veg AP 1/2c

15.00 @ 1/2 cup	130.70	0.00	0.00	552.94	0.00	0.00	29.16	7.04	0.00	5.03	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.21	-*	1.81
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M52770 VEG: CELERY, Sticks 1/2c

15.00 @ 1/2 cup	9.92	0.03	2.36	49.61	0.11	9.56	1.84	0.43	0.00	0.99	161.23	278.43	0.00	0.17	18.17	1.92	0.01	0.04	0.20	0.05	0.00	24.80	14.88	0.12
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M50529 FRUIT: GRAPES, Fresh 1/2c

25.00 @ 1/2 cup	56.80	0.10	1.53	1.70	0.30	4.70	14.54	0.53	0.00	0.76	161.94	84.78	0.00	0.16	12.38	3.39	0.08	0.05	0.25	0.09	0.00	11.87	8.48	0.25
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M53549 FRUIT: APPLESAUCE,Unswt AP1/2c

30.00 @ 1/2 cup	52.77	0.00	0.00	10.55	0.00	0.00	13.72	0.00	0.00	2.11	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50982 JUICE SS, ORANGE 100% 4 FLOZ

\* Some values for this nutrient are unavailable; the number listed is incomplete.

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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

60.00 @ 1 each	50.00	0.00	0.00	15.00	0.00	0.00	12.00	1.00	0.00	0.00	-*	0.00	-*	-*	-*	42.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50																								
15.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50																								
75.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
M53222 COND PC Margarine 5g																								
50.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50855 COND PC Ketchup 9g Heinz																								
50.00 @ 1 each	10.00	0.00	0.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50055 COND PC Mayonnaise 12g																								
2.00 @ 1 each	80.00	1.50	16.87	75.00	8.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50284 COND PC Mustard 6g																								
1.00 @ 1 each	0.00	0.00	-	65.00	0.00	-	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50624 COND PC Drsg Ranch 12g																								
50.00 @ 1 each	50.00	0.00	0.00	100.00	5.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50287 COND PC Sauce, BBQ 12g																								
50.00 @ 1 each	15.00	0.00	0.00	160.00	0.00	0.00	4.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.60	-*	-*	-*	-*	-*	0.00	-*	0.00
<b>Average</b>	621.27	3.74	5.42	1048.68	17.67	25.59	88.68	25.2	40.89	7.68	72*	2041.39	0*	.07*	8*	28.27	.02*	.02*	.11*	.03*	0*	373.6	5.23*	3.76

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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

**Age Group:** Brkfst Grades K-5      **Period:** Breakfast      **Week:** 3      **Day:** Friday      **Count Type:** Forecasted      **Total No. of Customers:** 100

Weekly Std.	CAL	SFA (g)	% of CAL	Na (mg)	Fat (g)	% of CAL	CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)
	350.00-500.00		10.00	540.00																		118.61		

M51241 BRD: ROLL AP, CinnMini WG IW

55.00 @ 1 pouch	240.00	2.00	7.50	300.00	8.00	30.00	40.00	5.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.44
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M66548 TACO EGG CH BACON TATER BITE(KRAFT) WG 1.0 1EA

20.00 @ 1 each	221.63	3.50	14.21	403.91	11.46	46.52	20.02	9.22	100.56	1.86	128.67*	156.83	-*	-*	-*	2.57	-*	-*	-*	-*	-*	118.61	-*	1.20
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M50205 CEREAL HOT, Oatmeal (2BG)

2.00 @ 1 cup	212.61	0.71	3.00	6.51	4.25	18.00	38.27	7.09	0.00	5.67	2.17*	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	6.51	0.00*	2.55
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M50209 COND\_Sugar, Cinnamon

2.00 @ 1 tablespoon	45.64	0.00	0.03	0.16	0.01	0.11	11.86	0.02	0.00	0.23	2.09	1.28	0.00	0.01	0.13	0.02	0.00	0.00	0.01	0.00	0.00	4.45	0.28	0.04
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M50439 CEREAL BWL, Cheerios WG

3.00 @ 1 bowl	100.00	0.50	4.50	140.00	2.00	18.00	20.00	3.00	0.00	3.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	8.10
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M50208 CEREAL BWL, CinnTstCrnch RS WG

4.00 @ 1 bowl	110.00	0.50	4.09	160.00	3.00	24.54	22.00	1.00	0.00	3.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	200.01	-*	3.60
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M50442 CEREAL BWL, Cocoa Puffs RS WG

6.00 @ 1 bowl	110.05	0.00	0.00	160.08	1.50	12.27	25.01	2.00	0.00	2.00	-*	500.25	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.05	-*	4.50
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M50524 CEREAL BWL, Lucky Charms WG

7.00 @ 1 bowl	110.00	0.00	0.00	180.00	1.00	8.18	23.00	2.00	0.00	2.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	4.50
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M51237 BRD: BREAD WG, Tst Marg 1sl

25.00 @ 1 slice	110.00	1.33	10.91	160.00	4.33	35.45	15.00	3.00	0.00	1.00	1.33*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M52728 BRD: BAR, Cereal TeamCh WG IW

2.00 @ 1 each	150.00	0.50	3.00	85.00	3.50	21.00	30.00	2.00	0.00	3.00	-*	100.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	200.00	-*	4.50
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M50529 FRUIT: GRAPES, Fresh 1/2c

20.00 @ 1/2 cup	56.80	0.10	1.53	1.70	0.30	4.70	14.54	0.53	0.00	0.76	161.94	84.78	0.00	0.16	12.38	3.39	0.08	0.05	0.25	0.09	0.00	11.87	8.48	0.25
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M53549 FRUIT: APPLESAUCE,Unswt AP1/2c

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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

20.00 @ 1/2 cup	52.77	0.00	0.00	10.55	0.00	0.00	13.72	0.00	0.00	2.11	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
M50982 JUICE SS, ORANGE 100% 4 FLOZ																								
60.00 @ 1 each	50.00	0.00	0.00	15.00	0.00	0.00	12.00	1.00	0.00	0.00	-*	0.00	-*	-*	-*	42.00	-*	-*	-*	-*	0.00	-*	0.00	
M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50																								
15.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	300.00	-*	0.00	
M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50																								
75.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	300.00	-*	0.00	
M53222 COND PC Margarine 5g																								
30.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
M53221 COND PC Jelly, Grape Smucker																								
30.00 @ 1 each	35.00	0.00	0.00	5.00	0.00	0.00	9.00	0.00	0.00	0.00	0.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
M50056 COND PC Sauce, Taco 9g																								
20.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
<b>Average</b>	412.61	2.74	5.97	507.87	9.6	20.95	68.65	13.82	25.36	2.94	58.54*	746.37	0*	.03*	2.48*	28.83	.02*	.01*	.05*	.02*	0*	346.32	1.7*	2.46

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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

**Age Group:** Lunch Grades K-5      **Period:** Lunch      **Week:** 3      **Day:** Friday      **Count Type:** Forecasted      **Total No. of Customers:** 100

Weekly Std.	CAL	SFA (g)	% of CAL	Na (mg)	Fat (g)	% of CAL	CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)
	550.00-650.00		10.00	1230.00																		409.72		

M51578 PIZZA 16" CHZ WG 2.0

55.00 @ 1/8 cut	351.26	7.50	19.22	810.04	15.50	39.72	30.88	19.38	30.00	3.25	-*	313.18	-*	-*	-*	0.90	-*	-*	-*	-*	-*	409.72	-*	0.99
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M53000 PIZZA 16" Pepperoni WG 2.0

35.00 @ 1/8 cut	388.76	9.00	20.84	937.54	19.00	43.99	31.13	20.88	37.50	3.25	-*	313.18	-*	-*	-*	0.90	-*	-*	-*	-*	-*	409.72	-*	1.08
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M53486 SALAD, BFGd Taco SC SC 2.25

5.00 @ 1 each	250.98	5.75	20.61	210.16	12.16	43.59	16.98	19.73	55.59	3.65	422.82*	3896.15	0.91*	0.33*	41.54*	9.61	0.09*	0.15*	3.82*	0.31*	1.27*	150.60	154.61*	2.62
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M54540 BRD: TORTILLA, CHIP RND WG 2BG

5.00 @ 1 serving	224.59	1.60	6.43	184.48	9.63	38.57	32.08	3.21	0.00	3.21	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	32.08	-*	0.00
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M50962 SDW BD, SBJ WG 2.0

4.00 @ 1 sandwich	654.64	3.95	5.43	556.98	33.60	46.19	69.74	19.82	0.00	9.90	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	39.50	-*	5.00
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M53347 SDW BD, SB WG 2.0

1.00 @ 1 sandwich	554.98	3.95	6.41	556.98	33.60	54.49	43.82	19.82	0.00	9.90	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	39.50	-*	5.00
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M54868 VEG: BROCCOLI, FRESH CKD MARG 1/2C

20.00 @ 1/2 cup	35.62	1.19	30.01	10.98	3.03	76.46	1.92	0.64	0.00	0.88	79.66	414.69	0.00*	0.39*	37.80*	17.39	0.02*	0.03*	0.15*	0.05*	0.00*	10.72	17.95*	0.18
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M52323 VEG: SALAD, Side GardChop 1/2c

25.00 @ 1/2 cup	8.17	0.01	1.45	6.38	0.09	9.94	1.78	0.42	0.00	0.71	91.42	2532.40	0.00	0.09	22.95	4.51	0.02	0.02	0.16	0.04	0.00	11.15	11.01	0.26
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M50543 FRUIT: BANANA (100-120ct) Whl

20.00 @ 1 each	93.95	0.12	1.13	1.06	0.35	3.34	24.11	1.15	0.00	2.74	377.91	67.56	0.00	0.11	0.53	9.18	0.03	0.08	0.70	0.39	0.00	5.28	23.22	0.27
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M50178 FRUIT: PINEAPPLE Tbits w/Jc1/2c

40.00 @ 1/2 cup	80.32	0.00	0.00	0.00	0.00	0.00	18.07	1.00	0.00	1.00	-*	0.00	-*	-*	-*	6.02	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50980 JUICE SS, Frt Bld 100% 4oz Crt

60.00 @ 1 each	60.00	0.00	0.00	10.00	0.00	0.00	14.00	0.00	0.00	0.00	100.00	0.00	-*	-*	-*	3.60	-*	-*	-*	-*	-*	0.00	-*	0.00
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M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50

15.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
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\* Some values for this nutrient are unavailable; the number listed is incomplete.

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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Bluebonnet ES

**Service Area:** Bluebonnet - K-5 - OVS

**Menu Name:** Bluebonnet ES: 2018 ES Menu w/ESD - cycle 2 - week 3

**Avg.Method:** Balanced

M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50

75.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
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M50624 COND PC Drsg Ranch 12g

75.00 @ 1 each	50.00	0.00	0.00	100.00	5.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50407 COND\_Salsa, AP 1/8c

5.00 @ 1/8 cup	10.25	0.00	0.00	174.23	0.00	0.00	2.05	0.00	0.00	0.00	0.00	102.49	-*	-*	-*	3.69	-*	-*	-*	-*	-*	0.00	-*	0.00
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<b>Average</b>	625.37	8.33	11.99	1069.46	22.77	32.77	72.64	28.16	41.4	5.07	195.51*	1661.35	.05*	.14*	15.48*	13.75	.02*	.03*	.4*	.11*	.06*	655.84	18.72*	1.46
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