



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-12 **Period:** Breakfast **Week:** 4 **Day:** Monday **Count Type:** Forecasted **Total No. of Customers:** 29

Weekly Std. (Target 1)	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	% of CAL		(g)	% of CAL																			
450.00-500.00		10.00	540.00																					

M54301 BRD: DONUT, GLAZE CHOC WG

23.79 @ 1 each	331.34	7.19	19.53	300.85	16.32	44.34	43.15	5.46	0.00	3.68	36.28*	9.50	0.00*	0.00*	0.06*	0.00	0.00*	0.01*	0.05*	0.00*	0.00*	17.22	17.34*	1.03
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M51320 CEREAL BWL, Rice Krispies WG

0.39 @ 1 bowl	100.00	0.00	0.00	170.00	0.50	4.50	23.00	2.00	0.00	1.00	-*	1000.03	-*	-*	-*	12.00	-*	-*	-*	-*	-*	0.00	-*	8.10
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M50208 CEREAL BWL, CINN TST CRUNCH RS WG

1.95 @ 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

1.56 @ 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

1.56 @ 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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M50525 CEREAL BWL, Trix RS WG

0.78 @ 1 bowl	110.00	0.00	0.00	140.00	1.00	8.18	24.00	1.00	0.00	1.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	80.00	-*	4.50
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M52725 BRD: BAR, Cereal CocoPuf WG IW

0.39 @ 1 each	150.00	0.00	0.00	100.00	3.00	18.00	30.00	3.00	0.00	3.00	-*	100.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	200.00	-*	1.80
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M52724 BRD: BAR, Cereal CinnTst WG IW

0.39 @ 1 each	150.00	0.00	0.00	115.00	3.50	21.00	30.00	2.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.00	-*	1.80
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M51267 BRD: MUF AP, BLUEBRY 2OZ IW WG (1BG)

0.78 @ 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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M51268 BRD: MUF AP, CHOC CHOC CHIP 2OZ IW WG (1BG)

0.78 @ 1 muffin	200.00	2.00	9.00	135.00	6.00	27.00	32.00	4.00	40.00	3.00	180.00	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.44
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M51848 BRD: POPTARTS, Straw 1.76oz WG

1.95 @ 1 package	180.00	1.00	5.00	190.00	2.50	12.50	38.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51849 BRD: POPTARTS, Cinn 1.76oz WG

* 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 Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

0.78 @ 1 package	190.00	1.00	4.74	200.00	3.00	14.21	38.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51684 BRD: POPTARTS, Fudge 1.76oz WG

0.78 @ 1 package	190.00	1.00	4.74	200.00	3.00	14.21	38.00	3.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51994 CHEESE, COLBY JK Stick 1ea 1.0

3.90 @ 1 stick	90.00	4.00	40.00	200.01	6.00	60.00	0.00	7.00	20.00	0.00	0.00	200.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.01	-*	0.00
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M50792 YOGURT SS, Trix Strawb/Ban 4oz

1.17 @ 1 each	80.00	0.00	0.00	60.00	0.50	5.63	15.00	4.00	5.00	0.00	140.00	500.04	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.01	-*	0.00
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M51237 BRD: BREAD WG, Tst Marg 1sl

6.24 @ 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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M50670 EGG: Hard Boiled FC AP 1.5

0.78 @ 1 each	80.00	1.50	16.88	60.00	5.00	56.25	1.00	6.00	185.00	0.00	-*	300.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.72
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M52975 BRD: WAFFLE, RS SS WG (3.25BG)

3.90 @ 1 each	240.06	0.00	0.00	506.14	2.86	10.71	50.30	6.86	0.00	6.86	1.05*	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	288.94	0.00*	3.09
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M52657 FRUIT: BLUEBERRIES, Fz 1/8c

0.39 @ 1/8 cup	8.89	0.01	0.94	0.17	0.11	11.29	2.12	0.07	0.00	0.47	9.41	8.01	0.00	0.08	2.86	0.44	0.01	0.01	0.09	0.01	0.00	1.39	1.92	0.03
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M53629 FRUIT: STRAWBERRIES, Frsh 1/8c

0.39 @ 1/8 cup	6.14	0.00	0.42	0.19	0.06	8.44	1.47	0.13	0.00	0.38	29.37	2.30	0.00	0.06	0.42	11.29	0.00	0.00	0.07	0.01	0.00	3.07	4.61	0.08
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M52817 DESRT: TOPPING, CHOCOLATE CHIPS SEMISWT (TBSP)

2.34 @ 1 tablespoon	51.03	1.89	33.28	1.17	3.19	56.25	6.79	0.45	0.00	0.63	38.80	0.00	0.00	0.03	0.60	0.00	0.01	0.01	0.05	0.00	0.00	3.40	14.03	0.33
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M52816 DESRT: TOPPING, Whipd NonDairy

3.12 @ 1 tablespoon	12.92	1.03	72.00	0.00	1.03	72.00	1.03	0.00	0.00	0.00	-*	0.10	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.20	-*	0.00
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M52217 FRUIT: APPLE, 138ct Whole 1c

7.80 @ 1 each	62.21	0.03	0.48	1.20	0.20	2.94	16.52	0.31	0.00	2.87	128.00	64.60	0.00	0.22	2.63	5.50	0.02	0.03	0.11	0.05	0.00	7.18	13.16	0.14
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M52271 FRUIT: PEARS, Dice w/Jc 1/2c

7.80 @ 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

23.40 @ 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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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

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

7.80 @ 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

23.40 @ 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

7.80 @ 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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M50854 COND PC Jelly, #4 Smuckers

3.90 @ 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
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M50056 COND PC Sauce, Taco 9g

0.39 @ 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
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M50058 COND PC Syrup 1.4oz Smuckers

5.85 @ 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
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Average	670.39	7.97	10.7	658.86	18.68	25.08	108.33	17.71	16.74	6.57	100.51*	925.03	0*	.06*	.85*	4.53	.01*	.02*	.08*	.02*	0*	454.96	18.98*	2.86
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 9-12 **Period:** Lunch **Week:** 4 **Day:** Monday **Count Type:** Forecasted **Total No. of Customers:** 530

Weekly Std. (Target 1)	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)																			% of CAL
750.00-850.00		10.00	1420.00																					

M67404 BURG, BEEF CH BBQ TWISTER AP100% WG 2.5 FUEL 10/18

144.04 @ 1 each	420.00	6.25	13.39	737.51	17.50	37.50	45.00	20.75	50.00	2.75	107.50*	0.00	-*	-*	-*	3.60	-*	-*	-*	-*	-*	139.50	-*	3.11
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M52353 SALAD, ChixDcd Plattr SC W 2.0

5.54 @ 1 each	166.51	1.89	10.22	270.12	8.99	48.58	5.80	14.66	49.29	1.62	201.38*	5071.19	0.00*	0.18*	49.57*	8.19	0.04*	0.05*	0.32*	0.08*	0.00*	28.67	22.77*	1.08
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M51680 BRD: ROLL DG, WG 2.5oz

5.54 @ 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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M52043 PIZZA HUT PIZZA 6" EXPRESS CHZ SS 2.25

22.16 @ 1 pizza	374.18	4.99	12.01	685.27	13.41	32.25	38.44	24.92	24.70	4.27	-*	692.07	-*	-*	-*	5.36	-*	-*	-*	-*	-*	410.71	-*	2.57
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M53931 PIZZA HUT PIZZA 6" EXPRESS PEPP SS 2.0

27.70 @ 1 pizza	385.19	5.31	12.42	711.32	14.98	35.01	38.49	24.17	27.17	4.35	-*	662.85	-*	-*	-*	5.43	-*	-*	-*	-*	-*	354.34	-*	2.65
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M54307 PIZZA HUT PIZZA 6" EXPRESS SSG SS 2.25

27.70 @ 1 pizza	439.08	7.15	14.66	836.54	20.45	41.92	38.35	25.40	37.42	4.27	-*	689.00	-*	-*	-*	5.36	-*	-*	-*	-*	-*	356.37	-*	2.86
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M54310 PIZZA HUT PIZZA 6" EXPRESS BBQ CHIX SS 2.25

11.08 @ 1 pizza	400.94	4.66	10.46	805.79	13.17	29.57	42.83	27.77	38.53	4.36	-*	667.19	-*	-*	-*	5.81	-*	-*	-*	-*	-*	350.99	-*	2.67
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M54520 PIZZA HUT COND PC CHEESE GRATED 2.5G

55.40 @ 1 each	10.00	0.00	0.00	50.00	1.00	90.00	0.00	1.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M54521 PIZZA HUT COND PC PEPPER RED CRUSHED 1G

55.40 @ 1 each	5.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M52963 CHIX Popcorn, AP WG 2.0

16.62 @ 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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M51753 CHIX Popcorn, AP Spicy WG 2.0

22.16 @ 1 serving	247.14	2.69	9.78	365.34	13.97	50.87	16.12	13.97	21.49	2.15	-*	107.45	-*	-*	-*	0.00	-*	-*	-*	-*	-*	42.98	-*	1.93
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M54482 CHIX NUGGET, BNLS WING HONEY SRIRACHA WG (6) 2.0 MWWM

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

16.62 @ 6 each	284.98	2.25	7.11	374.97	13.50	42.63	21.00	22.50	52.50	1.50	-*	299.98	-*	-*	-*	1.80	-*	-*	-*	-*	-*	0.00	-*	1.62
M51680 BRD: ROLL DG, WG 2.5oz																								
49.86 @ 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
M51951 HOT DOG, Plain WG 2.0 Hi																								
11.08 @ 1 each	320.00	8.00	22.50	890.01	18.00	50.62	28.00	11.00	35.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.80
M55774 STICKS, MAX SNAX PIZZA W/MARINARA AP WG 2.0																								
11.08 @ 2 each	319.87	3.00	8.44	609.89	10.00	28.13	39.98	20.00	10.00	4.00	0.00*	498.95*	-*	-*	-*	8.98*	-*	-*	-*	-*	-*	459.92	-*	2.68
M54308 STICKS, CRISPITO CHIXCHILI AP WG 2.0 (2EA)																								
16.62 @ 2 each	540.00	6.00	10.00	740.00	28.00	46.67	46.00	24.00	50.00	6.00	-*	1500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	80.00	-*	3.60
M51189 COND_Sauce, Chz SS W (LOL) .5																								
16.62 @ 2 fl oz	99.97	4.50	40.50	399.86	7.00	63.00	3.00	5.00	19.99	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	149.95	-*	0.00
M51228 BRD: BUN, Hamburger WG																								
55.40 @ 1 each	140.00	0.00	0.00	300.00	2.00	12.86	27.00	5.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.44
M51648 BEEF Pty, AP 100% 2.0																								
27.70 @ 1 each	130.00	3.00	20.77	45.00	8.00	55.39	1.00	12.00	35.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
M51359 CHIX FLT, BREAST GRLD 2.0 MWWM																								
5.54 @ 1 each	100.00	1.00	9.00	310.00	4.00	36.00	1.00	15.00	40.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.72
M51935 CHIX FLT, BREAST BRD WG 2.0 MWWM																								
11.08 @ 1 each	199.76	1.50	6.75	289.65	8.99	40.50	8.99	18.98	44.95	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
M51936 CHIX FLT, BREAST BRD SPICY WG 2.0 MWWM																								
11.08 @ 1 each	199.86	2.00	9.00	329.76	9.99	45.00	8.99	18.99	44.97	1.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.44
M51005 CHEESE, AM (184ct) Slices 1.0																								
11.08 @ 3 slice	134.99	6.75	45.00	599.97	10.50	70.00	1.50	7.50	37.50	0.00	-*	299.98	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.99	-*	0.00
M53381 CHEESE, CH Slices 1.0																								
11.08 @ 2 slice	110.01	5.00	40.91	180.01	9.00	73.64	1.00	6.00	30.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	199.01	-*	0.00
M53385 CHEESE, SW Slices 1.0																								
5.54 @ 2 slice	110.01	5.00	40.91	50.00	9.00	73.64	0.00	8.00	25.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	249.01	-*	0.00
M50999 CHEESE, JK Slices 1.0																								

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

5.54 @ 2 slice	100.00	5.00	45.00	180.01	8.00	72.00	1.00	7.00	30.00	0.00	25.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	197.01	-*	0.00
M51003 CHEESE, PV Slices 1.0																								
5.54 @ 2 slice	100.00	5.00	45.00	250.01	7.00	63.00	1.00	7.00	20.00	0.00	40.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	212.01	-*	0.00
M51017 VEG GARN: Rom Leaf 1ea																								
16.62 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C																								
16.62 @ 1/8 cup	5.10	0.01	1.40	1.42	0.06	10.00	1.10	0.25	0.00	0.34	67.18	236.14	0.00	0.15	2.24	3.88	0.01	0.01	0.17	0.02	0.00	2.83	6.80	0.08
M51013 VEG: ONIONS, Red Slice 1ea																								
11.08 @ 1 slice	2.83	0.00	0.94	0.28	0.01	2.25	0.66	0.08	0.00	0.12	10.35	0.14	0.00	0.00	0.03	0.52	0.00	0.00	0.01	0.01	0.00	1.63	2.06	0.01
M50892 COND_PEPPERS, JALAPENO CND TBSP																								
11.08 @ 1 tablespoon	3.12	0.00	0.00	240.96	0.09	27.20	0.48	0.09	0.00	0.26	19.38	-*	-*	-*	-*	1.00	-*	-*	-*	-*	-*	2.31	-*	0.19
M50176 COND_Pickle, Dill Slice 2ea																								
27.70 @ 2 slice	1.62	0.01	4.72	162.08	0.05	25.17	0.24	0.06	0.00	0.14	-*	0.00	-*	-*	-*	0.21	-*	-*	-*	-*	-*	8.65	-*	0.05
M51528 SUB 6" FZ, Tky CH WG 2.0																								
11.08 @ 1 sandwich	349.93	5.52	14.19	583.69	14.14	36.37	34.04	21.60	55.00	3.94	157.21*	2705.43	0.00*	0.19*	31.30*	5.22	0.03*	0.02*	0.26*	0.04*	0.00*	244.57	15.31*	2.14
M50962 SDW BD, SBJ WG 2.0																								
5.54 @ 1 sandwich	658.38	3.99	5.45	579.16	35.89	49.06	69.87	19.95	0.00	5.99	378.78*	0.00	0.00*	-*	-*	0.00	-*	-*	-*	-*	-*	59.81	-*	5.35
M53347 SDW BD, SB WG 2.0																								
5.54 @ 1 sandwich	558.71	3.99	6.42	579.16	35.89	57.81	43.95	19.95	0.00	5.99	378.78*	0.00	0.00*	-*	-*	0.00	-*	-*	-*	-*	-*	59.81	-*	5.35
M52708 BRD: ROLL DG, Sub 6" WG																								
22.16 @ 1 roll	170.00	0.00	0.00	180.00	3.00	15.88	29.00	6.00	0.00	3.00	-*	0.01	-*	-*	-*	0.20	-*	-*	-*	-*	-*	13.37	-*	1.43
M52782 BRD: FLATBREAD 6" X 6" 2OZ WG (2BG)																								
16.62 @ 1 each	180.00	1.00	5.00	330.00	5.00	25.00	28.00	6.00	0.00	3.00	-*	0.22	-*	-*	-*	0.06	-*	-*	-*	-*	-*	34.22	-*	1.76
M54775 BRD: CROISSANT, SLICED WG																								
16.62 @ 1 each	243.91	6.47	23.87	253.40	12.05	44.44	29.25	5.44	32.35	0.91	15.14	313.46	0.31	0.00	0.00	2.82	0.25	1.93	0.85	0.00	0.01	15.66	3.96	1.63
M53393 TKY, Breast Sliced 1.0																								
33.24 @ 1 serving	60.00	0.50	7.50	220.00	2.00	30.00	2.00	9.00	25.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.36

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

M53569 CHIX, BLACK FOREST HAM SLICED 1.0

11.08 @ 1 serving	80.00	1.50	16.88	250.00	4.50	50.63	2.00	8.00	40.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.36
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M51976 CHIX Dcd Deli Salad W 1.0

11.08 @ 1 No 16 Scoop	76.63	0.94	10.98	129.00	4.42	51.89	1.48	6.99	24.65	0.18	27.40*	47.33	0.00*	0.03*	2.98*	0.37	0.00*	0.01*	0.03*	0.01*	0.00*	4.41	2.64*	0.30
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M51005 CHEESE, AM (184ct) Slices 1.0

11.08 @ 3 slice	134.99	6.75	45.00	599.97	10.50	70.00	1.50	7.50	37.50	0.00	-*	299.98	-*	-*	-*	0.00	-*	-*	-*	-*	224.99	-*	0.00
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M53381 CHEESE, CH Slices 1.0

11.08 @ 2 slice	110.01	5.00	40.91	180.01	9.00	73.64	1.00	6.00	30.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	199.01	-*	0.00
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M53385 CHEESE, SW Slices 1.0

5.54 @ 2 slice	110.01	5.00	40.91	50.00	9.00	73.64	0.00	8.00	25.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	249.01	-*	0.00
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M50999 CHEESE, JK Slices 1.0

5.54 @ 2 slice	100.00	5.00	45.00	180.01	8.00	72.00	1.00	7.00	30.00	0.00	25.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	197.01	-*	0.00
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M51003 CHEESE, PV Slices 1.0

5.54 @ 2 slice	100.00	5.00	45.00	250.01	7.00	63.00	1.00	7.00	20.00	0.00	40.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	212.01	-*	0.00
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M51017 VEG GARN: Rom Leaf 1ea

22.16 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
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M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C

22.16 @ 1/8 cup	5.10	0.01	1.40	1.42	0.06	10.00	1.10	0.25	0.00	0.34	67.18	236.14	0.00	0.15	2.24	3.88	0.01	0.01	0.17	0.02	0.00	2.83	6.80	0.08
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M51013 VEG: ONIONS, Red Slice 1ea

11.08 @ 1 slice	2.83	0.00	0.94	0.28	0.01	2.25	0.66	0.08	0.00	0.12	10.35	0.14	0.00	0.00	0.03	0.52	0.00	0.00	0.01	0.01	0.00	1.63	2.06	0.01
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M52162 VEG: SPINACH, FRESH LEAVES 1/4C

11.08 @ 1/4 cup	3.12	0.01	2.47	10.73	0.05	15.26	0.49	0.39	0.00	0.30	75.79	1273.70	0.00	0.28	65.59	3.82	0.01	0.03	0.10	0.03	0.00	13.45	6.66	0.37
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M52661 VEG: CUCUMBER, Fresh Slice1/8c

11.08 @ 1/8 cup	2.75	0.01	2.22	0.37	0.02	6.60	0.66	0.12	0.00	0.09	26.91	19.22	0.00	0.01	3.00	0.51	0.00	0.01	0.02	0.01	0.00	2.93	4.39	0.05
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M53523 VEG: PEPPERS, Red Strips1/4c

11.08 @ 1/4 cup	7.78	0.01	0.78	1.00	0.08	8.71	1.51	0.25	0.00	0.53	52.96	785.87	0.00	0.40	1.23	32.05	0.01	0.02	0.25	0.07	0.00	1.76	6.53	0.11
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M50891 COND_OLIVES, BLACK SLICED TBSP

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

5.54 @ 1 tablespoon	14.04	0.17	10.96	58.74	1.27	81.48	0.52	0.13	0.00	0.31	-*	5.23	-*	-*	-*	0.21	-*	-*	-*	-*	-*	7.97	-*	0.18
M50176 COND_Pickle, Dill Slice 2ea																								
22.16 @ 2 slice	1.62	0.01	4.72	162.08	0.05	25.17	0.24	0.06	0.00	0.14	-*	0.00	-*	-*	-*	0.21	-*	-*	-*	-*	-*	8.65	-*	0.05
M66605 BRD: TORTILLA FLOUR 10" WG																								
16.62 @ 1 each	180.00	1.50	7.50	250.00	4.50	22.50	29.00	5.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.44
M66461 BRD: TORTILLA FLOUR 6" WG																								
22.16 @ 2 each	180.00	1.00	5.00	250.00	5.00	25.00	28.00	6.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	120.00	-*	1.44
M54540 BRD: TORTILLA, CHIP RND WG 2BG																								
33.24 @ 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	0.00	-*	-*	0.00	-*	-*	-*	-*	-*	48.13	-*	0.80
M53449 RICE, Sante Fe WG 1BG																								
11.08 @ 1/2 cup	113.63	0.21	1.70	118.30	0.90	7.16	23.56	2.52	0.00	1.01	64.03	68.27*	0.00*	0.00*	0.09*	2.42*	0.00*	0.00*	0.00*	0.00*	0.00*	6.72	0.50*	0.29
M51175 BEEF Gd, Taco Meat SC 1.0																								
38.78 @ 1 No 24 Scoop	78.71	1.65	18.88	56.06	4.38	50.12	1.22	8.02	25.24	0.15	122.30*	121.25	0.57*	0.08*	0.61*	1.55	0.01*	0.06*	1.81*	0.13*	0.79*	9.04	69.27*	1.00
M52584 CHIX Strips, Fajita DkMt 1.0																								
33.24 @ 2 fl oz	76.93	1.01	11.78	124.77	3.56	41.66	1.34	10.09	35.00	0.09	9.12*	46.95	0.00*	0.07*	0.17*	0.02	0.00*	0.00*	0.03*	0.01*	0.00*	12.26	2.39*	0.69
M52292 FILLING, Refried Beans Seas1.0																								
11.08 @ 1 No 16 Scoop	72.46	0.01	0.13	256.48	0.94	11.68	12.17	3.61	0.00	3.67	231.49	71.39	0.00	0.12*	1.18*	0.02*	0.00*	0.00*	0.04*	0.01*	0.00*	19.72	3.18*	0.78
M53386 CHEESE, CH Shreds 1.0																								
38.78 @ 2 fl oz	110.00	6.00	49.09	189.99	9.00	73.64	1.00	7.00	30.00	0.00	0.00	280.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	201.99	-*	0.19
M50921 COND_Sauce, Chz SS W (LOL) 1.0																								
44.32 @ 3 fl oz	149.95	6.75	40.50	599.79	10.50	63.00	4.50	7.50	29.99	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.92	-*	0.00
M51420 VEG GARN: Rom Shrds/Tom Dice																								
16.62 @ 1 serving	5.03	0.01	1.56	1.63	0.06	11.41	1.06	0.27	0.00	0.40	67.90	794.43	0.00	0.12	8.94	3.20	0.01	0.01	0.15	0.02	0.00	4.47	7.23	0.13
M52379 VEG: ONIONS, Yellow Diced 1/8c																								
16.62 @ 1/8 cup	8.62	0.01	0.94	0.86	0.02	2.25	2.01	0.24	0.00	0.37	31.47	0.43	0.00	0.00	0.09	1.60	0.01	0.01	0.03	0.03	0.00	4.96	6.25	0.05
M50892 COND_PEPPERS, JALAPENO CND TBSP																								
16.62 @ 1 tablespoon	3.12	0.00	0.00	240.96	0.09	27.20	0.48	0.09	0.00	0.26	19.38	-*	-*	-*	-*	1.00	-*	-*	-*	-*	-*	2.31	-*	0.19

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

M50891 COND_OLIVES, BLACK SLICED TBSP

16.62 @ 1 tablespoon	14.04	0.17	10.96	58.74	1.27	81.48	0.52	0.13	0.00	0.31	-*	5.23	-*	-*	-*	0.21	-*	-*	-*	-*	-*	7.97	-*	0.18
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M55430 COND_HERB, CILANTRO

16.62 @ 1 tablespoon	0.82	0.00	0.55	1.63	0.02	20.35	0.13	0.08	0.00	0.10	18.46	239.13	0.00	0.09	10.99	0.96	0.00	0.01	0.04	0.01	0.00	2.37	1.70	0.06
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M68017 VEG: BEANS, BKD VEG AP 1/2C

83.10 @ 1/2 cup	220.25	0.09	0.38	509.42	0.89	3.64	43.08	11.52	0.00	7.87	623.89	0.10	0.00	-*	-*	0.03	0.39	0.08	1.15	0.22	0.00	87.30	211.63	2.92
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M51243 VEG: SALAD, Potato W 1/2c

83.10 @ 1/2 cup	93.76	0.66	6.30	142.39	4.54	43.55	12.41	1.10	6.30	1.35	225.70*	122.22	0.00*	0.09*	11.31*	7.61	0.06*	0.02*	0.76*	0.16*	0.00*	13.75	27.09*	0.26
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M53709 VEG: SALAD, SIDE SPIN ROM STRAW SC 1C

55.40 @ 1 cup	15.79	0.03	1.56	23.17	0.22	12.65	3.13	1.14	0.00	1.39	228.54	4195.84	0.00	0.63	150.99	20.02	0.04	0.07	0.33	0.08	0.00	36.30	23.73	1.00
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M53419 VEG: POTATO, FF CTINAGEN7 1/2C

110.80 @ 1/2 cup	119.99	1.33	10.00	133.32	4.67	35.00	17.33	2.00	0.00	2.00	259.98	0.00	-*	-*	-*	3.20	-*	-*	-*	-*	-*	0.00	-*	0.48
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M51731 VEG: POTATO SWT, FF CRINKLE 1/2C

27.70 @ 1/2 cup	137.66	0.53	3.46	180.02	4.77	31.15	23.30	1.06	0.00	3.18	243.56	3176.86	-*	-*	-*	6.35	-*	-*	-*	-*	-*	21.18	-*	0.38
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M52217 FRUIT: APPLE, 138ct Whole 1c

83.10 @ 1 each	62.21	0.03	0.48	1.20	0.20	2.94	16.52	0.31	0.00	2.87	128.00	64.60	0.00	0.22	2.63	5.50	0.02	0.03	0.11	0.05	0.00	7.18	13.16	0.14
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M50178 FRUIT: PINEAPPLE Tbits w/Jc1/2c

110.80 @ 1/2 cup	78.55	0.01	0.14	1.20	0.10	1.10	18.92	0.51	0.00	0.96	146.98	-*	-*	-*	-*	11.45	-*	-*	-*	-*	-*	16.87	-*	0.34
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M50982 JUICE SS, ORANGE 100% 4 FLOZ

221.60 @ 1 each	51.44	0.00	0.00	15.43	0.00	0.00	12.35	1.03	0.00	0.00	-*	0.00	-*	-*	-*	43.21	-*	-*	-*	-*	-*	0.00	-*	0.00
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M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50

110.80 @ 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

277.00 @ 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

554.00 @ 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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

55.40 @ 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

27.70 @ 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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M53222 COND PC Margarine 5g

277.00 @ 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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M50624 COND PC Drsg Ranch 12g

277.00 @ 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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M50623 COND PC Drsg Italian 12g

5.54 @ 1 each	30.00	0.00	0.00	130.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M53116 COND PC Drsg Honey Mustard 12g

27.70 @ 1 each	15.00	0.00	0.00	65.00	0.00	0.00	4.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50056 COND PC Sauce, Taco 9g

27.70 @ 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
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M50287 COND PC Sauce, BBQ 12g

27.70 @ 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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M51391 COND_Mayo, Chipotle W

27.70 @ 1 tablespoon	26.19	0.35	12.18	91.54	2.49	85.73	0.97	0.01	3.54	0.01	1.00*	91.64	-*	-*	-*	0.40	-*	-*	-*	-*	-*	0.00	-*	0.02
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M50060 COND_Mayo W

27.70 @ 1 tablespoon	33.07	0.47	12.86	94.49	3.31	90.00	0.94	0.00	4.72	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50291 COND_Mustard, Yellow

27.70 @ 1 tablespoon	9.00	0.01	1.50	181.50	0.37	37.20	0.93	0.47	0.00	0.43	13.36	0.67	-*	-*	-*	0.13	-*	-*	-*	-*	-*	7.51	-*	0.19
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M50692 COND_Dressing, DijonHnyMustard

27.70 @ 1 tablespoon	65.00	0.75	10.38	90.00	5.50	76.15	3.50	0.00	7.50	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50622 COND_Dressing, Ranch Lite

55.40 @ 1 tablespoon	55.00	0.75	12.27	139.99	5.00	81.82	0.50	0.50	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	10.00	-*	0.00
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M50292 COND_Sauce, BBQ Original AP

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

16.62 @ 1 tablespoon	35.00	0.00	0.00	144.99	0.00	0.00	9.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	1.80	-*	-*	-*	-*	-*	0.00	-*	0.18	
M50063 COND_Sauce, Buffalo Wing AP																									
16.62 @ 1 tablespoon	4.38	0.02	4.79	363.06	0.22	45.51	0.48	0.11	0.17	0.12	21.32	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	2.22	-*	0.07	
M50087 COND_Salsa, Pico SC 1/8c																									
554.00 @ 1/8 cup	6.68	0.01	1.17	37.20	0.07	9.84	1.46	0.29	0.00	0.40	69.99	231.76*	0.00*	0.15*	2.94*	4.04	0.01*	0.01*	0.16*	0.03*	0.00*	4.19	7.40*	0.11	
M66157 COND_SALSA, BLNDR SC 1/8C																									
16.62 @ 1/8 cup	9.65	0.01	1.33	45.21	0.10	9.06	2.10	0.42	0.00	0.59	27.10*	148.65*	0.00*	0.05*	6.02*	4.65	0.01*	0.01*	0.03*	0.02*	0.00*	16.79	4.05*	0.19	
M53940 COND_Salsa, Verde SC 1/8c																									
16.62 @ 1/8 cup	10.75	0.03	2.54	25.36	0.23	19.29	2.13	0.37	0.00	0.61	83.93	260.93*	0.00*	0.16*	12.93*	3.96	0.02*	0.01*	0.40*	0.03*	0.00*	8.13	11.81*	0.22	
M53295 COND_Sour Cream AP																									
27.70 @ 1 tablespoon	30.00	1.75	52.50	25.00	3.00	90.00	1.00	0.50	10.00	0.00	-*	99.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.00	
M67122 ENT: PASTA, MAC&CHZ SWT & SPCY SS WG 2.0 (1.25BG) FUEL 11/18																									
24.00 @ 1 Spoodle 6 FLOZ	361.46	11.15	27.76	669.83	18.68	46.50	32.52	17.72	53.41	4.14	216.09*	636.10*	0.37*	0.18*	0.81*	3.25*	0.00*	0.00*	0.06*	0.01*	0.00*	403.81	2.09*	2.13	
M51831 BRD: BRDSTK DG, RIPSTK 1EA (1BG)																									
24.00 @ 1 each	80.00	0.00	0.00	95.00	1.00	11.25	15.00	3.00	0.00	2.00	-*	0.09	-*	-*	-*	0.00	-*	-*	-*	-*	-*	7.27	-*	0.71	
Average	745.01	8.7	10.52	1349.61	28.64	34.59	88.53	33.21	61.67	7.36	440.58*	2101.61*	.07*	.33*	26.31*	35.47*	.1*	.1*	.74*	.12*	.06*	488.14	58.08*	3.88	

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-12 **Period:** Breakfast **Week:** 4 **Day:** Tuesday **Count Type:** Forecasted **Total No. of Customers:** 30

Weekly Std. (Target 1)	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)																			% of CAL
450.00-500.00		10.00	540.00																					

M50757 MELT BGL, EggPty AM 1.75 WG

12.00 @ 1 sandwich	300.00	6.00	18.00	690.00	14.00	42.00	22.00	14.00	120.00	4.00	-*	300.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	210.00	-*	2.16
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M50208 CEREAL BWL, CINN TST CRUNCH RS WG

1.00 @ 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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M52725 BRD: BAR, Cereal CocoPuf WG IW

4.00 @ 1 each	150.00	0.00	0.00	100.00	3.00	18.00	30.00	3.00	0.00	3.00	-*	100.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	200.00	-*	1.80
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M52724 BRD: BAR, Cereal CinnTst WG IW

4.00 @ 1 each	150.00	0.00	0.00	115.00	3.50	21.00	30.00	2.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.00	-*	1.80
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M51267 BRD: MUF AP, BLUEBRY 2OZ IW WG (1BG)

3.00 @ 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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M51268 BRD: MUF AP, CHOC CHOC CHIP 2OZ IW WG (1BG)

3.00 @ 1 muffin	200.00	2.00	9.00	135.00	6.00	27.00	32.00	4.00	40.00	3.00	180.00	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.44
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M51849 BRD: POPTARTS, Cinn 1.76oz WG

1.00 @ 1 package	190.00	1.00	4.74	200.00	3.00	14.21	38.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51684 BRD: POPTARTS, Fudge 1.76oz WG

1.00 @ 1 package	190.00	1.00	4.74	200.00	3.00	14.21	38.00	3.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51994 CHEESE, COLBY JK Stick 1ea 1.0

2.00 @ 1 stick	90.00	4.00	40.00	200.01	6.00	60.00	0.00	7.00	20.00	0.00	0.00	200.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.01	-*	0.00
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M50792 YOGURT SS, Trix Strawb/Ban 4oz

2.00 @ 1 each	80.00	0.00	0.00	60.00	0.50	5.63	15.00	4.00	5.00	0.00	140.00	500.04	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.01	-*	0.00
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M51237 BRD: BREAD WG, Tst Marg 1sl

2.00 @ 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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M50670 EGG: Hard Boiled FC AP 1.5

* 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 Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

2.00 @ 1 each	80.00	1.50	16.88	60.00	5.00	56.25	1.00	6.00	185.00	0.00	-*	300.00	-*	-*	-*	0.00	-*	-*	-*	-*	20.00	-*	0.72	
M52975 BRD: WAFFLE, RS SS WG (3.25BG)																								
5.00 @ 1 each	240.06	0.00	0.00	506.14	2.86	10.71	50.30	6.86	0.00	6.86	1.05*	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	288.94	0.00*	3.09	
M52657 FRUIT: BLUEBERRIES, Fz 1/8c																								
4.00 @ 1/8 cup	8.89	0.01	0.94	0.17	0.11	11.29	2.12	0.07	0.00	0.47	9.41	8.01	0.00	0.08	2.86	0.44	0.01	0.01	0.09	0.01	0.00	1.39	1.92	0.03
M53629 FRUIT: STRAWBERRIES, Frsh 1/8c																								
4.00 @ 1/8 cup	6.14	0.00	0.42	0.19	0.06	8.44	1.47	0.13	0.00	0.38	29.37	2.30	0.00	0.06	0.42	11.29	0.00	0.00	0.07	0.01	0.00	3.07	4.61	0.08
M52817 DESRT: TOPPING, CHOCOLATE CHIPS SEMISWT (TBSP)																								
5.00 @ 1 tablespoon	51.03	1.89	33.28	1.17	3.19	56.25	6.79	0.45	0.00	0.63	38.80	0.00	0.00	0.03	0.60	0.00	0.01	0.01	0.05	0.00	0.00	3.40	14.03	0.33
M52816 DESRT: TOPPING, Whipd NonDairy																								
5.00 @ 1 tablespoon	12.92	1.03	72.00	0.00	1.03	72.00	1.03	0.00	0.00	0.00	-*	0.10	-*	-*	-*	0.00	-*	-*	-*	-*	0.20	-*	0.00	
M50843 FRUIT: STRAWBERRIES, Frsh 1/2c																								
17.00 @ 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
M51110 FRUIT: ORANGE Mand w/Jc 1/2c																								
14.00 @ 1/2 cup	51.73	0.00	0.00	6.26	0.03	0.44	12.19	0.70	0.00	0.94	-*	710.52	-*	-*	-*	37.06	-*	-*	-*	-*	-*	13.15	-*	0.43
M50979 JUICE SS, Apple 100% 4oz Cart																								
17.00 @ 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																								
3.00 @ 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																								
6.00 @ 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																								
2.00 @ 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	
M50854 COND PC Jelly, #4 Smuckers																								
1.00 @ 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	
M50056 COND PC Sauce, Taco 9g																								
1.00 @ 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	

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

M50058 COND PC Syrup 1.4oz Smuckers

5.00 @ 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	
Average	420.74	4.05	8.66	535.46	10.82	23.14	66.03	12.76	72	5.94	153.97*	788.2	0*	.15*	1.49*	45.24	.01*	.01*	.2*	.02*	0*	330.45	13.65*	2.88

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 9-12 **Period:** Lunch **Week:** 4 **Day:** Tuesday **Count Type:** Forecasted **Total No. of Customers:** 567

Weekly Std. (Target 1)	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)																			% of CAL
750.00-850.00		10.00	1420.00																					

M66219 ENCHILADA CASS, CHZ SC WG 2.0

96.00 @ 1/24 cut	328.33	12.02	32.94	467.71	18.90	51.80	24.97	16.40	60.01	1.86	24.73*	1137.52	0.00*	0.11*	0.62*	11.99	0.01*	0.01*	0.06*	0.03*	0.00*	424.61	6.42*	1.33
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M52224 RICE, Mex Spiced WG 1BG

96.00 @ 1/2 cup	109.96	0.22	1.77	66.08	0.94	7.73	22.26	2.54	0.99	1.15	76.27*	170.90*	0.00*	0.11*	1.15*	0.11*	0.00*	0.01*	0.05*	0.01*	0.00*	12.86	3.91*	0.57
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M52348 SALAD, ChixDod CH Frt SC 2.0

19.00 @ 1 each	164.27	3.46	18.94	169.62	7.85	43.01	7.51	15.09	49.38	1.69	157.58*	3437.38	0.00*	0.15*	39.52*	29.69	0.04*	0.03*	0.26*	0.04*	0.00*	120.25	19.84*	1.05
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M51680 BRD: ROLL DG, WG 2.5oz

19.00 @ 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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M52043 PIZZA HUT PIZZA 6" EXPRESS CHZ SS 2.25

45.00 @ 1 pizza	374.18	4.99	12.01	685.27	13.41	32.25	38.44	24.92	24.70	4.27	-*	692.07	-*	-*	-*	5.36	-*	-*	-*	-*	-*	410.71	-*	2.57
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M53931 PIZZA HUT PIZZA 6" EXPRESS PEPP SS 2.0

115.00 @ 1 pizza	385.19	5.31	12.42	711.32	14.98	35.01	38.49	24.17	27.17	4.35	-*	662.85	-*	-*	-*	5.43	-*	-*	-*	-*	-*	354.34	-*	2.65
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M54307 PIZZA HUT PIZZA 6" EXPRESS SSG SS 2.25

45.00 @ 1 pizza	439.08	7.15	14.66	836.54	20.45	41.92	38.35	25.40	37.42	4.27	-*	689.00	-*	-*	-*	5.36	-*	-*	-*	-*	-*	356.37	-*	2.86
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M54310 PIZZA HUT PIZZA 6" EXPRESS BBQ CHIX SS 2.25

35.00 @ 1 pizza	400.94	4.66	10.46	805.79	13.17	29.57	42.83	27.77	38.53	4.36	-*	667.19	-*	-*	-*	5.81	-*	-*	-*	-*	-*	350.99	-*	2.67
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M54520 PIZZA HUT COND PC CHEESE GRATED 2.5G

72.00 @ 1 each	10.00	0.00	0.00	50.00	1.00	90.00	0.00	1.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M54521 PIZZA HUT COND PC PEPPER RED CRUSHED 1G

38.00 @ 1 each	5.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M52587 CHIX TENDER, GLDN CRISPY (3) WG 2.0 MWWM

80.00 @ 3 each	239.64	2.25	8.44	404.38	11.98	45.00	11.98	19.47	44.93	1.50	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.62
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M51753 CHIX Popcorn, AP Spicy WG 2.0

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

230.00 @ 1 serving	247.14	2.69	9.78	365.34	13.97	50.87	16.12	13.97	21.49	2.15	-*	107.45	-*	-*	-*	0.00	-*	-*	-*	-*	-*	42.98	-*	1.93
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M51275 CHIX NUGGET, BNLS WING WG (5) 2.0 MWWM

12.00 @ 5 each	200.86	1.88	8.44	338.95	8.79	39.38	12.55	17.58	25.11	2.51	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.90
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M51680 BRD: ROLL DG, WG 2.5oz

260.00 @ 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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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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M53275 MELT BD, AM WG 2.0

6.00 @ 1 sandwich	385.00	11.25	26.30	1320.00	19.50	45.58	32.50	18.50	62.50	2.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	375.00	-*	2.16
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M54555 NACHOS BFGD RND SC 2.0 (2BG)

1.00 @ 1 each	450.53	8.75	17.47	674.18	23.64	47.22	37.03	21.03	60.38	3.45	195.67*	194.00	0.91*	0.13*	0.97*	2.48	0.02*	0.09*	2.90*	0.20*	1.27*	212.59	110.82*	2.41
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M51228 BRD: BUN, Hamburger WG

189.00 @ 1 each	140.00	0.00	0.00	300.00	2.00	12.86	27.00	5.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.44
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M51648 BEEF Pty, AP 100% 2.0

82.00 @ 1 each	130.00	3.00	20.77	45.00	8.00	55.39	1.00	12.00	35.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M51359 CHIX FLT, BREAST GRD 2.0 MWWM

4.00 @ 1 each	100.00	1.00	9.00	310.00	4.00	36.00	1.00	15.00	40.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.72
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M51935 CHIX FLT, BREAST BRD WG 2.0 MWWM

40.00 @ 1 each	199.76	1.50	6.75	289.65	8.99	40.50	8.99	18.98	44.95	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M51936 CHIX FLT, BREAST BRD SPICY WG 2.0 MWWM

70.00 @ 1 each	199.86	2.00	9.00	329.76	9.99	45.00	8.99	18.99	44.97	1.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.44
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M51005 CHEESE, AM (184ct) Slices 1.0

55.00 @ 3 slice	134.99	6.75	45.00	599.97	10.50	70.00	1.50	7.50	37.50	0.00	-*	299.98	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.99	-*	0.00
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M53381 CHEESE, CH Slices 1.0

38.00 @ 2 slice	110.01	5.00	40.91	180.01	9.00	73.64	1.00	6.00	30.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	199.01	-*	0.00
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M53385 CHEESE, SW Slices 1.0

8.00 @ 2 slice	110.01	5.00	40.91	50.00	9.00	73.64	0.00	8.00	25.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	249.01	-*	0.00
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M50999 CHEESE, JK Slices 1.0

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

40.00 @ 2 slice	100.00	5.00	45.00	180.01	8.00	72.00	1.00	7.00	30.00	0.00	25.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	197.01	-*	0.00
M51003 CHEESE, PV Slices 1.0																								
15.00 @ 2 slice	100.00	5.00	45.00	250.01	7.00	63.00	1.00	7.00	20.00	0.00	40.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	212.01	-*	0.00
M51017 VEG GARN: Rom Leaf 1ea																								
52.00 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C																								
43.00 @ 1/8 cup	5.10	0.01	1.40	1.42	0.06	10.00	1.10	0.25	0.00	0.34	67.18	236.14	0.00	0.15	2.24	3.88	0.01	0.01	0.17	0.02	0.00	2.83	6.80	0.08
M51013 VEG: ONIONS, Red Slice 1ea																								
20.00 @ 1 slice	2.83	0.00	0.94	0.28	0.01	2.25	0.66	0.08	0.00	0.12	10.35	0.14	0.00	0.00	0.03	0.52	0.00	0.00	0.01	0.01	0.00	1.63	2.06	0.01
M50892 COND_PEPPERS, JALAPENO CND TBSP																								
22.00 @ 1 tablespoon	3.12	0.00	0.00	240.96	0.09	27.20	0.48	0.09	0.00	0.26	19.38	-*	-*	-*	-*	1.00	-*	-*	-*	-*	-*	2.31	-*	0.19
M50176 COND_Pickle, Dill Slice 2ea																								
44.00 @ 2 slice	1.62	0.01	4.72	162.08	0.05	25.17	0.24	0.06	0.00	0.14	-*	0.00	-*	-*	-*	0.21	-*	-*	-*	-*	-*	8.65	-*	0.05
M51969 SUB 6" FZ, ChixDcd Salad WG2.0																								
21.00 @ 1 sandwich	333.20	1.89	5.10	441.71	11.98	32.36	33.99	20.57	49.29	4.30	192.02*	2800.10	0.00*	0.25*	37.26*	5.95	0.04*	0.04*	0.32*	0.06*	0.00*	34.39	20.59*	2.39
M50962 SDW BD, SBJ WG 2.0																								
3.00 @ 1 sandwich	658.38	3.99	5.45	579.16	35.89	49.06	69.87	19.95	0.00	5.99	378.78*	0.00	0.00*	-*	-*	0.00	-*	-*	-*	-*	-*	59.81	-*	5.35
M52708 BRD: ROLL DG, Sub 6" WG																								
2.00 @ 1 roll	170.00	0.00	0.00	180.00	3.00	15.88	29.00	6.00	0.00	3.00	-*	0.01	-*	-*	-*	0.20	-*	-*	-*	-*	-*	13.37	-*	1.43
M52782 BRD: FLATBREAD 6" X 6" 2OZ WG (2BG)																								
29.00 @ 1 each	180.00	1.00	5.00	330.00	5.00	25.00	28.00	6.00	0.00	3.00	-*	0.22	-*	-*	-*	0.06	-*	-*	-*	-*	-*	34.22	-*	1.76
M54775 BRD: CROISSANT, SLICED WG																								
2.00 @ 1 each	243.91	6.47	23.87	253.40	12.05	44.44	29.25	5.44	32.35	0.91	15.14	313.46	0.31	0.00	0.00	2.82	0.25	1.93	0.85	0.00	0.01	15.66	3.96	1.63
M53393 TKY, Breast Sliced 1.0																								
15.00 @ 1 serving	60.00	0.50	7.50	220.00	2.00	30.00	2.00	9.00	25.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.36
M53569 CHIX, BLACK FOREST HAM SLICED 1.0																								
18.00 @ 1 serving	80.00	1.50	16.88	250.00	4.50	50.63	2.00	8.00	40.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.36

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

M51976 CHIX Dcd Deli Salad W 1.0

1.00 @ 1 No 16 Scoop	76.63	0.94	10.98	129.00	4.42	51.89	1.48	6.99	24.65	0.18	27.40*	47.33	0.00*	0.03*	2.98*	0.37	0.00*	0.01*	0.03*	0.01*	0.00*	4.41	2.64*	0.30
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M51005 CHEESE, AM (184ct) Slices 1.0

16.00 @ 3 slice	134.99	6.75	45.00	599.97	10.50	70.00	1.50	7.50	37.50	0.00	-*	299.98	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.99	-*	0.00
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M53381 CHEESE, CH Slices 1.0

3.00 @ 2 slice	110.01	5.00	40.91	180.01	9.00	73.64	1.00	6.00	30.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	199.01	-*	0.00
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M53385 CHEESE, SW Slices 1.0

10.00 @ 2 slice	110.01	5.00	40.91	50.00	9.00	73.64	0.00	8.00	25.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	249.01	-*	0.00
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M50999 CHEESE, JK Slices 1.0

6.00 @ 2 slice	100.00	5.00	45.00	180.01	8.00	72.00	1.00	7.00	30.00	0.00	25.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	197.01	-*	0.00
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M51003 CHEESE, PV Slices 1.0

5.00 @ 2 slice	100.00	5.00	45.00	250.01	7.00	63.00	1.00	7.00	20.00	0.00	40.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	212.01	-*	0.00
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M51017 VEG GARN: Rom Leaf 1ea

19.00 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
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M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C

7.00 @ 1/8 cup	5.10	0.01	1.40	1.42	0.06	10.00	1.10	0.25	0.00	0.34	67.18	236.14	0.00	0.15	2.24	3.88	0.01	0.01	0.17	0.02	0.00	2.83	6.80	0.08
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M51013 VEG: ONIONS, Red Slice 1ea

10.00 @ 1 slice	2.83	0.00	0.94	0.28	0.01	2.25	0.66	0.08	0.00	0.12	10.35	0.14	0.00	0.00	0.03	0.52	0.00	0.00	0.01	0.01	0.00	1.63	2.06	0.01
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M52162 VEG: SPINACH, FRESH LEAVES 1/4C

3.00 @ 1/4 cup	3.12	0.01	2.47	10.73	0.05	15.26	0.49	0.39	0.00	0.30	75.79	1273.70	0.00	0.28	65.59	3.82	0.01	0.03	0.10	0.03	0.00	13.45	6.66	0.37
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M52661 VEG: CUCUMBER, Fresh Slice1/8c

1.00 @ 1/8 cup	2.75	0.01	2.22	0.37	0.02	6.60	0.66	0.12	0.00	0.09	26.91	19.22	0.00	0.01	3.00	0.51	0.00	0.01	0.02	0.01	0.00	2.93	4.39	0.05
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M53523 VEG: PEPPERS, Red Strips1/4c

4.00 @ 1/4 cup	7.78	0.01	0.78	1.00	0.08	8.71	1.51	0.25	0.00	0.53	52.96	785.87	0.00	0.40	1.23	32.05	0.01	0.02	0.25	0.07	0.00	1.76	6.53	0.11
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M50891 COND_OLIVES, BLACK SLICED TBSP

13.00 @ 1 tablespoon	14.04	0.17	10.96	58.74	1.27	81.48	0.52	0.13	0.00	0.31	-*	5.23	-*	-*	-*	0.21	-*	-*	-*	-*	-*	7.97	-*	0.18
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M50176 COND_Pickle, Dill Slice 2ea

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

3.00 @ 2 slice	1.62	0.01	4.72	162.08	0.05	25.17	0.24	0.06	0.00	0.14	-*	0.00	-*	-*	-*	0.21	-*	-*	-*	-*	-*	8.65	-*	0.05
M66605 BRD: TORTILLA FLOUR 10" WG																								
85.00 @ 1 each	180.00	1.50	7.50	250.00	4.50	22.50	29.00	5.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.44
M66461 BRD: TORTILLA FLOUR 6" WG																								
1.00 @ 2 each	180.00	1.00	5.00	250.00	5.00	25.00	28.00	6.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	120.00	-*	1.44
M54540 BRD: TORTILLA, CHIP RND WG 2BG																								
51.00 @ 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	0.00	-*	-*	0.00	-*	-*	-*	-*	-*	48.13	-*	0.80
M53449 RICE, Sante Fe WG 1BG																								
50.00 @ 1/2 cup	113.63	0.21	1.70	118.30	0.90	7.16	23.56	2.52	0.00	1.01	64.03	68.27*	0.00*	0.00*	0.09*	2.42*	0.00*	0.00*	0.00*	0.00*	0.00*	6.72	0.50*	0.29
M51175 BEEF Gd, Taco Meat SC 1.0																								
118.00 @ 1 No 24 Scoop	78.71	1.65	18.88	56.06	4.38	50.12	1.22	8.02	25.24	0.15	122.30*	121.25	0.57*	0.08*	0.61*	1.55	0.01*	0.06*	1.81*	0.13*	0.79*	9.04	69.27*	1.00
M52584 CHIX Strips, Fajita DkMt 1.0																								
60.00 @ 2 fl oz	76.93	1.01	11.78	124.77	3.56	41.66	1.34	10.09	35.00	0.09	9.12*	46.95	0.00*	0.07*	0.17*	0.02	0.00*	0.00*	0.03*	0.01*	0.00*	12.26	2.39*	0.69
M52292 FILLING, Refried Beans Seas1.0																								
57.00 @ 1 No 16 Scoop	72.46	0.01	0.13	256.48	0.94	11.68	12.17	3.61	0.00	3.67	231.49	71.39	0.00	0.12*	1.18*	0.02*	0.00*	0.00*	0.04*	0.01*	0.00*	19.72	3.18*	0.78
M53386 CHEESE, CH Shreds 1.0																								
80.00 @ 2 fl oz	110.00	6.00	49.09	189.99	9.00	73.64	1.00	7.00	30.00	0.00	0.00	280.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	201.99	-*	0.19
M50921 COND_Sauce, Chz SS W (LOL) 1.0																								
100.00 @ 3 fl oz	149.95	6.75	40.50	599.79	10.50	63.00	4.50	7.50	29.99	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.92	-*	0.00
M51420 VEG GARN: Rom Shrds/Tom Dice																								
80.00 @ 1 serving	5.03	0.01	1.56	1.63	0.06	11.41	1.06	0.27	0.00	0.40	67.90	794.43	0.00	0.12	8.94	3.20	0.01	0.01	0.15	0.02	0.00	4.47	7.23	0.13
M52379 VEG: ONIONS, Yellow Diced 1/8c																								
25.00 @ 1/8 cup	8.62	0.01	0.94	0.86	0.02	2.25	2.01	0.24	0.00	0.37	31.47	0.43	0.00	0.00	0.09	1.60	0.01	0.01	0.03	0.03	0.00	4.96	6.25	0.05
M50892 COND_PEPPERS, JALAPENO CND TBSP																								
38.00 @ 1 tablespoon	3.12	0.00	0.00	240.96	0.09	27.20	0.48	0.09	0.00	0.26	19.38	-*	-*	-*	-*	1.00	-*	-*	-*	-*	-*	2.31	-*	0.19
M50891 COND_OLIVES, BLACK SLICED TBSP																								
22.00 @ 1 tablespoon	14.04	0.17	10.96	58.74	1.27	81.48	0.52	0.13	0.00	0.31	-*	5.23	-*	-*	-*	0.21	-*	-*	-*	-*	-*	7.97	-*	0.18

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

M55430 COND_HERB, CILANTRO

10.00 @ 1 tablespoon	0.82	0.00	0.55	1.63	0.02	20.35	0.13	0.08	0.00	0.10	18.46	239.13	0.00	0.09	10.99	0.96	0.00	0.01	0.04	0.01	0.00	2.37	1.70	0.06
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M50091 VEG: PEPPER GRN & ON Saute1/2c

26.00 @ 1/2 cup	35.10	0.03	0.74	2.44	0.19	4.83	8.21	1.11	0.00	1.26	160.49	218.56	0.00	0.24	4.81	37.20	0.05	0.03	0.30	0.17	0.00	15.23	25.94	0.33
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M68114 VEG: SALAD, BEANBLK CRN TOM 1/2C

72.00 @ 1/2 cup	70.75	0.13	1.69	130.64	0.66	8.45	14.20	3.34	0.26	3.37	196.43*	368.49*	0.99*	0.19*	4.18*	15.29*	0.03*	0.02*	0.47*	0.07*	0.00*	50.20	20.75*	1.13
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M53709 VEG: SALAD, SIDE SPIN ROM STRAW SC 1C

72.00 @ 1 cup	15.79	0.03	1.56	23.17	0.22	12.65	3.13	1.14	0.00	1.39	228.54	4195.84	0.00	0.63	150.99	20.02	0.04	0.07	0.33	0.08	0.00	36.30	23.73	1.00
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M53419 VEG: POTATO, FF CTINAGEN7 1/2C

432.00 @ 1/2 cup	119.99	1.33	10.00	133.32	4.67	35.00	17.33	2.00	0.00	2.00	259.98	0.00	-*	-*	-*	3.20	-*	-*	-*	-*	-*	0.00	-*	0.48
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M51731 VEG: POTATO SWT, FF CRINKLE 1/2C

12.00 @ 1/2 cup	137.66	0.53	3.46	180.02	4.77	31.15	23.30	1.06	0.00	3.18	243.56	3176.86	-*	-*	-*	6.35	-*	-*	-*	-*	-*	21.18	-*	0.38
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M51113 FRUIT: ORANGE 138ct Whole 1/2c

76.00 @ 1 each	46.97	0.01	0.29	0.00	0.12	2.30	11.74	0.94	0.00	2.40	180.87	224.84	0.00	0.18	0.00	53.16	0.09	0.04	0.28	0.06	0.00	39.97	13.99	0.10
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M52271 FRUIT: PEARS, Dice w/Jc 1/2c

109.00 @ 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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M50979 JUICE SS, Apple 100% 4oz Cart

139.00 @ 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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M53064 DESRT: COOKIE ChocChp 1.0oz WG

175.00 @ 1 cookie	110.00	1.00	8.18	85.00	3.50	28.64	18.00	1.00	5.00	1.00	60.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50

65.00 @ 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

189.00 @ 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

260.00 @ 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

65.00 @ 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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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

M50284 COND PC Mustard 6g

11.00 @ 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	-*	0.00
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M53222 COND PC Margarine 5g

88.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	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	-*	0.00
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M50623 COND PC Drsg Italian 12g

8.00 @ 1 each	30.00	0.00	0.00	130.00	3.00	90.00	0.00	0.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M53116 COND PC Drsg Honey Mustard 12g

48.00 @ 1 each	15.00	0.00	0.00	65.00	0.00	0.00	4.00	0.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50056 COND PC Sauce, Taco 9g

25.00 @ 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	-*	0.00
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M50287 COND PC Sauce, BBQ 12g

60.00 @ 1 each	15.00	0.00	0.00	160.00	0.00	0.00	4.00	0.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.60	-*	-*	-*	-*	-*	0.00	-*	0.00
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M51391 COND_Mayo, Chipotle W

48.00 @ 1 tablespoon	26.19	0.35	12.18	91.54	2.49	85.73	0.97	0.01	3.54	0.01	1.00*	91.64	-*	-*	-*	0.40	-*	-*	-*	-*	-*	0.00	-*	0.02
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M50060 COND_Mayo W

48.00 @ 1 tablespoon	33.07	0.47	12.86	94.49	3.31	90.00	0.94	0.00	4.72	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50692 COND_Dressing, DijonHnyMustard

48.00 @ 1 tablespoon	65.00	0.75	10.38	90.00	5.50	76.15	3.50	0.00	7.50	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50291 COND_Mustard, Yellow

48.00 @ 1 tablespoon	9.00	0.01	1.50	181.50	0.37	37.20	0.93	0.47	0.00	0.43	13.36	0.67	-*	-*	-*	0.13	-*	-*	-*	-*	-*	7.51	-*	0.19
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M50622 COND_Dressing, Ranch Lite

48.00 @ 1 tablespoon	55.00	0.75	12.27	139.99	5.00	81.82	0.50	0.50	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	10.00	-*	0.00
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M50292 COND_Sauce, BBQ Original AP

48.00 @ 1 tablespoon	35.00	0.00	0.00	144.99	0.00	0.00	9.00	0.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	1.80	-*	-*	-*	-*	-*	0.00	-*	0.18
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

M50063 COND_Sauce, Buffalo Wing AP

48.00 @ 1 tablespoon	4.38	0.02	4.79	363.06	0.22	45.51	0.48	0.11	0.17	0.12	21.32	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	2.22	-*	0.07
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M50087 COND_Salsa, Pico SC 1/8c

48.00 @ 1/8 cup	6.68	0.01	1.17	37.20	0.07	9.84	1.46	0.29	0.00	0.40	69.99	231.76*	0.00*	0.15*	2.94*	4.04	0.01*	0.01*	0.16*	0.03*	0.00*	4.19	7.40*	0.11
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M66157 COND_SALSA, BLNDR SC 1/8C

48.00 @ 1/8 cup	9.65	0.01	1.33	45.21	0.10	9.06	2.10	0.42	0.00	0.59	27.10*	148.65*	0.00*	0.05*	6.02*	4.65	0.01*	0.01*	0.03*	0.02*	0.00*	16.79	4.05*	0.19
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M53940 COND_Salsa, Verde SC 1/8c

48.00 @ 1/8 cup	10.75	0.03	2.54	25.36	0.23	19.29	2.13	0.37	0.00	0.61	83.93	260.93*	0.00*	0.16*	12.93*	3.96	0.02*	0.01*	0.40*	0.03*	0.00*	8.13	11.81*	0.22
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M53295 COND_Sour Cream AP

48.00 @ 1 tablespoon	30.00	1.75	52.50	25.00	3.00	90.00	1.00	0.50	10.00	0.00	-*	99.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.00
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M67122 ENT: PASTA, MAC&CHZ SWT & SPCY SS WG 2.0 (1.25BG) FUEL 11/18

24.00 @ 1 Spoodle 6 FLOZ	361.46	11.15	27.76	669.83	18.68	46.50	32.52	17.72	53.41	4.14	216.09*	636.10*	0.37*	0.18*	0.81*	3.25*	0.00*	0.00*	0.06*	0.01*	0.00*	403.81	2.09*	2.13
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M51831 BRD: BRDSTK DG, RIPSTK 1EA (1BG)

24.00 @ 1 each	80.00	0.00	0.00	95.00	1.00	11.25	15.00	3.00	0.00	2.00	-*	0.09	-*	-*	-*	0.00	-*	-*	-*	-*	-*	7.27	-*	0.71
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Average	1084.5	14.89	12.36	1802.33	43.65	36.22	118.93	52.42	99.57	11.78	490.01*	2299.17*	.26*	.31*	28.93*	25.53*	.04*	.05*	.68*	.09*	.17*	623.98	31.85*	6.1
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-12 **Period:** Breakfast **Week:** 4 **Day:** Wednesday **Count Type:** Forecasted **Total No. of Customers:** 35

Weekly Std. (Target 1)	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)																			% of CAL
450.00-500.00		10.00	540.00																					

M52920 BRD: PANCAKES, AP WG 2EA (2BG)

12.00 @ 2 each	153.33	0.67	3.91	220.00	4.00	23.48	27.33	3.33	6.67	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.20
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M50208 CEREAL BWL, CINN TST CRUNCH RS WG

2.00 @ 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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M52725 BRD: BAR, Cereal CocoPuf WG IW

3.00 @ 1 each	150.00	0.00	0.00	100.00	3.00	18.00	30.00	3.00	0.00	3.00	-*	100.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	200.00	-*	1.80
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M52724 BRD: BAR, Cereal CinnTst WG IW

2.00 @ 1 each	150.00	0.00	0.00	115.00	3.50	21.00	30.00	2.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.00	-*	1.80
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M51267 BRD: MUF AP, BLUEBRY 2OZ IW WG (1BG)

2.00 @ 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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M51268 BRD: MUF AP, CHOC CHOC CHIP 2OZ IW WG (1BG)

2.00 @ 1 muffin	200.00	2.00	9.00	135.00	6.00	27.00	32.00	4.00	40.00	3.00	180.00	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.44
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M51848 BRD: POPTARTS, Straw 1.76oz WG

2.00 @ 1 package	180.00	1.00	5.00	190.00	2.50	12.50	38.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51849 BRD: POPTARTS, Cinn 1.76oz WG

2.00 @ 1 package	190.00	1.00	4.74	200.00	3.00	14.21	38.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51684 BRD: POPTARTS, Fudge 1.76oz WG

2.00 @ 1 package	190.00	1.00	4.74	200.00	3.00	14.21	38.00	3.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51994 CHEESE, COLBY JK Stick 1ea 1.0

2.00 @ 1 stick	90.00	4.00	40.00	200.01	6.00	60.00	0.00	7.00	20.00	0.00	0.00	200.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.01	-*	0.00
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M50792 YOGURT SS, Trix Straw/Ban 4oz

2.00 @ 1 each	80.00	0.00	0.00	60.00	0.50	5.63	15.00	4.00	5.00	0.00	140.00	500.04	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.01	-*	0.00
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M51237 BRD: BREAD WG, Tst Marg 1sl

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

2.00 @ 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	
M50670 EGG: Hard Boiled FC AP 1.5																									
2.00 @ 1 each	80.00	1.50	16.88	60.00	5.00	56.25	1.00	6.00	185.00	0.00	-*	300.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.72	
M66354 YOGURT, PARFAIT STRAWBERRY 1.0																									
2.00 @ 1 serving	135.19	0.59	3.92	67.14	1.57	10.43	26.34	4.01	5.00	1.08	222.26	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	
M52975 BRD: WAFFLE, RS SS WG (3.25BG)																									
4.00 @ 1 each	240.06	0.00	0.00	506.14	2.86	10.71	50.30	6.86	0.00	6.86	1.05*	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	288.94	0.00*	3.09	
M52657 FRUIT: BLUEBERRIES, Fz 1/8c																									
4.00 @ 1/8 cup	8.89	0.01	0.94	0.17	0.11	11.29	2.12	0.07	0.00	0.47	9.41	8.01	0.00	0.08	2.86	0.44	0.01	0.01	0.09	0.01	0.00	1.39	1.92	0.03	
M53629 FRUIT: STRAWBERRIES, Frsh 1/8c																									
4.00 @ 1/8 cup	6.14	0.00	0.42	0.19	0.06	8.44	1.47	0.13	0.00	0.38	29.37	2.30	0.00	0.06	0.42	11.29	0.00	0.00	0.07	0.01	0.00	3.07	4.61	0.08	
M52817 DESRT: TOPPING, CHOCOLATE CHIPS SEMISWT (TBSP)																									
4.00 @ 1 tablespoon	51.03	1.89	33.28	1.17	3.19	56.25	6.79	0.45	0.00	0.63	38.80	0.00	0.00	0.03	0.60	0.00	0.01	0.01	0.05	0.00	0.00	3.40	14.03	0.33	
M52816 DESRT: TOPPING, Whipd NonDairy																									
4.00 @ 1 tablespoon	12.92	1.03	72.00	0.00	1.03	72.00	1.03	0.00	0.00	0.00	-*	0.10	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.20	-*	0.00	
M50549 FRUIT: WATERMELON, Fresh 1/2c																									
17.00 @ 1/2 cup	27.28	0.01	0.48	0.91	0.14	4.50	6.87	0.55	0.00	0.36	101.86	517.50	0.00	0.05	0.09	7.37	0.03	0.02	0.16	0.04	0.00	6.37	10.00	0.22	
M53549 FRUIT: APPLESAUCE,Unswt AP1/2c																									
13.00 @ 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																									
5.00 @ 1 each	51.44	0.00	0.00	15.43	0.00	0.00	12.35	1.03	0.00	0.00	-*	0.00	-*	-*	-*	43.21	-*	-*	-*	-*	-*	0.00	-*	0.00	
M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50																									
8.00 @ 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																									
11.00 @ 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																									
2.00 @ 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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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

M50854 COND PC Jelly, #4 Smuckers

1.00 @ 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
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M50056 COND PC Sauce, Taco 9g

1.00 @ 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
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M50058 COND PC Syrup 1.4oz Smuckers

2.00 @ 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
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Average	311.53	1.82	5.27	335.57	5.8	16.77	56.75	9.36	23	4.12	89.52*	767.86	4.57*	.05*	.54*	13.31	.02*	.01*	.11*	.02*	0*	284.83	7.5*	1.94
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 9-12 **Period:** Lunch **Week:** 4 **Day:** Wednesday **Count Type:** Forecasted **Total No. of Customers:** 560

Weekly Std. (Target 1)	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)																			% of CAL
750.00-850.00		10.00	1420.00																					

M51950 FISH, Sticks AP (C) WG2.0(4ea)

126.00 @ 4 each	170.00	1.00	5.30	260.00	6.00	31.76	18.00	11.00	35.00	1.00	170.00	-*	-*	-*	-*	-*	-*	-*	-*	-*	-*	0.00	-*	1.00
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M53077 ENT: PASTA, MAC&CHZ SC WG 2.0 (1BG)

186.00 @ 6 fl oz	339.39	11.21	29.74	818.91	18.22	48.31	27.20	16.94	59.56	2.79	163.39*	536.13	0.00*	0.05*	0.54*	0.04	0.02*	0.01*	0.15*	0.01*	0.01*	410.41	8.00*	1.71
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M52184 SALAD, CHam Tky Cobb SCW2.25

23.00 @ 1 each	188.39	5.07	24.22	397.88	11.26	53.79	5.84	16.30	141.66	1.26	146.57*	5267.02	0.00*	0.12*	43.60*	7.46	0.04*	0.04*	0.25*	0.06*	0.00*	140.43	17.48*	1.30
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M51680 BRD: ROLL DG, WG 2.5oz

20.00 @ 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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M52043 PIZZA HUT PIZZA 6" EXPRESS CHZ SS 2.25

35.00 @ 1 pizza	374.18	4.99	12.01	685.27	13.41	32.25	38.44	24.92	24.70	4.27	-*	692.07	-*	-*	-*	5.36	-*	-*	-*	-*	-*	410.71	-*	2.57
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M53931 PIZZA HUT PIZZA 6" EXPRESS PEPP SS 2.0

116.00 @ 1 pizza	385.19	5.31	12.42	711.32	14.98	35.01	38.49	24.17	27.17	4.35	-*	662.85	-*	-*	-*	5.43	-*	-*	-*	-*	-*	354.34	-*	2.65
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M54307 PIZZA HUT PIZZA 6" EXPRESS SSG SS 2.25

50.00 @ 1 pizza	439.08	7.15	14.66	836.54	20.45	41.92	38.35	25.40	37.42	4.27	-*	689.00	-*	-*	-*	5.36	-*	-*	-*	-*	-*	356.37	-*	2.86
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M54310 PIZZA HUT PIZZA 6" EXPRESS BBQ CHIX SS 2.25

32.00 @ 1 pizza	400.94	4.66	10.46	805.79	13.17	29.57	42.83	27.77	38.53	4.36	-*	667.19	-*	-*	-*	5.81	-*	-*	-*	-*	-*	350.99	-*	2.67
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M54520 PIZZA HUT COND PC CHEESE GRATED 2.5G

97.00 @ 1 each	10.00	0.00	0.00	50.00	1.00	90.00	0.00	1.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M54521 PIZZA HUT COND PC PEPPER RED CRUSHED 1G

50.00 @ 1 each	5.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M52963 CHIX Popcorn, AP WG 2.0

120.00 @ 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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M51753 CHIX Popcorn, AP Spicy WG 2.0

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

20.00 @ 1 serving	247.14	2.69	9.78	365.34	13.97	50.87	16.12	13.97	21.49	2.15	-*	107.45	-*	-*	-*	0.00	-*	-*	-*	-*	-*	42.98	-*	1.93
M51680 BRD: ROLL DG, WG 2.5oz																								
180.00 @ 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
M51951 HOT DOG, Plain WG 2.0 Hi																								
6.00 @ 1 each	320.00	8.00	22.50	890.01	18.00	50.62	28.00	11.00	35.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.80
M55774 STICKS, MAX SNAX PIZZA W/MARINARA AP WG 2.0																								
32.00 @ 2 each	319.87	3.00	8.44	609.89	10.00	28.13	39.98	20.00	10.00	4.00	0.00*	498.95*	-*	-*	-*	8.98*	-*	-*	-*	-*	-*	459.92	-*	2.68
M54308 STICKS, CRISPITO CHIXCHILI AP WG 2.0 (2EA)																								
19.00 @ 2 each	540.00	6.00	10.00	740.00	28.00	46.67	46.00	24.00	50.00	6.00	-*	1500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	80.00	-*	3.60
M51189 COND_Sauce, Chz SS W (LOL) .5																								
19.00 @ 2 fl oz	99.97	4.50	40.50	399.86	7.00	63.00	3.00	5.00	19.99	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	149.95	-*	0.00
M51228 BRD: BUN, Hamburger WG																								
190.00 @ 1 each	140.00	0.00	0.00	300.00	2.00	12.86	27.00	5.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.44
M51648 BEEF Pty, AP 100% 2.0																								
78.00 @ 1 each	130.00	3.00	20.77	45.00	8.00	55.39	1.00	12.00	35.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
M51359 CHIX FLT, BREAST GRLD 2.0 MWWM																								
3.00 @ 1 each	100.00	1.00	9.00	310.00	4.00	36.00	1.00	15.00	40.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.72
M51935 CHIX FLT, BREAST BRD WG 2.0 MWWM																								
40.00 @ 1 each	199.76	1.50	6.75	289.65	8.99	40.50	8.99	18.98	44.95	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
M51936 CHIX FLT, BREAST BRD SPICY WG 2.0 MWWM																								
70.00 @ 1 each	199.86	2.00	9.00	329.76	9.99	45.00	8.99	18.99	44.97	1.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.44
M51005 CHEESE, AM (184ct) Slices 1.0																								
57.00 @ 3 slice	134.99	6.75	45.00	599.97	10.50	70.00	1.50	7.50	37.50	0.00	-*	299.98	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.99	-*	0.00
M53381 CHEESE, CH Slices 1.0																								
38.00 @ 2 slice	110.01	5.00	40.91	180.01	9.00	73.64	1.00	6.00	30.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	199.01	-*	0.00
M53385 CHEESE, SW Slices 1.0																								
10.00 @ 2 slice	110.01	5.00	40.91	50.00	9.00	73.64	0.00	8.00	25.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	249.01	-*	0.00
M50999 CHEESE, JK Slices 1.0																								

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

9.00 @ 2 slice	100.00	5.00	45.00	180.01	8.00	72.00	1.00	7.00	30.00	0.00	25.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	197.01	-*	0.00
M51003 CHEESE, PV Slices 1.0																								
52.00 @ 2 slice	100.00	5.00	45.00	250.01	7.00	63.00	1.00	7.00	20.00	0.00	40.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	212.01	-*	0.00
M51017 VEG GARN: Rom Leaf 1ea																								
52.00 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C																								
14.00 @ 1/8 cup	5.10	0.01	1.40	1.42	0.06	10.00	1.10	0.25	0.00	0.34	67.18	236.14	0.00	0.15	2.24	3.88	0.01	0.01	0.17	0.02	0.00	2.83	6.80	0.08
M51013 VEG: ONIONS, Red Slice 1ea																								
38.00 @ 1 slice	2.83	0.00	0.94	0.28	0.01	2.25	0.66	0.08	0.00	0.12	10.35	0.14	0.00	0.00	0.03	0.52	0.00	0.00	0.01	0.01	0.00	1.63	2.06	0.01
M50892 COND_PEPPERS, JALAPENO CND TBSP																								
39.00 @ 1 tablespoon	3.12	0.00	0.00	240.96	0.09	27.20	0.48	0.09	0.00	0.26	19.38	-*	-*	-*	-*	1.00	-*	-*	-*	-*	-*	2.31	-*	0.19
M50176 COND_Pickle, Dill Slice 2ea																								
39.00 @ 2 slice	1.62	0.01	4.72	162.08	0.05	25.17	0.24	0.06	0.00	0.14	-*	0.00	-*	-*	-*	0.21	-*	-*	-*	-*	-*	8.65	-*	0.05
M50717 SDW BD, CHam JK WG 2.0																								
21.00 @ 1 sandwich	330.00	4.75	12.96	785.00	12.75	34.77	33.50	21.50	75.00	2.00	12.50*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	98.50	-*	2.70
M50962 SDW BD, SBJ WG 2.0																								
8.00 @ 1 sandwich	658.38	3.99	5.45	579.16	35.89	49.06	69.87	19.95	0.00	5.99	378.78*	0.00	0.00*	-*	-*	0.00	-*	-*	-*	-*	-*	59.81	-*	5.35
M52708 BRD: ROLL DG, Sub 6" WG																								
2.00 @ 1 roll	170.00	0.00	0.00	180.00	3.00	15.88	29.00	6.00	0.00	3.00	-*	0.01	-*	-*	-*	0.20	-*	-*	-*	-*	-*	13.37	-*	1.43
M52782 BRD: FLATBREAD 6" X 6" 2OZ WG (2BG)																								
23.00 @ 1 each	180.00	1.00	5.00	330.00	5.00	25.00	28.00	6.00	0.00	3.00	-*	0.22	-*	-*	-*	0.06	-*	-*	-*	-*	-*	34.22	-*	1.76
M54775 BRD: CROISSANT, SLICED WG																								
1.00 @ 1 each	243.91	6.47	23.87	253.40	12.05	44.44	29.25	5.44	32.35	0.91	15.14	313.46	0.31	0.00	0.00	2.82	0.25	1.93	0.85	0.00	0.01	15.66	3.96	1.63
M53393 TKY, Breast Sliced 1.0																								
15.00 @ 1 serving	60.00	0.50	7.50	220.00	2.00	30.00	2.00	9.00	25.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.36
M53569 CHIX, BLACK FOREST HAM SLICED 1.0																								
15.00 @ 1 serving	80.00	1.50	16.88	250.00	4.50	50.63	2.00	8.00	40.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.36

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

M51976 CHIX Dcd Deli Salad W 1.0

1.00 @ 1 No 16 Scoop	76.63	0.94	10.98	129.00	4.42	51.89	1.48	6.99	24.65	0.18	27.40*	47.33	0.00*	0.03*	2.98*	0.37	0.00*	0.01*	0.03*	0.01*	0.00*	4.41	2.64*	0.30
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M51005 CHEESE, AM (184ct) Slices 1.0

5.00 @ 3 slice	134.99	6.75	45.00	599.97	10.50	70.00	1.50	7.50	37.50	0.00	-*	299.98	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.99	-*	0.00
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M53381 CHEESE, CH Slices 1.0

9.00 @ 2 slice	110.01	5.00	40.91	180.01	9.00	73.64	1.00	6.00	30.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	199.01	-*	0.00
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M53385 CHEESE, SW Slices 1.0

7.00 @ 2 slice	110.01	5.00	40.91	50.00	9.00	73.64	0.00	8.00	25.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	249.01	-*	0.00
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M50999 CHEESE, JK Slices 1.0

2.00 @ 2 slice	100.00	5.00	45.00	180.01	8.00	72.00	1.00	7.00	30.00	0.00	25.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	197.01	-*	0.00
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M51003 CHEESE, PV Slices 1.0

7.00 @ 2 slice	100.00	5.00	45.00	250.01	7.00	63.00	1.00	7.00	20.00	0.00	40.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	212.01	-*	0.00
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M51017 VEG GARN: Rom Leaf 1ea

14.00 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
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M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C

10.00 @ 1/8 cup	5.10	0.01	1.40	1.42	0.06	10.00	1.10	0.25	0.00	0.34	67.18	236.14	0.00	0.15	2.24	3.88	0.01	0.01	0.17	0.02	0.00	2.83	6.80	0.08
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M51013 VEG: ONIONS, Red Slice 1ea

6.00 @ 1 slice	2.83	0.00	0.94	0.28	0.01	2.25	0.66	0.08	0.00	0.12	10.35	0.14	0.00	0.00	0.03	0.52	0.00	0.00	0.01	0.01	0.00	1.63	2.06	0.01
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M52162 VEG: SPINACH, FRESH LEAVES 1/4C

15.00 @ 1/4 cup	3.12	0.01	2.47	10.73	0.05	15.26	0.49	0.39	0.00	0.30	75.79	1273.70	0.00	0.28	65.59	3.82	0.01	0.03	0.10	0.03	0.00	13.45	6.66	0.37
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M52661 VEG: CUCUMBER, Fresh Slice1/8c

6.00 @ 1/8 cup	2.75	0.01	2.22	0.37	0.02	6.60	0.66	0.12	0.00	0.09	26.91	19.22	0.00	0.01	3.00	0.51	0.00	0.01	0.02	0.01	0.00	2.93	4.39	0.05
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M53523 VEG: PEPPERS, Red Strips1/4c

6.00 @ 1/4 cup	7.78	0.01	0.78	1.00	0.08	8.71	1.51	0.25	0.00	0.53	52.96	785.87	0.00	0.40	1.23	32.05	0.01	0.02	0.25	0.07	0.00	1.76	6.53	0.11
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M50891 COND_OLIVES, BLACK SLICED TBSP

6.00 @ 1 tablespoon	14.04	0.17	10.96	58.74	1.27	81.48	0.52	0.13	0.00	0.31	-*	5.23	-*	-*	-*	0.21	-*	-*	-*	-*	-*	7.97	-*	0.18
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M50176 COND_Pickle, Dill Slice 2ea

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

5.00 @ 2 slice	1.62	0.01	4.72	162.08	0.05	25.17	0.24	0.06	0.00	0.14	-*	0.00	-*	-*	-*	0.21	-*	-*	-*	-*	-*	8.65	-*	0.05
M66605 BRD: TORTILLA FLOUR 10" WG																								
75.00 @ 1 each	180.00	1.50	7.50	250.00	4.50	22.50	29.00	5.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.44
M66461 BRD: TORTILLA FLOUR 6" WG																								
1.00 @ 2 each	180.00	1.00	5.00	250.00	5.00	25.00	28.00	6.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	120.00	-*	1.44
M54540 BRD: TORTILLA, CHIP RND WG 2BG																								
48.00 @ 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	0.00	-*	-*	0.00	-*	-*	-*	-*	-*	48.13	-*	0.80
M53449 RICE, Sante Fe WG 1BG																								
50.00 @ 1/2 cup	113.63	0.21	1.70	118.30	0.90	7.16	23.56	2.52	0.00	1.01	64.03	68.27*	0.00*	0.00*	0.09*	2.42*	0.00*	0.00*	0.00*	0.00*	0.00*	6.72	0.50*	0.29
M51175 BEEF Gd, Taco Meat SC 1.0																								
90.00 @ 1 No 24 Scoop	78.71	1.65	18.88	56.06	4.38	50.12	1.22	8.02	25.24	0.15	122.30*	121.25	0.57*	0.08*	0.61*	1.55	0.01*	0.06*	1.81*	0.13*	0.79*	9.04	69.27*	1.00
M52584 CHIX Strips, Fajita DkMt 1.0																								
35.00 @ 2 fl oz	76.93	1.01	11.78	124.77	3.56	41.66	1.34	10.09	35.00	0.09	9.12*	46.95	0.00*	0.07*	0.17*	0.02	0.00*	0.00*	0.03*	0.01*	0.00*	12.26	2.39*	0.69
M52292 FILLING, Refried Beans Seas1.0																								
60.00 @ 1 No 16 Scoop	72.46	0.01	0.13	256.48	0.94	11.68	12.17	3.61	0.00	3.67	231.49	71.39	0.00	0.12*	1.18*	0.02*	0.00*	0.00*	0.04*	0.01*	0.00*	19.72	3.18*	0.78
M53386 CHEESE, CH Shreds 1.0																								
80.00 @ 2 fl oz	110.00	6.00	49.09	189.99	9.00	73.64	1.00	7.00	30.00	0.00	0.00	280.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	201.99	-*	0.19
M50921 COND_Sauce, Chz SS W (LOL) 1.0																								
70.00 @ 3 fl oz	149.95	6.75	40.50	599.79	10.50	63.00	4.50	7.50	29.99	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.92	-*	0.00
M51420 VEG GARN: Rom Shrds/Tom Dice																								
60.00 @ 1 serving	5.03	0.01	1.56	1.63	0.06	11.41	1.06	0.27	0.00	0.40	67.90	794.43	0.00	0.12	8.94	3.20	0.01	0.01	0.15	0.02	0.00	4.47	7.23	0.13
M52379 VEG: ONIONS, Yellow Diced 1/8c																								
20.00 @ 1/8 cup	8.62	0.01	0.94	0.86	0.02	2.25	2.01	0.24	0.00	0.37	31.47	0.43	0.00	0.00	0.09	1.60	0.01	0.01	0.03	0.03	0.00	4.96	6.25	0.05
M50892 COND_PEPPERS, JALAPENO CND TBSP																								
35.00 @ 1 tablespoon	3.12	0.00	0.00	240.96	0.09	27.20	0.48	0.09	0.00	0.26	19.38	-*	-*	-*	-*	1.00	-*	-*	-*	-*	-*	2.31	-*	0.19
M50891 COND_OLIVES, BLACK SLICED TBSP																								
18.00 @ 1 tablespoon	14.04	0.17	10.96	58.74	1.27	81.48	0.52	0.13	0.00	0.31	-*	5.23	-*	-*	-*	0.21	-*	-*	-*	-*	-*	7.97	-*	0.18

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

M55430 COND_HERB, CILANTRO

5.00 @ 1 tablespoon	0.82	0.00	0.55	1.63	0.02	20.35	0.13	0.08	0.00	0.10	18.46	239.13	0.00	0.09	10.99	0.96	0.00	0.01	0.04	0.01	0.00	2.37	1.70	0.06
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M52555 VEG: BEANS, Green FzSeas1/2c

48.00 @ 1/2 cup	45.87	1.20	23.50	146.04	3.04	59.57	4.52	1.04	0.00	2.10	112.59	292.07	0.00*	0.03*	26.62*	2.86	0.02*	0.06*	0.27*	0.04*	0.00*	29.56	20.28*	0.47
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M50431 VEG: CARROTS, Fresh Baby 1/2c

61.00 @ 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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M53709 VEG: SALAD, SIDE SPIN ROM STRAW SC 1C

42.00 @ 1 cup	15.79	0.03	1.56	23.17	0.22	12.65	3.13	1.14	0.00	1.39	228.54	4195.84	0.00	0.63	150.99	20.02	0.04	0.07	0.33	0.08	0.00	36.30	23.73	1.00
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M53419 VEG: POTATO, FF CTINAGEN7 1/2C

354.00 @ 1/2 cup	119.99	1.33	10.00	133.32	4.67	35.00	17.33	2.00	0.00	2.00	259.98	0.00	-*	-*	-*	3.20	-*	-*	-*	-*	-*	0.00	-*	0.48
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M51731 VEG: POTATO SWT, FF CRINKLE 1/2C

12.00 @ 1/2 cup	137.66	0.53	3.46	180.02	4.77	31.15	23.30	1.06	0.00	3.18	243.56	3176.86	-*	-*	-*	6.35	-*	-*	-*	-*	-*	21.18	-*	0.38
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M50843 FRUIT: STRAWBERRIES, Frsh 1/2c

197.00 @ 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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M50427 FRUIT: FRUIT MIX w/Jc 1/2c

53.00 @ 1/2 cup	60.01	0.00	0.00	5.00	0.00	0.00	13.00	1.00	0.00	1.00	-*	200.03	-*	-*	-*	1.20	-*	-*	-*	-*	-*	0.00	-*	0.00
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M53365 JUICE SS, Grape100% 4oz Cart

185.00 @ 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

106.00 @ 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

47.00 @ 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

265.00 @ 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

75.00 @ 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

9.00 @ 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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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

M53222 COND PC Margarine 5g

92.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50624 COND PC Drsg Ranch 12g

70.00 @ 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	-*	0.00
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M50623 COND PC Drsg Italian 12g

9.00 @ 1 each	30.00	0.00	0.00	130.00	3.00	90.00	0.00	0.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50056 COND PC Sauce, Taco 9g

35.00 @ 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	-*	0.00
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M50287 COND PC Sauce, BBQ 12g

65.00 @ 1 each	15.00	0.00	0.00	160.00	0.00	0.00	4.00	0.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.60	-*	-*	-*	-*	-*	0.00	-*	0.00
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M51391 COND_Mayo, Chipotle W

48.00 @ 1 tablespoon	26.19	0.35	12.18	91.54	2.49	85.73	0.97	0.01	3.54	0.01	1.00*	91.64	-*	-*	-*	0.40	-*	-*	-*	-*	-*	0.00	-*	0.02
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M50060 COND_Mayo W

48.00 @ 1 tablespoon	33.07	0.47	12.86	94.49	3.31	90.00	0.94	0.00	4.72	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50291 COND_Mustard, Yellow

48.00 @ 1 tablespoon	9.00	0.01	1.50	181.50	0.37	37.20	0.93	0.47	0.00	0.43	13.36	0.67	-*	-*	-*	0.13	-*	-*	-*	-*	-*	7.51	-*	0.19
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M50692 COND_Dressing, DijonHnyMustard

48.00 @ 1 tablespoon	65.00	0.75	10.38	90.00	5.50	76.15	3.50	0.00	7.50	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50622 COND_Dressing, Ranch Lite

48.00 @ 1 tablespoon	55.00	0.75	12.27	139.99	5.00	81.82	0.50	0.50	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	10.00	-*	0.00
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M50292 COND_Sauce, BBQ Original AP

48.00 @ 1 tablespoon	35.00	0.00	0.00	144.99	0.00	0.00	9.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	1.80	-*	-*	-*	-*	-*	0.00	-*	0.18
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M50063 COND_Sauce, Buffalo Wing AP

48.00 @ 1 tablespoon	4.38	0.02	4.79	363.06	0.22	45.51	0.48	0.11	0.17	0.12	21.32	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	2.22	-*	0.07
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M50087 COND_Salsa, Pico SC 1/8c

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

48.00 @ 1/8 cup	6.68	0.01	1.17	37.20	0.07	9.84	1.46	0.29	0.00	0.40	69.99	231.76*	0.00*	0.15*	2.94*	4.04	0.01*	0.01*	0.16*	0.03*	0.00*	4.19	7.40*	0.11
M66157 COND_SALSA, BLNDR SC 1/8C																								
48.00 @ 1/8 cup	9.65	0.01	1.33	45.21	0.10	9.06	2.10	0.42	0.00	0.59	27.10*	148.65*	0.00*	0.05*	6.02*	4.65	0.01*	0.01*	0.03*	0.02*	0.00*	16.79	4.05*	0.19
M53940 COND_Salsa, Verde SC 1/8c																								
48.00 @ 1/8 cup	10.75	0.03	2.54	25.36	0.23	19.29	2.13	0.37	0.00	0.61	83.93	260.93*	0.00*	0.16*	12.93*	3.96	0.02*	0.01*	0.40*	0.03*	0.00*	8.13	11.81*	0.22
M53295 COND_Sour Cream AP																								
40.00 @ 1 tablespoon	30.00	1.75	52.50	25.00	3.00	90.00	1.00	0.50	10.00	0.00	-*	99.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.00
M67122 ENT: PASTA, MAC&CHZ SWT & SPCY SS WG 2.0 (1.25BG) FUEL 11/18																								
24.00 @ 1 Spoodle 6 FLOZ	361.46	11.15	27.76	669.83	18.68	46.50	32.52	17.72	53.41	4.14	216.09*	636.10*	0.37*	0.18*	0.81*	3.25*	0.00*	0.00*	0.06*	0.01*	0.00*	403.81	2.09*	2.13
M51831 BRD: BRDSTK DG, RIPSTK 1EA (1BG)																								
24.00 @ 1 each	80.00	0.00	0.00	95.00	1.00	11.25	15.00	3.00	0.00	2.00	-*	0.09	-*	-*	-*	0.00	-*	-*	-*	-*	-*	7.27	-*	0.71
Average	1019.01	15.84	13.99	1881.82	43.21	38.17	106.74	50.28	107.19	11.07	467.87*	3000.98*	.11*	.25*	23.73*	27.02*	.03*	.04*	.64*	.07*	.13*	639	31.56*	5.73

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-12 **Period:** Breakfast **Week:** 4 **Day:** Thursday **Count Type:** Forecasted **Total No. of Customers:** 34

Weekly Std. (Target 1)	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)																			% of CAL
450.00-500.00		10.00	540.00																					

M51231 SDW BN, EggSausSS AM WG 1.0

12.00 @ 1 sandwich	224.62	3.31	13.25	562.67	8.45	33.87	28.01	10.22	83.08	2.00	-*	187.63	-*	-*	-*	0.00	-*	-*	-*	-*	-*	135.19	-*	1.78
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M50208 CEREAL BWL, CINN TST CRUNCH 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

2.00 @ 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

1.00 @ 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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M50525 CEREAL BWL, Trix RS WG

1.00 @ 1 bowl	110.00	0.00	0.00	140.00	1.00	8.18	24.00	1.00	0.00	1.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	80.00	-*	4.50
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M52725 BRD: BAR, Cereal CocoPuf WG IW

1.00 @ 1 each	150.00	0.00	0.00	100.00	3.00	18.00	30.00	3.00	0.00	3.00	-*	100.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	200.00	-*	1.80
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M51267 BRD: MUF AP, BLUEBRY 2OZ IW WG (1BG)

2.00 @ 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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M51268 BRD: MUF AP, CHOC CHOC CHIP 2OZ IW WG (1BG)

10.00 @ 1 muffin	200.00	2.00	9.00	135.00	6.00	27.00	32.00	4.00	40.00	3.00	180.00	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.44
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M51848 BRD: POPTARTS, Straw 1.76oz WG

2.00 @ 1 package	180.00	1.00	5.00	190.00	2.50	12.50	38.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51849 BRD: POPTARTS, Cinn 1.76oz WG

2.00 @ 1 package	190.00	1.00	4.74	200.00	3.00	14.21	38.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51684 BRD: POPTARTS, Fudge 1.76oz WG

2.00 @ 1 package	190.00	1.00	4.74	200.00	3.00	14.21	38.00	3.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51994 CHEESE, COLBY JK Stick 1ea 1.0

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

2.00 @ 1 stick	90.00	4.00	40.00	200.01	6.00	60.00	0.00	7.00	20.00	0.00	0.00	200.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.01	-*	0.00
M50792 YOGURT SS, Trix Straw/Ban 4oz																								
1.00 @ 1 each	80.00	0.00	0.00	60.00	0.50	5.63	15.00	4.00	5.00	0.00	140.00	500.04	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.01	-*	0.00
M51237 BRD: BREAD WG, Tst Marg 1sl																								
1.00 @ 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
M50670 EGG: Hard Boiled FC AP 1.5																								
1.00 @ 1 each	80.00	1.50	16.88	60.00	5.00	56.25	1.00	6.00	185.00	0.00	-*	300.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.72
M52975 BRD: WAFFLE, RS SS WG (3.25BG)																								
4.00 @ 1 each	240.06	0.00	0.00	506.14	2.86	10.71	50.30	6.86	0.00	6.86	1.05*	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	288.94	0.00*	3.09
M52657 FRUIT: BLUEBERRIES, Fz 1/8c																								
4.00 @ 1/8 cup	8.89	0.01	0.94	0.17	0.11	11.29	2.12	0.07	0.00	0.47	9.41	8.01	0.00	0.08	2.86	0.44	0.01	0.01	0.09	0.01	0.00	1.39	1.92	0.03
M53629 FRUIT: STRAWBERRIES, Frsh 1/8c																								
4.00 @ 1/8 cup	6.14	0.00	0.42	0.19	0.06	8.44	1.47	0.13	0.00	0.38	29.37	2.30	0.00	0.06	0.42	11.29	0.00	0.00	0.07	0.01	0.00	3.07	4.61	0.08
M52817 DESRT: TOPPING, CHOCOLATE CHIPS SEMISWT (TBSP)																								
4.00 @ 1 tablespoon	51.03	1.89	33.28	1.17	3.19	56.25	6.79	0.45	0.00	0.63	38.80	0.00	0.00	0.03	0.60	0.00	0.01	0.01	0.05	0.00	0.00	3.40	14.03	0.33
M52816 DESRT: TOPPING, Whipd NonDairy																								
4.00 @ 1 tablespoon	12.92	1.03	72.00	0.00	1.03	72.00	1.03	0.00	0.00	0.00	-*	0.10	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.20	-*	0.00
M51113 FRUIT: ORANGE 138ct Whole 1/2c																								
12.00 @ 1 each	46.97	0.01	0.29	0.00	0.12	2.30	11.74	0.94	0.00	2.40	180.87	224.84	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																								
1.00 @ 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
M50980 JUICE SS, Frt Bld 100% 4oz Crt																								
21.00 @ 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																								
5.00 @ 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																								
5.00 @ 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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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

M53222 COND PC Margarine 5g

2.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50854 COND PC Jelly, #4 Smuckers

2.00 @ 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
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M50056 COND PC Sauce, Taco 9g

2.00 @ 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	-*	0.00
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M50058 COND PC Syrup 1.4oz Smuckers

2.00 @ 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	-*	0.00
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Average	361.84	3.04	7.57	454.93	8.19	20.37	62.6	10.16	52.41	4.7	201.32*	576.23	0*	.08*	.5*	24.05	.03*	.02*	.13*	.03*	0*	266.22	8.62*	2.84
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 9-12 **Period:** Lunch **Week:** 4 **Day:** Thursday **Count Type:** Forecasted **Total No. of Customers:** 565

Weekly Std. (Target 1)	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)																			% of CAL
750.00-850.00			1420.00																					

M55749 CHIX PTY, PARM WG 2.5 MWWW

93.00 @ 1 serving	278.06	4.00	12.94	468.80	13.41	43.39	12.15	24.64	55.78	3.50	4.17*	197.24	-*	-*	-*	2.25	-*	-*	-*	-*	-*	166.15	-*	1.44
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M50952 PASTA, Spaghetti WG 1/2c

93.00 @ 1/2 cup	106.29	0.12	1.05	7.10	1.88	15.94	20.25	3.54	0.00	2.53	149.17	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	17.22	0.00*	1.37
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M54492 SALAD, CHIXPTY CAESAR SCSC 2.25 MWWW

24.00 @ 1 each	289.59	2.76	8.59	475.34	12.56	39.02	19.08	23.67	49.95	4.41	104.06*	3353.95	0.00*	0.09*	38.85*	1.51	0.03*	0.03*	0.13*	0.03*	0.00*	93.37	12.28*	2.18
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M51831 BRD: BRDSTK DG, RIPSTK 1EA (1BG)

24.00 @ 1 each	80.00	0.00	0.00	95.00	1.00	11.25	15.00	3.00	0.00	2.00	-*	0.09	-*	-*	-*	0.00	-*	-*	-*	-*	-*	7.27	-*	0.71
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M53360 COND_DRESSING, CAESAR CREAMY (KEN'S ESSENTIALS)

24.00 @ 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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M52043 PIZZA HUT PIZZA 6" EXPRESS CHZ SS 2.25

40.00 @ 1 pizza	374.18	4.99	12.01	685.27	13.41	32.25	38.44	24.92	24.70	4.27	-*	692.07	-*	-*	-*	5.36	-*	-*	-*	-*	-*	410.71	-*	2.57
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M53931 PIZZA HUT PIZZA 6" EXPRESS PEPP SS 2.0

112.00 @ 1 pizza	385.19	5.31	12.42	711.32	14.98	35.01	38.49	24.17	27.17	4.35	-*	662.85	-*	-*	-*	5.43	-*	-*	-*	-*	-*	354.34	-*	2.65
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M54307 PIZZA HUT PIZZA 6" EXPRESS SSG SS 2.25

45.00 @ 1 pizza	439.08	7.15	14.66	836.54	20.45	41.92	38.35	25.40	37.42	4.27	-*	689.00	-*	-*	-*	5.36	-*	-*	-*	-*	-*	356.37	-*	2.86
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M54310 PIZZA HUT PIZZA 6" EXPRESS BBQ CHIX SS 2.25

39.00 @ 1 pizza	400.94	4.66	10.46	805.79	13.17	29.57	42.83	27.77	38.53	4.36	-*	667.19	-*	-*	-*	5.81	-*	-*	-*	-*	-*	350.99	-*	2.67
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M54520 PIZZA HUT COND PC CHEESE GRATED 2.5G

80.00 @ 1 each	10.00	0.00	0.00	50.00	1.00	90.00	0.00	1.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M54521 PIZZA HUT COND PC PEPPER RED CRUSHED 1G

32.00 @ 1 each	5.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M52587 CHIX TENDER, GLDN CRISPY (3) WG 2.0 MWWW

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

100.00 @ 3 each	239.64	2.25	8.44	404.38	11.98	45.00	11.98	19.47	44.93	1.50	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	1.62	
M51753 CHIX Popcorn, AP Spicy WG 2.0																								
100.00 @ 1 serving	247.14	2.69	9.78	365.34	13.97	50.87	16.12	13.97	21.49	2.15	-*	107.45	-*	-*	-*	0.00	-*	-*	-*	-*	42.98	-*	1.93	
M51680 BRD: ROLL DG, WG 2.5oz																								
200.00 @ 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	
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	
M53275 MELT BD, AM WG 2.0																								
6.00 @ 1 sandwich	385.00	11.25	26.30	1320.00	19.50	45.58	32.50	18.50	62.50	2.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	375.00	-*	2.16	
M54555 NACHOS BFGD RND SC 2.0 (2BG)																								
1.00 @ 1 each	450.53	8.75	17.47	674.18	23.64	47.22	37.03	21.03	60.38	3.45	195.67*	194.00	0.91*	0.13*	0.97*	2.48	0.02*	0.09*	2.90*	0.20*	1.27*	212.59	110.82*	2.41
M51228 BRD: BUN, Hamburger WG																								
188.00 @ 1 each	140.00	0.00	0.00	300.00	2.00	12.86	27.00	5.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	40.00	-*	1.44	
M51648 BEEF Pty, AP 100% 2.0																								
81.00 @ 1 each	130.00	3.00	20.77	45.00	8.00	55.39	1.00	12.00	35.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	1.08	
M51359 CHIX FLT, BREAST GRD 2.0 MWWM																								
1.00 @ 1 each	100.00	1.00	9.00	310.00	4.00	36.00	1.00	15.00	40.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.72	
M51935 CHIX FLT, BREAST BRD WG 2.0 MWWM																								
40.00 @ 1 each	199.76	1.50	6.75	289.65	8.99	40.50	8.99	18.98	44.95	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	1.08	
M51936 CHIX FLT, BREAST BRD SPICY WG 2.0 MWWM																								
70.00 @ 1 each	199.86	2.00	9.00	329.76	9.99	45.00	8.99	18.99	44.97	1.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	1.44	
M51005 CHEESE, AM (184ct) Slices 1.0																								
53.00 @ 3 slice	134.99	6.75	45.00	599.97	10.50	70.00	1.50	7.50	37.50	0.00	-*	299.98	-*	-*	-*	0.00	-*	-*	-*	-*	224.99	-*	0.00	
M53381 CHEESE, CH Slices 1.0																								
40.00 @ 2 slice	110.01	5.00	40.91	180.01	9.00	73.64	1.00	6.00	30.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	199.01	-*	0.00	
M53385 CHEESE, SW Slices 1.0																								
8.00 @ 2 slice	110.01	5.00	40.91	50.00	9.00	73.64	0.00	8.00	25.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	249.01	-*	0.00	
M50999 CHEESE, JK Slices 1.0																								

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

40.00 @ 2 slice	100.00	5.00	45.00	180.01	8.00	72.00	1.00	7.00	30.00	0.00	25.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	197.01	-*	0.00
M51003 CHEESE, PV Slices 1.0																								
16.00 @ 2 slice	100.00	5.00	45.00	250.01	7.00	63.00	1.00	7.00	20.00	0.00	40.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	212.01	-*	0.00
M51017 VEG GARN: Rom Leaf 1ea																								
52.00 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C																								
53.00 @ 1/8 cup	5.10	0.01	1.40	1.42	0.06	10.00	1.10	0.25	0.00	0.34	67.18	236.14	0.00	0.15	2.24	3.88	0.01	0.01	0.17	0.02	0.00	2.83	6.80	0.08
M51013 VEG: ONIONS, Red Slice 1ea																								
20.00 @ 1 slice	2.83	0.00	0.94	0.28	0.01	2.25	0.66	0.08	0.00	0.12	10.35	0.14	0.00	0.00	0.03	0.52	0.00	0.00	0.01	0.01	0.00	1.63	2.06	0.01
M50892 COND_PEPPERS, JALAPENO CND TBSP																								
32.00 @ 1 tablespoon	3.12	0.00	0.00	240.96	0.09	27.20	0.48	0.09	0.00	0.26	19.38	-*	-*	-*	-*	1.00	-*	-*	-*	-*	-*	2.31	-*	0.19
M50176 COND_Pickle, Dill Slice 2ea																								
38.00 @ 2 slice	1.62	0.01	4.72	162.08	0.05	25.17	0.24	0.06	0.00	0.14	-*	0.00	-*	-*	-*	0.21	-*	-*	-*	-*	-*	8.65	-*	0.05
M66748 WRAP 10", CHIXDCD CAES W WG 2.0																								
19.00 @ 1 each	381.22	4.16	9.81	528.02	18.13	42.81	32.78	19.91	44.57	3.94	137.21*	2755.42	0.00*	0.19*	31.30*	5.02	0.03*	0.02*	0.26*	0.04*	0.00*	122.19	15.31*	2.34
M50962 SDW BD, SBJ WG 2.0																								
2.00 @ 1 sandwich	658.38	3.99	5.45	579.16	35.89	49.06	69.87	19.95	0.00	5.99	378.78*	0.00	0.00*	-*	-*	0.00	-*	-*	-*	-*	-*	59.81	-*	5.35
M52708 BRD: ROLL DG, Sub 6" WG																								
6.00 @ 1 roll	170.00	0.00	0.00	180.00	3.00	15.88	29.00	6.00	0.00	3.00	-*	0.01	-*	-*	-*	0.20	-*	-*	-*	-*	-*	13.37	-*	1.43
M52782 BRD: FLATBREAD 6" X 6" 2OZ WG (2BG)																								
30.00 @ 1 each	180.00	1.00	5.00	330.00	5.00	25.00	28.00	6.00	0.00	3.00	-*	0.22	-*	-*	-*	0.06	-*	-*	-*	-*	-*	34.22	-*	1.76
M54775 BRD: CROISSANT, SLICED WG																								
4.00 @ 1 each	243.91	6.47	23.87	253.40	12.05	44.44	29.25	5.44	32.35	0.91	15.14	313.46	0.31	0.00	0.00	2.82	0.25	1.93	0.85	0.00	0.01	15.66	3.96	1.63
M53393 TKY, Breast Sliced 1.0																								
20.00 @ 1 serving	60.00	0.50	7.50	220.00	2.00	30.00	2.00	9.00	25.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.36
M53569 CHIX, BLACK FOREST HAM SLICED 1.0																								
20.00 @ 1 serving	80.00	1.50	16.88	250.00	4.50	50.63	2.00	8.00	40.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.36
M51976 CHIX Dcd Deli Salad W 1.0																								

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

2.00 @ 1 No 16 Scoop	76.63	0.94	10.98	129.00	4.42	51.89	1.48	6.99	24.65	0.18	27.40*	47.33	0.00*	0.03*	2.98*	0.37	0.00*	0.01*	0.03*	0.01*	0.00*	4.41	2.64*	0.30
M51005 CHEESE, AM (184ct) Slices 1.0																								
4.00 @ 3 slice	134.99	6.75	45.00	599.97	10.50	70.00	1.50	7.50	37.50	0.00	-*	299.98	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.99	-*	0.00
M53381 CHEESE, CH Slices 1.0																								
11.00 @ 2 slice	110.01	5.00	40.91	180.01	9.00	73.64	1.00	6.00	30.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	199.01	-*	0.00
M53385 CHEESE, SW Slices 1.0																								
10.00 @ 2 slice	110.01	5.00	40.91	50.00	9.00	73.64	0.00	8.00	25.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	249.01	-*	0.00
M50999 CHEESE, JK Slices 1.0																								
4.00 @ 2 slice	100.00	5.00	45.00	180.01	8.00	72.00	1.00	7.00	30.00	0.00	25.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	197.01	-*	0.00
M51003 CHEESE, PV Slices 1.0																								
10.00 @ 2 slice	100.00	5.00	45.00	250.01	7.00	63.00	1.00	7.00	20.00	0.00	40.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	212.01	-*	0.00
M51017 VEG GARN: Rom Leaf 1ea																								
21.00 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C																								
9.00 @ 1/8 cup	5.10	0.01	1.40	1.42	0.06	10.00	1.10	0.25	0.00	0.34	67.18	236.14	0.00	0.15	2.24	3.88	0.01	0.01	0.17	0.02	0.00	2.83	6.80	0.08
M51013 VEG: ONIONS, Red Slice 1ea																								
10.00 @ 1 slice	2.83	0.00	0.94	0.28	0.01	2.25	0.66	0.08	0.00	0.12	10.35	0.14	0.00	0.00	0.03	0.52	0.00	0.00	0.01	0.01	0.00	1.63	2.06	0.01
M52162 VEG: SPINACH, FRESH LEAVES 1/4C																								
7.00 @ 1/4 cup	3.12	0.01	2.47	10.73	0.05	15.26	0.49	0.39	0.00	0.30	75.79	1273.70	0.00	0.28	65.59	3.82	0.01	0.03	0.10	0.03	0.00	13.45	6.66	0.37
M52661 VEG: CUCUMBER, Fresh Slice1/8c																								
1.00 @ 1/8 cup	2.75	0.01	2.22	0.37	0.02	6.60	0.66	0.12	0.00	0.09	26.91	19.22	0.00	0.01	3.00	0.51	0.00	0.01	0.02	0.01	0.00	2.93	4.39	0.05
M53523 VEG: PEPPERS, Red Strips1/4c																								
5.00 @ 1/4 cup	7.78	0.01	0.78	1.00	0.08	8.71	1.51	0.25	0.00	0.53	52.96	785.87	0.00	0.40	1.23	32.05	0.01	0.02	0.25	0.07	0.00	1.76	6.53	0.11
M50891 COND_OLIVES, BLACK SLICED TBSP																								
10.00 @ 1 tablespoon	14.04	0.17	10.96	58.74	1.27	81.48	0.52	0.13	0.00	0.31	-*	5.23	-*	-*	-*	0.21	-*	-*	-*	-*	-*	7.97	-*	0.18
M50176 COND_Pickle, Dill Slice 2ea																								
5.00 @ 2 slice	1.62	0.01	4.72	162.08	0.05	25.17	0.24	0.06	0.00	0.14	-*	0.00	-*	-*	-*	0.21	-*	-*	-*	-*	-*	8.65	-*	0.05

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

M66605 BRD: TORTILLA FLOUR 10" WG

77.00 @ 1 each	180.00	1.50	7.50	250.00	4.50	22.50	29.00	5.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.44
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M66461 BRD: TORTILLA FLOUR 6" WG

2.00 @ 2 each	180.00	1.00	5.00	250.00	5.00	25.00	28.00	6.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	120.00	-*	1.44
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M54540 BRD: TORTILLA, CHIP RND WG 2BG

57.00 @ 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	0.00	-*	-*	0.00	-*	-*	-*	-*	-*	48.13	-*	0.80
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M53449 RICE, Sante Fe WG 1BG

54.00 @ 1/2 cup	113.63	0.21	1.70	118.30	0.90	7.16	23.56	2.52	0.00	1.01	64.03	68.27*	0.00*	0.00*	0.09*	2.42*	0.00*	0.00*	0.00*	0.00*	0.00*	6.72	0.50*	0.29
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M51175 BEEF Gd, Taco Meat SC 1.0

115.00 @ 1 No 24 Scoop	78.71	1.65	18.88	56.06	4.38	50.12	1.22	8.02	25.24	0.15	122.30*	121.25	0.57*	0.08*	0.61*	1.55	0.01*	0.06*	1.81*	0.13*	0.79*	9.04	69.27*	1.00
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M52584 CHIX Strips, Fajita DkMt 1.0

60.00 @ 2 fl oz	76.93	1.01	11.78	124.77	3.56	41.66	1.34	10.09	35.00	0.09	9.12*	46.95	0.00*	0.07*	0.17*	0.02	0.00*	0.00*	0.03*	0.01*	0.00*	12.26	2.39*	0.69
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M52292 FILLING, Refried Beans Seas1.0

60.00 @ 1 No 16 Scoop	72.46	0.01	0.13	256.48	0.94	11.68	12.17	3.61	0.00	3.67	231.49	71.39	0.00	0.12*	1.18*	0.02*	0.00*	0.00*	0.04*	0.01*	0.00*	19.72	3.18*	0.78
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M53386 CHEESE, CH Shreds 1.0

73.00 @ 2 fl oz	110.00	6.00	49.09	189.99	9.00	73.64	1.00	7.00	30.00	0.00	0.00	280.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	201.99	-*	0.19
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M50921 COND_Sauce, Chz SS W (LOL) 1.0

120.00 @ 3 fl oz	149.95	6.75	40.50	599.79	10.50	63.00	4.50	7.50	29.99	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.92	-*	0.00
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M51420 VEG GARN: Rom Shrds/Tom Dice

80.00 @ 1 serving	5.03	0.01	1.56	1.63	0.06	11.41	1.06	0.27	0.00	0.40	67.90	794.43	0.00	0.12	8.94	3.20	0.01	0.01	0.15	0.02	0.00	4.47	7.23	0.13
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M52379 VEG: ONIONS, Yellow Diced 1/8c

30.00 @ 1/8 cup	8.62	0.01	0.94	0.86	0.02	2.25	2.01	0.24	0.00	0.37	31.47	0.43	0.00	0.00	0.09	1.60	0.01	0.01	0.03	0.03	0.00	4.96	6.25	0.05
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M50892 COND_PEPPERS, JALAPENO CND TBSP

40.00 @ 1 tablespoon	3.12	0.00	0.00	240.96	0.09	27.20	0.48	0.09	0.00	0.26	19.38	-*	-*	-*	-*	1.00	-*	-*	-*	-*	-*	2.31	-*	0.19
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M50891 COND_OLIVES, BLACK SLICED TBSP

30.00 @ 1 tablespoon	14.04	0.17	10.96	58.74	1.27	81.48	0.52	0.13	0.00	0.31	-*	5.23	-*	-*	-*	0.21	-*	-*	-*	-*	-*	7.97	-*	0.18
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M55430 COND_HERB, CILANTRO

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

10.00 @ 1 tablespoon	0.82	0.00	0.55	1.63	0.02	20.35	0.13	0.08	0.00	0.10	18.46	239.13	0.00	0.09	10.99	0.96	0.00	0.01	0.04	0.01	0.00	2.37	1.70	0.06
M53842 VEG: MIXED FRESH RSTD 1/2C																								
72.00 @ 1/2 cup	26.49	0.06	2.05	2.32	0.32	10.86	5.48	1.21	0.00	1.29	203.11	638.80	0.65	0.15*	6.00*	19.37	0.05	0.05	0.74	0.12	0.00	21.60	34.79	0.63
M50186 VEG: BROCCOLI, Fresh 1/2c																								
73.00 @ 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
M53709 VEG: SALAD, SIDE SPIN ROM STRAW SC 1C																								
56.00 @ 1 cup	15.79	0.03	1.56	23.17	0.22	12.65	3.13	1.14	0.00	1.39	228.54	4195.84	0.00	0.63	150.99	20.02	0.04	0.07	0.33	0.08	0.00	36.30	23.73	1.00
M53419 VEG: POTATO, FF CTINAGEN7 1/2C																								
408.00 @ 1/2 cup	119.99	1.33	10.00	133.32	4.67	35.00	17.33	2.00	0.00	2.00	259.98	0.00	-*	-*	-*	3.20	-*	-*	-*	-*	-*	0.00	-*	0.48
M51731 VEG: POTATO SWT, FF CRINKLE 1/2C																								
13.00 @ 1/2 cup	137.66	0.53	3.46	180.02	4.77	31.15	23.30	1.06	0.00	3.18	243.56	3176.86	-*	-*	-*	6.35	-*	-*	-*	-*	-*	21.18	-*	0.38
M50549 FRUIT: WATERMELON, Fresh 1/2c																								
42.00 @ 1/2 cup	27.28	0.01	0.48	0.91	0.14	4.50	6.87	0.55	0.00	0.36	101.86	517.50	0.00	0.05	0.09	7.37	0.03	0.02	0.16	0.04	0.00	6.37	10.00	0.22
M53549 FRUIT: APPLESAUCE,Unswt AP1/2c																								
102.00 @ 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
M50980 JUICE SS, Frt Bld 100% 4oz Crt																								
120.00 @ 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
M50720 DESRT: PUDDING, Choc AP 1/2c																								
234.00 @ 1/2 cup	120.15	0.00	0.00	190.23	3.00	22.50	24.03	1.00	0.00	1.00	70.09	0.00	0.00	-*	-*	0.00	-*	-*	-*	-*	-*	16.02	-*	1.00
M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50																								
25.00 @ 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																								
143.00 @ 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
M50855 COND PC Ketchup 9g Heinz																								
270.00 @ 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																								
75.00 @ 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																								

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

11.00 @ 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	-*	0.00
M53222 COND PC Margarine 5g																								
92.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00
M50624 COND PC Drsg Ranch 12g																								
70.00 @ 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	-*	0.00
M50623 COND PC Drsg Italian 12g																								
7.00 @ 1 each	30.00	0.00	0.00	130.00	3.00	90.00	0.00	0.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00
M53116 COND PC Drsg Honey Mustard 12g																								
48.00 @ 1 each	15.00	0.00	0.00	65.00	0.00	0.00	4.00	0.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00
M50056 COND PC Sauce, Taco 9g																								
35.00 @ 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	-*	0.00
M50287 COND PC Sauce, BBQ 12g																								
65.00 @ 1 each	15.00	0.00	0.00	160.00	0.00	0.00	4.00	0.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.60	-*	-*	-*	-*	0.00	-*	0.00
M51391 COND_Mayo, Chipotle W																								
48.00 @ 1 tablespoon	26.19	0.35	12.18	91.54	2.49	85.73	0.97	0.01	3.54	0.01	1.00*	91.64	-*	-*	-*	0.40	-*	-*	-*	-*	0.00	-*	0.02	
M50060 COND_Mayo W																								
48.00 @ 1 tablespoon	33.07	0.47	12.86	94.49	3.31	90.00	0.94	0.00	4.72	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
M50291 COND_Mustard, Yellow																								
48.00 @ 1 tablespoon	9.00	0.01	1.50	181.50	0.37	37.20	0.93	0.47	0.00	0.43	13.36	0.67	-*	-*	-*	0.13	-*	-*	-*	-*	7.51	-*	0.19	
M50692 COND_Dressing, DijonHnyMustard																								
48.00 @ 1 tablespoon	65.00	0.75	10.38	90.00	5.50	76.15	3.50	0.00	7.50	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
M50622 COND_Dressing, Ranch Lite																								
48.00 @ 1 tablespoon	55.00	0.75	12.27	139.99	5.00	81.82	0.50	0.50	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	10.00	-*	0.00	
M50292 COND_Sauce, BBQ Original AP																								
48.00 @ 1 tablespoon	35.00	0.00	0.00	144.99	0.00	0.00	9.00	0.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	1.80	-*	-*	-*	-*	0.00	-*	0.18
M50063 COND_Sauce, Buffalo Wing AP																								

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

48.00 @ 1 tablespoon	4.38	0.02	4.79	363.06	0.22	45.51	0.48	0.11	0.17	0.12	21.32	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	2.22	-*	0.07
M50087 COND_Salsa, Pico SC 1/8c																								
48.00 @ 1/8 cup	6.68	0.01	1.17	37.20	0.07	9.84	1.46	0.29	0.00	0.40	69.99	231.76*	0.00*	0.15*	2.94*	4.04	0.01*	0.01*	0.16*	0.03*	0.00*	4.19	7.40*	0.11
M66157 COND_SALSA, BLNDR SC 1/8C																								
48.00 @ 1/8 cup	9.65	0.01	1.33	45.21	0.10	9.06	2.10	0.42	0.00	0.59	27.10*	148.65*	0.00*	0.05*	6.02*	4.65	0.01*	0.01*	0.03*	0.02*	0.00*	16.79	4.05*	0.19
M53940 COND_Salsa, Verde SC 1/8c																								
48.00 @ 1/8 cup	10.75	0.03	2.54	25.36	0.23	19.29	2.13	0.37	0.00	0.61	83.93	260.93*	0.00*	0.16*	12.93*	3.96	0.02*	0.01*	0.40*	0.03*	0.00*	8.13	11.81*	0.22
M53295 COND_Sour Cream AP																								
40.00 @ 1 tablespoon	30.00	1.75	52.50	25.00	3.00	90.00	1.00	0.50	10.00	0.00	-*	99.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.00
M67122 ENT: PASTA, MAC&CHZ SWT & SPCY SS WG 2.0 (1.25BG) FUEL 11/18																								
24.00 @ 1 Spoodle 6 FLOZ	361.46	11.15	27.76	669.83	18.68	46.50	32.52	17.72	53.41	4.14	216.09*	636.10*	0.37*	0.18*	0.81*	3.25*	0.00*	0.00*	0.06*	0.01*	0.00*	403.81	2.09*	2.13
M51831 BRD: BRDSTK DG, RIPSTK 1EA (1BG)																								
24.00 @ 1 each	80.00	0.00	0.00	95.00	1.00	11.25	15.00	3.00	0.00	2.00	-*	0.09	-*	-*	-*	0.00	-*	-*	-*	-*	-*	7.27	-*	0.71
M53007 TKY Rst, SS 2.0																								
625.00 @ 4 ozw	120.74	2.00	14.91	566.22	4.00	29.81	0.05	24.00	70.25	0.00	0.10*	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	0.30	0.00*	1.44
M50493 BRD: STUFFING, TRADITNL SC WG 1/2C																								
625.00 @ 1/2 cup	189.19	0.01	0.07	413.66	2.28	10.87	34.88	6.87	1.97	2.46	22.74*	30.90	0.00*	0.03*	4.10*	0.52	0.00*	0.00*	0.03*	0.01*	0.00*	7.74	2.83*	2.51
M51680 BRD: ROLL DG, WG 2.5oz																								
625.00 @ 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
M50120 FRUIT: CRANBERRY Sauce (Cnd)																								
250.00 @ 1/4 cup	110.80	0.00	0.04	3.48	0.10	0.85	28.15	0.63	0.00	0.77	19.51	23.00	0.00	0.65	0.98	0.70	0.01	0.01	0.07	0.01	0.00	2.09	2.79	0.29
M51586 DESRT: PUDDING, Van Pumpkin																								
400.00 @ 1/2 cup	108.70	0.94	7.80	122.05	2.66	21.99	21.10	0.43	0.00	1.20	80.01*	5883.37	0.00*	0.41*	6.10*	1.78	0.01*	0.02*	0.14*	0.02*	0.00*	23.00	13.46*	0.54
M51444 COND_Gravy, Poultry LS SS																								
600.00 @ 1/4 cup	39.72	0.00	0.00	130.68	0.99	22.50	5.96	0.00	4.96	0.00	30.32	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	1.60	0.00*	0.00
Average	1696.49	16.09	8.53	3209.73	53.61	28.44	212.08	91.69	177.83	18.68	591*	6197.14*	.22*	.85*	38.51*	20.99*	.05*	.08*	.84*	.12*	.16*	569.93	45.15*	11.61

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-12 **Period:** Breakfast **Week:** 4 **Day:** Friday **Count Type:** Forecasted **Total No. of Customers:** 24

Weekly Std. (Target 1)	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)																			% of CAL
450.00-500.00		10.00	540.00																					

M66566 TACO EGG CH BACON WG 2.0 2EA

24.00 @ 2 each	286.41	4.53	14.25	401.42	12.60	39.60	29.48	14.22	190.70	2.00	0.00*	308.60	-*	-*	-*	0.00	-*	-*	-*	-*	-*	220.60	-*	2.35
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M50208 CEREAL BWL, CINN TST CRUNCH RS WG

1.00 @ 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

1.00 @ 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

1.00 @ 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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M50525 CEREAL BWL, Trix RS WG

1.00 @ 1 bowl	110.00	0.00	0.00	140.00	1.00	8.18	24.00	1.00	0.00	1.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	80.00	-*	4.50
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M52725 BRD: BAR, Cereal CocoPuf WG IW

1.00 @ 1 each	150.00	0.00	0.00	100.00	3.00	18.00	30.00	3.00	0.00	3.00	-*	100.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	200.00	-*	1.80
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M52724 BRD: BAR, Cereal CinnTst WG IW

1.00 @ 1 each	150.00	0.00	0.00	115.00	3.50	21.00	30.00	2.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.00	-*	1.80
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M51267 BRD: MUF AP, BLUEBRY 2OZ IW WG (1BG)

1.00 @ 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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M51268 BRD: MUF AP, CHOC CHOC CHIP 2OZ IW WG (1BG)

1.00 @ 1 muffin	200.00	2.00	9.00	135.00	6.00	27.00	32.00	4.00	40.00	3.00	180.00	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.44
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M51848 BRD: POPTARTS, Straw 1.76oz WG

1.00 @ 1 package	180.00	1.00	5.00	190.00	2.50	12.50	38.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51849 BRD: POPTARTS, Cinn 1.76oz WG

1.00 @ 1 package	190.00	1.00	4.74	200.00	3.00	14.21	38.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51684 BRD: POPTARTS, Fudge 1.76oz WG

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

1.00 @ 1 package	190.00	1.00	4.74	200.00	3.00	14.21	38.00	3.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
M51994 CHEESE, COLBY JK Stick 1ea 1.0																								
1.00 @ 1 stick	90.00	4.00	40.00	200.01	6.00	60.00	0.00	7.00	20.00	0.00	0.00	200.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.01	-*	0.00
M50792 YOGURT SS, Trix Strawb/Ban 4oz																								
1.00 @ 1 each	80.00	0.00	0.00	60.00	0.50	5.63	15.00	4.00	5.00	0.00	140.00	500.04	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.01	-*	0.00
M51237 BRD: BREAD WG, Tst Marg 1sl																								
1.00 @ 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
M50670 EGG: Hard Boiled FC AP 1.5																								
1.00 @ 1 each	80.00	1.50	16.88	60.00	5.00	56.25	1.00	6.00	185.00	0.00	-*	300.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.72
M52975 BRD: WAFFLE, RS SS WG (3.25BG)																								
1.00 @ 1 each	240.06	0.00	0.00	506.14	2.86	10.71	50.30	6.86	0.00	6.86	1.05*	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	288.94	0.00*	3.09
M52657 FRUIT: BLUEBERRIES, Fz 1/8c																								
1.00 @ 1/8 cup	8.89	0.01	0.94	0.17	0.11	11.29	2.12	0.07	0.00	0.47	9.41	8.01	0.00	0.08	2.86	0.44	0.01	0.01	0.09	0.01	0.00	1.39	1.92	0.03
M53629 FRUIT: STRAWBERRIES, Frsh 1/8c																								
1.00 @ 1/8 cup	6.14	0.00	0.42	0.19	0.06	8.44	1.47	0.13	0.00	0.38	29.37	2.30	0.00	0.06	0.42	11.29	0.00	0.00	0.07	0.01	0.00	3.07	4.61	0.08
M52817 DESRT: TOPPING, CHOCOLATE CHIPS SEMISWT (TBSP)																								
1.00 @ 1 tablespoon	51.03	1.89	33.28	1.17	3.19	56.25	6.79	0.45	0.00	0.63	38.80	0.00	0.00	0.03	0.60	0.00	0.01	0.01	0.05	0.00	0.00	3.40	14.03	0.33
M52816 DESRT: TOPPING, Whipd NonDairy																								
1.00 @ 1 tablespoon	12.92	1.03	72.00	0.00	1.03	72.00	1.03	0.00	0.00	0.00	-*	0.10	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.20	-*	0.00
M50543 FRUIT: BANANA (100-120ct) Whl																								
8.00 @ 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
M52268 FRUIT: PEACHES Dice w/Jc 1/2c																								
9.00 @ 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																								
12.00 @ 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																								
3.00 @ 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 Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

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

3.00 @ 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

2.00 @ 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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M50854 COND PC Jelly, #4 Smuckers

2.00 @ 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
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M50056 COND PC Sauce, Taco 9g

2.00 @ 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
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M50058 COND PC Syrup 1.4oz Smuckers

2.00 @ 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
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M66157 COND_SALSA, BLNDR SC 1/8C

6.00 @ 1/8 cup	9.65	0.01	1.33	45.21	0.10	9.06	2.10	0.42	0.00	0.59	27.10*	148.65*	0.00*	0.05*	6.02*	4.65	0.01*	0.01*	0.03*	0.02*	0.00*	16.79	4.05*	0.19
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M53940 COND_Salsa, Verde SC 1/8c

6.00 @ 1/8 cup	10.75	0.03	2.54	25.36	0.23	19.29	2.13	0.37	0.00	0.61	83.93	260.93*	0.00*	0.16*	12.93*	3.96	0.02*	0.01*	0.40*	0.03*	0.00*	8.13	11.81*	0.22
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M53295 COND_Sour Cream AP

6.00 @ 1 tablespoon	30.00	1.75	52.50	25.00	3.00	90.00	1.00	0.50	10.00	0.00	-*	99.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.00
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Average	521.85	6.01	10.37	597.72	16.47	28.41	75.43	19.12	207.15	4.77	281.51*	931.66*	0*	.1*	5.07*	7.56	.02*	.03*	.35*	.14*	0*	385.97	12.56*	3.94
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 9-12 **Period:** Lunch **Week:** 4 **Day:** Friday **Count Type:** Forecasted **Total No. of Customers:** 1

Weekly Std. (Target 1)	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)																			% of CAL
750.00-850.00		10.00	1420.00																					

M53316 SUB 6" FZ, CHam Tky AM WG 2.0

5.00 @ 1 sandwich	359.92	5.89	14.74	881.19	14.52	36.30	34.54	22.10	67.50	3.94	137.21*	2905.43	0.00*	0.19*	31.30*	5.22	0.03*	0.02*	0.26*	0.04*	0.00*	185.56	15.31*	2.23
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M51017 VEG GARN: Rom Leaf 1ea

5.00 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
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M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C

5.00 @ 1/8 cup	5.10	0.01	1.40	1.42	0.06	10.00	1.10	0.25	0.00	0.34	67.18	236.14	0.00	0.15	2.24	3.88	0.01	0.01	0.17	0.02	0.00	2.83	6.80	0.08
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M50350 VEG: CUCUMBER, Fresh Slice1/2c

5.00 @ 1/2 cup	10.81	0.03	2.22	1.44	0.08	6.60	2.62	0.47	0.00	0.36	105.91	75.65	0.00	0.02	11.82	2.02	0.02	0.02	0.07	0.03	0.00	11.53	17.29	0.20
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M50543 FRUIT: BANANA (100-120ct) Whl

5.00 @ 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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M52811 FRUIT: CRAISINS, SS STRAWBERRY 1.16OZ

5.00 @ 1 each	110.00	0.00	0.00	0.00	0.00	0.00	28.00	0.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50982 JUICE SS, ORANGE 100% 4 FLOZ

5.00 @ 1 each	51.44	0.00	0.00	15.43	0.00	0.00	12.35	1.03	0.00	0.00	-*	0.00	-*	-*	-*	43.21	-*	-*	-*	-*	-*	0.00	-*	0.00
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M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50

2.00 @ 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

5.00 @ 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

5.00 @ 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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 4

Avg.Method: Weighted (USDA Default)

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
M50624 COND PC Drsg Ranch 12g																								
5.00 @ 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
M67122 ENT: PASTA, MAC&CHZ SWT & SPCY SS WG 2.0 (1.25BG) FUEL 11/18																								
24.00 @ 1 Spoodle 6 FLOZ	361.46	11.15	27.76	669.83	18.68	46.50	32.52	17.72	53.41	4.14	216.09*	636.10*	0.37*	0.18*	0.81*	3.25*	0.00*	0.00*	0.06*	0.01*	0.00*	403.81	2.09*	2.13
M51831 BRD: BRDSTK DG, RIPSTK 1EA (1BG)																								
24.00 @ 1 each	80.00	0.00	0.00	95.00	1.00	11.25	15.00	3.00	0.00	2.00	-*	0.09	-*	-*	-*	0.00	-*	-*	-*	-*	-*	7.27	-*	0.71
Average	15283.32	308.31	18.16	25649.29	617.45	36.36	1812.49	679.13	1714.44	200.83	8802.24*	41365.57*	8.88*	6.71*	321.54*	409.19*	.56*	.82*	7.62*	2.72*	0*	13015.26	384.65*	82.86

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