



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-8 **Period:** Breakfast **Week:** 3 **Day:** Monday **Count Type:** Forecasted **Total No. of Customers:** 20

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
400.00-500.00			540.00																					

M54469 BRD: DONUT HOLES, SUGAR POWDERED WG 6EA (2BG)

15.00 @ 6 each	298.36	7.00	21.11	300.07	16.00	48.26	34.71	4.00	0.00	2.00	0.09*	11.48	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	13.83	0.00*	0.80
----------------	--------	------	-------	--------	-------	-------	-------	------	------	------	-------	-------	-------	-------	-------	------	-------	-------	-------	-------	-------	-------	-------	------

M51320 CEREAL BWL, Rice Krispies WG

3.00 @ 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
---------------	--------	------	------	--------	------	------	-------	------	------	------	----	---------	----	----	----	-------	----	----	----	----	----	------	----	------

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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M50442 CEREAL BWL, Cocoa Puffs RS WG

3.00 @ 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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M50524 CEREAL BWL, Lucky Charms WG

4.00 @ 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
---------------	--------	------	------	--------	------	------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M50525 CEREAL BWL, Trix RS WG

3.00 @ 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
---------------	--------	------	------	--------	------	------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	-------	----	------

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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M52724 BRD: BAR, Cereal CinnTst WG IW

3.00 @ 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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	--------	----	------

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
-----------------	--------	------	------	--------	------	-------	-------	------	-------	------	----	--------	----	----	----	------	----	----	----	----	----	-------	----	------

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
-----------------	--------	------	------	--------	------	-------	-------	------	-------	------	--------	--------	----	----	----	------	----	----	----	----	----	-------	----	------

M51848 BRD: POPTARTS, Straw 1.76oz WG

3.00 @ 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
------------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M51849 BRD: POPTARTS, Cinn 1.76oz WG

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

3.00 @ 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
M51684 BRD: POPTARTS, Fudge 1.76oz WG																								
3.00 @ 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																								
3.00 @ 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
M51237 BRD: BREAD WG, Tst Marg 1sl																								
4.00 @ 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
M66601 FRUIT: PEARS 135CT WHOLE 1/2C																								
4.00 @ 1 each	77.53	0.03	0.35	1.36	0.19	2.21	20.71	0.49	0.00	4.22	157.77	34.00	0.00	0.16	5.98	5.85	0.02	0.04	0.22	0.04	0.00	12.24	16.32	0.24
M52268 FRUIT: PEACHES Dice w/Jc 1/2c																								
3.00 @ 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
M50980 JUICE SS, Frt Bld 100% 4oz Crt																								
12.00 @ 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																								
6.00 @ 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																								
15.00 @ 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																								
10.00 @ 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																								
10.00 @ 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																								
10.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50058 COND PC Syrup 1.4oz Smuckers																								
10.00 @ 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
M54300 BRD: DONUT, GLAZE PUMPKIN SPICE WG																								
24.00 @ 1 each	335.70	7.01	18.78	300.38	16.01	42.92	44.30	5.01	0.00	2.91	1.15*	10.05	0.00*	0.00*	0.06*	0.01	0.00*	0.00*	0.00*	0.00*	0.00*	16.02	0.16*	0.72
Average	1208.25	16.6	12.37	1177.83	40.42	30.11	189.22	23.31	21.75	10.49	147.73*	1593.27	0*	.04*	1.26*	10.66	0*	.01*	.05*	.01*	0*	568.06	3.46*	7.42

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 6-8 **Period:** Lunch **Week:** 3 **Day:** Monday **Count Type:** Forecasted **Total No. of Customers:** 298

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
600.00-700.00			1360.00																					

M66183 SDW FB, CHIXDCD RCH CLUB WG 2.0

72.00 @ 1 each	399.23	6.24	14.06	767.39	19.17	43.21	31.52	22.28	45.93	3.47	6.47*	180.51	0.00*	0.00*	0.34*	3.97	0.00*	0.00*	0.01*	0.01*	0.00*	265.16	1.33*	2.31
----------------	--------	------	-------	--------	-------	-------	-------	-------	-------	------	-------	--------	-------	-------	-------	------	-------	-------	-------	-------	-------	--------	-------	------

M52184 SALAD, CHam Tky Cobb SCW2.25

2.00 @ 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
---------------	--------	------	-------	--------	-------	-------	------	-------	--------	------	---------	---------	-------	-------	--------	------	-------	-------	-------	-------	-------	--------	--------	------

M51680 BRD: ROLL DG, WG 2.5oz

2.00 @ 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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	-------	----	------

M53453 SUB AP, Tky AM WG 2.0

2.00 @ 1 sandwich	314.93	5.14	14.70	988.69	11.64	33.27	33.54	22.85	56.25	3.94	137.21*	2905.42	0.00*	0.19*	31.30*	5.02	0.03*	0.02*	0.26*	0.04*	0.00*	227.19	15.31*	2.24
-------------------	--------	------	-------	--------	-------	-------	-------	-------	-------	------	---------	---------	-------	-------	--------	------	-------	-------	-------	-------	-------	--------	--------	------

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
-------------------	--------	------	------	--------	-------	-------	-------	-------	------	------	---------	------	-------	----	----	------	----	----	----	----	----	-------	----	------

M53347 SDW BD, SB WG 2.0

1.00 @ 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
-------------------	--------	------	------	--------	-------	-------	-------	-------	------	------	---------	------	-------	----	----	------	----	----	----	----	----	-------	----	------

M51578 PIZZA 16" CHZ WG 2.0

32.00 @ 1/8 cut	351.26	7.50	19.22	810.03	15.50	39.72	30.87	19.38	30.00	3.25	-*	403.18	-*	-*	-*	0.90	-*	-*	-*	-*	-*	419.72	-*	1.13
-----------------	--------	------	-------	--------	-------	-------	-------	-------	-------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M53000 PIZZA 16" Pepperoni WG 2.0

32.00 @ 1/8 cut	388.75	9.00	20.84	937.53	19.00	43.99	31.12	20.88	37.50	3.25	-*	403.18	-*	-*	-*	0.90	-*	-*	-*	-*	-*	419.72	-*	1.22
-----------------	--------	------	-------	--------	-------	-------	-------	-------	-------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M52963 CHIX Popcorn, AP WG 2.0

33.00 @ 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
-------------------	--------	------	------	--------	-------	-------	-------	-------	-------	------	----	--------	----	----	----	------	----	----	----	----	----	-------	----	------

M51680 BRD: ROLL DG, WG 2.5oz

33.00 @ 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
----------------	--------	------	------	--------	------	-------	-------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	-------	----	------

M51417 BURG, Beef AP WG 2.0

5.00 @ 1 each	240.00	2.00	7.50	345.00	7.00	26.25	29.00	16.00	25.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	60.00	-*	2.88
---------------	--------	------	------	--------	------	-------	-------	-------	-------	------	----	------	----	----	----	------	----	----	----	----	----	-------	----	------

M50821 BURG, Beef AM AP WG 2.25

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

65.00 @ 1 each	285.00	4.25	13.42	545.00	10.50	33.16	29.50	18.50	37.50	2.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	135.00	-*	2.88
M53770 SDW BN, CHIXPTY PLN WG/WG2.0 MWWW																								
23.00 @ 1 sandwich	339.76	1.50	3.97	589.66	10.99	29.11	35.99	23.98	44.95	5.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	2.52
M52952 SDW BN, CHIXPTY BRD SPCY WG/WG 2.0 MWWW																								
23.00 @ 1 sandwich	339.86	2.00	5.29	629.77	11.99	31.76	35.99	23.99	44.97	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	2.88
M54308 STICKS, CRISPITO CHIXCHILI AP WG 2.0 (2EA)																								
70.00 @ 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																								
70.00 @ 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
M54555 NACHOS BFGD RND SC 2.0 (2BG)																								
24.00 @ 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
M54723 VEG: CARROTS, FRESH RSTD 1/2C																								
6.00 @ 1/2 cup	66.88	0.29	3.88	76.91	2.49	33.50	10.96	1.02	0.00	4.00	312.88	22581.67	0.00	1.37*	18.33*	4.77	0.09*	0.06*	0.86*	0.20*	0.00*	40.22	39.93*	0.46
M50350 VEG: CUCUMBER, Fresh Slice1/2c																								
52.00 @ 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
M51297 VEG: SALAD, Side GardChop 1c																								
27.00 @ 1 cup	16.35	0.03	1.45	12.76	0.18	9.94	3.56	0.83	0.00	1.42	182.84	5064.79	0.00	0.18	45.89	9.01	0.05	0.04	0.32	0.07	0.00	22.30	22.02	0.52
M53419 VEG: POTATO, FF CTINAGEN7 1/2C																								
107.00 @ 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
M52217 FRUIT: APPLE, 138ct Whole 1c																								
96.00 @ 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
M50722 FRUIT: RAISINS, SS BOX																								
54.00 @ 1 each	127.15	0.02	0.17	4.68	0.20	1.38	33.67	1.31	0.00	1.57	318.51	0.00	0.00	0.05	1.49	0.98	0.05	0.05	0.33	0.07	0.00	21.26	42.95	0.80
M50979 JUICE SS, Apple 100% 4oz Cart																								
128.00 @ 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
M51645 DESRT: COOKIE Carnival 1.0ozWG																								
130.00 @ 1 cookie	110.00	1.00	8.18	85.00	3.50	28.64	18.00	1.00	5.00	1.00	48.00	-*	-*	-*	-*	-*	-*	-*	-*	-*	-*	5.00	-*	1.00

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

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

29.00 @ 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

154.00 @ 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

150.00 @ 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

100.00 @ 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

100.00 @ 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
-----------------	------	------	---	-------	------	---	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M53222 COND PC Margarine 5g

100.00 @ 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
-----------------	-------	------	-------	-------	------	-------	------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	------	----	------

M50624 COND PC Drsg Ranch 12g

200.00 @ 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
-----------------	-------	------	------	--------	------	-------	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M50623 COND PC Drsg Italian 12g

20.00 @ 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
----------------	-------	------	------	--------	------	-------	------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	------	----	------

M53116 COND PC Drsg Honey Mustard 12g

100.00 @ 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
-----------------	-------	------	------	-------	------	------	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M50056 COND PC Sauce, Taco 9g

100.00 @ 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
-----------------	------	------	------	-------	------	------	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M50287 COND PC Sauce, BBQ 12g

200.00 @ 1 each	15.00	0.00	0.00	160.00	0.00	0.00	4.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.60	-*	-*	-*	-*	-*	0.00	-*	0.00
-----------------	-------	------	------	--------	------	------	------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	------	----	------

M50063 COND_Sauce, Buffalo Wing AP

10.00 @ 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
-------------------------	------	------	------	--------	------	-------	------	------	------	------	-------	------	----	----	----	------	----	----	----	----	----	------	----	------

M51445 VEG GARN: Rom Leaf/Tom Sl

28.00 @ 1 serving	4.96	0.01	1.72	1.84	0.07	12.86	1.02	0.30	0.00	0.47	68.61	1352.71	0.00	0.09	15.65	2.51	0.02	0.01	0.13	0.02	0.00	6.10	7.65	0.18
-------------------	------	------	------	------	------	-------	------	------	------	------	-------	---------	------	------	-------	------	------	------	------	------	------	------	------	------

M50412 COND_Pickle, Dill Slice 3ea

28.00 @ 3 slice	2.43	0.01	4.72	243.11	0.07	25.17	0.36	0.10	0.00	0.21	-*	0.00	-*	-*	-*	0.32	-*	-*	-*	-*	-*	12.97	-*	0.08
-----------------	------	------	------	--------	------	-------	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	-------	----	------

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

M67121 ENT: PASTA, MAC&CHZ FIERY CHEETO SS WG 2.0 (1BG) FUEL 11/18

60.00 @ 1 Spoodle
6 FLOZ

368.49	12.59	30.76	726.29	20.70	50.55	28.28	18.44	59.98	2.84	174.21*	375.79	0.00*	0.03*	0.36*	0.05	0.00*	0.00*	0.03*	0.00*	0.00*	462.41	4.47*	1.82
--------	-------	-------	--------	-------	-------	-------	-------	-------	------	---------	--------	-------	-------	-------	------	-------	-------	-------	-------	-------	--------	-------	------

M51831 BRD: BRDSTK DG, RIPSTK 1EA (1BG)

60.00 @ 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

961.32	12.61	11.81	1712.19	40.34	37.77	107.29	40.13	81.78	8.85	356.38*	2285.9*	.07*	.15*	9.91*	7.33*	.03*	.04*	.41*	.07*	.1*	565.2	28.92*	4.76
--------	-------	-------	---------	-------	-------	--------	-------	-------	------	---------	---------	------	------	-------	-------	------	------	------	------	-----	-------	--------	------

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-8 **Period:** Breakfast **Week:** 3 **Day:** Tuesday **Count Type:** Forecasted **Total No. of Customers:** 17

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
400.00-500.00			540.00																					

M52925 PIZZA AP Tony Bkfst T.Ssg 1.0

19.00 @ 1 each	210.00	2.00	8.57	480.01	7.00	30.00	26.00	9.00	15.00	2.00	240.00	200.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
----------------	--------	------	------	--------	------	-------	-------	------	-------	------	--------	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M51320 CEREAL BWL, Rice Krispies WG

3.00 @ 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
---------------	--------	------	------	--------	------	------	-------	------	------	------	----	---------	----	----	----	-------	----	----	----	----	----	------	----	------

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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M50442 CEREAL BWL, Cocoa Puffs RS WG

3.00 @ 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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M50524 CEREAL BWL, Lucky Charms WG

3.00 @ 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
---------------	--------	------	------	--------	------	------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M50525 CEREAL BWL, Trix RS WG

3.00 @ 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
---------------	--------	------	------	--------	------	------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	-------	----	------

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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M52724 BRD: BAR, Cereal CinnTst WG IW

3.00 @ 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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	--------	----	------

M51267 BRD: MUF AP, BLUEBRY 2OZ IW WG (1BG)

7.00 @ 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
-----------------	--------	------	------	--------	------	-------	-------	------	-------	------	----	--------	----	----	----	------	----	----	----	----	----	-------	----	------

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

7.00 @ 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
-----------------	--------	------	------	--------	------	-------	-------	------	-------	------	--------	--------	----	----	----	------	----	----	----	----	----	-------	----	------

M51848 BRD: POPTARTS, Straw 1.76oz WG

3.00 @ 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
------------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M51849 BRD: POPTARTS, Cinn 1.76oz WG

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

3.00 @ 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
M51684 BRD: POPTARTS, Fudge 1.76oz WG																								
3.00 @ 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																								
3.00 @ 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
M51237 BRD: BREAD WG, Tst Marg 1sl																								
4.00 @ 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
M51113 FRUIT: ORANGE 138ct Whole 1/2c																								
4.00 @ 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
M50178 FRUIT: PINEAPPLE Tbsts w/Jc1/2c																								
4.00 @ 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
M50979 JUICE SS, Apple 100% 4oz Cart																								
14.00 @ 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																								
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																								
15.00 @ 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																								
10.00 @ 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																								
10.00 @ 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																								
10.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50058 COND PC Syrup 1.4oz Smuckers																								
10.00 @ 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	1007.2	6.56	5.86	1280.9	21.28	19.01	173.04	28.16	60.59	9.56	489.81*	2052.97*	0*	.04*	0*	23.11	.02*	.01*	.07*	.01*	0*	746.33	3.29*	9.29

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 6-8 **Period:** Lunch **Week:** 3 **Day:** Tuesday **Count Type:** Forecasted **Total No. of Customers:** 306

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
600.00-700.00		10.00	1360.00																					

M68050 ENT: BOWL, RICE BFGD BN CH SC WG 2.0

24.00 @ 1 bowl	377.77	3.38	8.05	663.68	8.18	19.48	57.36	16.93	30.09	5.79	454.21*	1214.32*	2.00*	0.30*	10.05*	5.25*	0.03*	0.06*	1.57*	0.14*	0.64*	120.90	65.37*	3.16
----------------	--------	------	------	--------	------	-------	-------	-------	-------	------	---------	----------	-------	-------	--------	-------	-------	-------	-------	-------	-------	--------	--------	------

M50831 SALAD, Egg Chef SC W 2.0

2.00 @ 1 each	143.23	3.90	24.48	172.10	8.90	55.93	4.35	10.19	196.25	1.26	146.57*	5383.02	0.00*	0.12*	43.60*	7.46	0.04*	0.04*	0.25*	0.06*	0.00*	141.60	17.48*	1.26
---------------	--------	------	-------	--------	------	-------	------	-------	--------	------	---------	---------	-------	-------	--------	------	-------	-------	-------	-------	-------	--------	--------	------

M51680 BRD: ROLL DG, WG 2.5oz

2.00 @ 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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	-------	----	------

M66741 WRAP 10", CHIXDCD BUFF WG 2.0

2.00 @ 1 each	366.92	4.43	10.87	647.39	16.59	40.70	32.55	19.97	52.30	3.99	147.87*	2755.45	0.00*	0.19*	31.30*	5.02	0.03*	0.02*	0.26*	0.04*	0.00*	133.31	15.31*	2.38
---------------	--------	------	-------	--------	-------	-------	-------	-------	-------	------	---------	---------	-------	-------	--------	------	-------	-------	-------	-------	-------	--------	--------	------

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
-------------------	--------	------	------	--------	-------	-------	-------	-------	------	------	---------	------	-------	----	----	------	----	----	----	----	----	-------	----	------

M53347 SDW BD, SB WG 2.0

1.00 @ 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
-------------------	--------	------	------	--------	-------	-------	-------	-------	------	------	---------	------	-------	----	----	------	----	----	----	----	----	-------	----	------

M51578 PIZZA 16" CHZ WG 2.0

32.00 @ 1/8 cut	351.26	7.50	19.22	810.03	15.50	39.72	30.87	19.38	30.00	3.25	-*	403.18	-*	-*	-*	0.90	-*	-*	-*	-*	-*	419.72	-*	1.13
-----------------	--------	------	-------	--------	-------	-------	-------	-------	-------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M67756 PIZZA 16" CHIXPOP PARM WG 2.0

32.00 @ 1/8 cut	393.00	6.26	14.33	851.16	17.14	39.26	36.47	21.22	29.07	4.61	6.25*	303.50	-*	-*	-*	0.90	-*	-*	-*	-*	-*	313.34	-*	1.96
-----------------	--------	------	-------	--------	-------	-------	-------	-------	-------	------	-------	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M52587 CHIX TENDER, GLDN CRISPY (3) WG 2.0 MWWW

33.00 @ 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
----------------	--------	------	------	--------	-------	-------	-------	-------	-------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M51680 BRD: ROLL DG, WG 2.5oz

33.00 @ 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
----------------	--------	------	------	--------	------	-------	-------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	-------	----	------

M51417 BURG, Beef AP WG 2.0

5.00 @ 1 each	240.00	2.00	7.50	345.00	7.00	26.25	29.00	16.00	25.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	60.00	-*	2.88
---------------	--------	------	------	--------	------	-------	-------	-------	-------	------	----	------	----	----	----	------	----	----	----	----	----	-------	----	------

M50821 BURG, Beef AM AP WG 2.25

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

65.00 @ 1 each	285.00	4.25	13.42	545.00	10.50	33.16	29.50	18.50	37.50	2.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	135.00	-*	2.88
M53770 SDW BN, CHIXPTY PLN WG/WG2.0 MWWW																								
23.00 @ 1 sandwich	339.76	1.50	3.97	589.66	10.99	29.11	35.99	23.98	44.95	5.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	2.52
M52952 SDW BN, CHIXPTY BRD SPCY WG/WG 2.0 MWWW																								
23.00 @ 1 sandwich	339.86	2.00	5.29	629.77	11.99	31.76	35.99	23.99	44.97	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	2.88
M55774 STICKS, MAX SNAX PIZZA W/MARINARA AP WG 2.0																								
36.00 @ 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
M67963 VEG: BEANS, PINTO KICKIN' 1/2C																								
23.00 @ 1/2 cup	115.67	0.25	1.93	196.23	0.82	6.35	19.75	7.03	0.83	5.88	331.57*	75.43*	3.10*	0.00*	0.00*	1.28*	0.00*	0.00*	0.00*	0.00*	0.00*	65.32	0.00*	1.81
M52357 VEG: SALAD, ColeslawCIRnch1/2c																								
12.00 @ 1/2 cup	89.72	1.01	10.13	207.78	6.70	67.18	4.50	0.83	6.67	1.28	32.46*	47.14	0.00*	0.03*	3.44*	0.52	0.00*	0.01*	0.04*	0.01*	0.00*	19.40	3.32*	0.07
M51731 VEG: POTATO SWT, FF CRINKLE 1/2C																								
8.00 @ 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
M66601 FRUIT: PEARS 135CT WHOLE 1/2C																								
44.00 @ 1 each	77.53	0.03	0.35	1.36	0.19	2.21	20.71	0.49	0.00	4.22	157.77	34.00	0.00	0.16	5.98	5.85	0.02	0.04	0.22	0.04	0.00	12.24	16.32	0.24
M52268 FRUIT: PEACHES Dice w/Jc 1/2c																								
81.00 @ 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
M53365 JUICE SS, Grape100% 4oz Cart																								
135.00 @ 1 each	80.00	0.00	0.00	15.00	0.00	0.00	18.00	1.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50																								
56.00 @ 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																								
226.00 @ 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																								
200.00 @ 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																								
100.00 @ 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

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

M50284 COND PC Mustard 6g

100.00 @ 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

100.00 @ 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

200.00 @ 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

10.00 @ 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

100.00 @ 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

100.00 @ 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

200.00 @ 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
-----------------	-------	------	------	--------	------	------	------	------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	------	----	------

M50063 COND_Sauce, Buffalo Wing AP

10.00 @ 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
-------------------------	------	------	------	--------	------	-------	------	------	------	------	-------	------	----	----	----	------	----	----	----	----	----	------	----	------

M51445 VEG GARN: Rom Leaf/Tom Sl

24.00 @ 1 serving	4.96	0.01	1.72	1.84	0.07	12.86	1.02	0.30	0.00	0.47	68.61	1352.71	0.00	0.09	15.65	2.51	0.02	0.01	0.13	0.02	0.00	6.10	7.65	0.18
-------------------	------	------	------	------	------	-------	------	------	------	------	-------	---------	------	------	-------	------	------	------	------	------	------	------	------	------

M50412 COND_Pickle, Dill Slice 3ea

24.00 @ 3 slice	2.43	0.01	4.72	243.11	0.07	25.17	0.36	0.10	0.00	0.21	-*	0.00	-*	-*	-*	0.32	-*	-*	-*	-*	-*	12.97	-*	0.08
-----------------	------	------	------	--------	------	-------	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	-------	----	------

M67121 ENT: PASTA, MAC&CHZ FIERY CHEETO SS WG 2.0 (1BG) FUEL 11/18

100.00 @ 1 Spoodle 6 FLOZ	368.49	12.59	30.76	726.29	20.70	50.55	28.28	18.44	59.98	2.84	174.21*	375.79	0.00*	0.03*	0.36*	0.05	0.00*	0.00*	0.03*	0.00*	0.00*	462.41	4.47*	1.82
------------------------------	--------	-------	-------	--------	-------	-------	-------	-------	-------	------	---------	--------	-------	-------	-------	------	-------	-------	-------	-------	-------	--------	-------	------

M51831 BRD: BRDSTK DG, RIPSTK 1EA (1BG)

100.00 @ 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	739.63	8.93	10.87	1398.5	26.46	32.2	89.09	34.53	61.67	6.27	208.61*	1400.22*	.39*	.07*	3.62*	5.14*	.01*	.01*	.18*	.02*	.05*	619.27	9.88*	3.33
----------------	--------	------	-------	--------	-------	------	-------	-------	-------	------	---------	----------	------	------	-------	-------	------	------	------	------	------	--------	-------	------

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-8 **Period:** Breakfast **Week:** 3 **Day:** Wednesday **Count Type:** Forecasted **Total No. of Customers:** 15

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
400.00-500.00		10.00	540.00																					

M55592 BRD: FR TST STK, AP WG 4EA (2.25BG)

20.00 @ 4 stick	260.01	2.00	6.92	300.01	10.00	34.62	38.00	6.00	0.00	3.00	-*	22.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	34.00	-*	1.82
-----------------	--------	------	------	--------	-------	-------	-------	------	------	------	----	-------	----	----	----	------	----	----	----	----	----	-------	----	------

M51320 CEREAL BWL, Rice Krispies WG

3.00 @ 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
---------------	--------	------	------	--------	------	------	-------	------	------	------	----	---------	----	----	----	-------	----	----	----	----	----	------	----	------

M50208 CEREAL BWL, CINN TST CRUNCH RS WG

4.00 @ 1 bowl	110.00	0.50	4.09	160.00	3.00	24.54	22.00	1.00	0.00	3.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	200.01	-*	3.60
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M50442 CEREAL BWL, Cocoa Puffs RS WG

3.00 @ 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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M50524 CEREAL BWL, Lucky Charms WG

3.00 @ 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
---------------	--------	------	------	--------	------	------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M50525 CEREAL BWL, Trix RS WG

3.00 @ 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
---------------	--------	------	------	--------	------	------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	-------	----	------

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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M52724 BRD: BAR, Cereal CinnTst WG IW

3.00 @ 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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	--------	----	------

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
-----------------	--------	------	------	--------	------	-------	-------	------	-------	------	----	--------	----	----	----	------	----	----	----	----	----	-------	----	------

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
-----------------	--------	------	------	--------	------	-------	-------	------	-------	------	--------	--------	----	----	----	------	----	----	----	----	----	-------	----	------

M51848 BRD: POPTARTS, Straw 1.76oz WG

3.00 @ 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
------------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M51849 BRD: POPTARTS, Cinn 1.76oz WG

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

9.00 @ 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
M51684 BRD: POPTARTS, Fudge 1.76oz WG																								
9.00 @ 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																								
4.00 @ 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
M51237 BRD: BREAD WG, Tst Marg 1sl																								
4.00 @ 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
M66342 YOGURT, PARFAIT BLUEBERRY 1.0																								
2.00 @ 1 serving	139.77	0.61	3.90	66.72	1.75	11.28	27.13	4.00	5.00	1.22	183.86	516.81	80.06*	0.17*	5.86*	0.89	0.01*	0.01*	0.19*	0.02*	0.00*	102.93	3.93*	0.16
M50429 FRUIT: CANTALOUPE, Fresh 1/2c																								
6.00 @ 1/2 cup	25.70	0.04	1.35	12.10	0.14	5.03	6.17	0.63	0.00	0.68	201.84	2556.59	0.00	0.04	1.89	27.74	0.03	0.01	0.55	0.05	0.00	6.80	11.34	0.16
M53549 FRUIT: APPLESAUCE,Unswt AP1/2c																								
6.00 @ 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
M53365 JUICE SS, Grape100% 4oz Cart																								
15.00 @ 1 each	80.00	0.00	0.00	15.00	0.00	0.00	18.00	1.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50																								
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																								
10.00 @ 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																								
10.00 @ 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																								
10.00 @ 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																								
10.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50058 COND PC Syrup 1.4oz Smuckers																								
20.00 @ 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	1357.39	7.68	5.1	1332.33	28.61	18.97	249.91	27.92	28.67	13.95	141.6*	3354.29	10.67*	.04*	1.54*	20.1	.01*	.01*	.25*	.02*	0*	756.47	5.06*	11.75

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 6-8 **Period:** Lunch **Week:** 3 **Day:** Wednesday **Count Type:** Forecasted **Total No. of Customers:** 318

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
600.00-700.00			1360.00																					

M51935 CHIX FLT, BREAST BRD WG 2.0 MWWW

136.00 @ 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
-----------------	--------	------	------	--------	------	-------	------	-------	-------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M55690 BRD: WAFFLE, AP WG 1EA (1BG)

136.00 @ 1 each	90.00	0.00	0.00	160.00	3.00	30.00	14.00	2.00	0.00	1.00	65.00	300.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	60.00	-*	1.80
-----------------	-------	------	------	--------	------	-------	-------	------	------	------	-------	--------	----	----	----	------	----	----	----	----	----	-------	----	------

M50058 COND PC Syrup 1.4oz Smuckers

136.00 @ 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
-----------------	--------	------	------	-------	------	------	-------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M67923 SALAD, VEG BAJA AP 2.25

2.00 @ 1 each	229.73	6.21	24.34	270.02	9.86	38.64	24.60	13.12	30.51	5.66	343.92*	1868.24*	1.91*	0.15*	1.80*	13.41*	0.04*	0.03*	0.80*	0.08*	0.00*	264.94	32.39*	1.94
---------------	--------	------	-------	--------	------	-------	-------	-------	-------	------	---------	----------	-------	-------	-------	--------	-------	-------	-------	-------	-------	--------	--------	------

M54540 BRD: TORTILLA, CHIP RND WG 2BG

2.00 @ 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
------------------	--------	------	------	--------	------	-------	-------	------	------	------	------	------	------	----	----	------	----	----	----	----	----	-------	----	------

M53318 SUB AP, CHam AM WG 2.0

2.00 @ 1 each	279.93	5.27	16.94	838.69	11.39	36.63	32.04	15.60	45.00	3.94	137.21*	2905.42	0.00*	0.19*	31.30*	5.02	0.03*	0.02*	0.26*	0.04*	0.00*	202.19	15.31*	1.97
---------------	--------	------	-------	--------	-------	-------	-------	-------	-------	------	---------	---------	-------	-------	--------	------	-------	-------	-------	-------	-------	--------	--------	------

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
-------------------	--------	------	------	--------	-------	-------	-------	-------	------	------	---------	------	-------	----	----	------	----	----	----	----	----	-------	----	------

M53347 SDW BD, SB WG 2.0

1.00 @ 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
-------------------	--------	------	------	--------	-------	-------	-------	-------	------	------	---------	------	-------	----	----	------	----	----	----	----	----	-------	----	------

M51578 PIZZA 16" CHZ WG 2.0

24.00 @ 1/8 cut	351.26	7.50	19.22	810.03	15.50	39.72	30.87	19.38	30.00	3.25	-*	403.18	-*	-*	-*	0.90	-*	-*	-*	-*	-*	419.72	-*	1.13
-----------------	--------	------	-------	--------	-------	-------	-------	-------	-------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M53000 PIZZA 16" Pepperoni WG 2.0

24.00 @ 1/8 cut	388.75	9.00	20.84	937.53	19.00	43.99	31.12	20.88	37.50	3.25	-*	403.18	-*	-*	-*	0.90	-*	-*	-*	-*	-*	419.72	-*	1.22
-----------------	--------	------	-------	--------	-------	-------	-------	-------	-------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M51753 CHIX Popcorn, AP Spicy WG 2.0

33.00 @ 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

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

33.00 @ 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
M51417 BURG, Beef AP WG 2.0																								
5.00 @ 1 each	240.00	2.00	7.50	345.00	7.00	26.25	29.00	16.00	25.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	60.00	-*	2.88
M50821 BURG, Beef AM AP WG 2.25																								
65.00 @ 1 each	285.00	4.25	13.42	545.00	10.50	33.16	29.50	18.50	37.50	2.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	135.00	-*	2.88
M53770 SDW BN, CHIXPTY PLN WG/WG2.0 MWWW																								
23.00 @ 1 sandwich	339.76	1.50	3.97	589.66	10.99	29.11	35.99	23.98	44.95	5.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	2.52
M52952 SDW BN, CHIXPTY BRD SPCY WG/WG 2.0 MWWW																								
23.00 @ 1 sandwich	339.86	2.00	5.29	629.77	11.99	31.76	35.99	23.99	44.97	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	2.88
M54308 STICKS, CRISPITO CHIXCHILI AP WG 2.0 (2EA)																								
36.00 @ 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																								
36.00 @ 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
M54561 NACHOS CHIXDCD RND 2.0 (2BG)																								
24.00 @ 1 each	405.80	6.98	15.47	693.54	19.57	43.41	36.86	18.74	51.66	3.38	10.37*	131.17	0.00*	0.07*	0.19*	1.20	0.00*	0.00*	0.03*	0.01*	0.00*	202.33	2.69*	1.45
M53421 VEG: POTATO, TATER BITES 1/2 C																								
144.00 @ 1/2 cup	135.55	1.69	11.25	279.56	6.78	45.00	16.10	1.69	0.00	1.69	271.09	0.00	-*	-*	-*	2.03	-*	-*	-*	-*	-*	0.00	-*	0.61
M52770 VEG: CELERY, Sticks 1/2c																								
10.00 @ 1/2 cup	9.92	0.03	2.36	49.61	0.11	9.56	1.84	0.43	0.00	0.99	161.23	278.43	0.00	0.17	18.17	1.92	0.01	0.04	0.20	0.05	0.00	24.80	14.88	0.12
M51297 VEG: SALAD, Side GardChop 1c																								
12.00 @ 1 cup	16.35	0.03	1.45	12.76	0.18	9.94	3.56	0.83	0.00	1.42	182.84	5064.79	0.00	0.18	45.89	9.01	0.05	0.04	0.32	0.07	0.00	22.30	22.02	0.52
M53419 VEG: POTATO, FF CTINAGEN7 1/2C																								
104.00 @ 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
M50529 FRUIT: GRAPES, Fresh 1/2c																								
80.00 @ 1/2 cup	56.80	0.10	1.53	1.70	0.30	4.70	14.54	0.53	0.00	0.76	161.94	84.78	0.00	0.16	12.38	3.39	0.08	0.05	0.25	0.09	0.00	11.87	8.48	0.25
M51110 FRUIT: ORANGE Mand w/Jc 1/2c																								
92.00 @ 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

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

M50979 JUICE SS, Apple 100% 4oz Cart

120.00 @ 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

41.00 @ 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

108.00 @ 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

200.00 @ 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

100.00 @ 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

100.00 @ 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
-----------------	------	------	---	-------	------	---	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M53222 COND PC Margarine 5g

100.00 @ 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
-----------------	-------	------	-------	-------	------	-------	------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	------	----	------

M50624 COND PC Drsg Ranch 12g

200.00 @ 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
-----------------	-------	------	------	--------	------	-------	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M50623 COND PC Drsg Italian 12g

20.00 @ 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
----------------	-------	------	------	--------	------	-------	------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	------	----	------

M53116 COND PC Drsg Honey Mustard 12g

100.00 @ 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
-----------------	-------	------	------	-------	------	------	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M50056 COND PC Sauce, Taco 9g

100.00 @ 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
-----------------	------	------	------	-------	------	------	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M50287 COND PC Sauce, BBQ 12g

200.00 @ 1 each	15.00	0.00	0.00	160.00	0.00	0.00	4.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.60	-*	-*	-*	-*	-*	0.00	-*	0.00
-----------------	-------	------	------	--------	------	------	------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	------	----	------

M50063 COND_Sauce, Buffalo Wing AP

10.00 @ 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
-------------------------	------	------	------	--------	------	-------	------	------	------	------	-------	------	----	----	----	------	----	----	----	----	----	------	----	------

M51445 VEG GARN: Rom Leaf/Tom Sl

24.00 @ 1 serving	4.96	0.01	1.72	1.84	0.07	12.86	1.02	0.30	0.00	0.47	68.61	1352.71	0.00	0.09	15.65	2.51	0.02	0.01	0.13	0.02	0.00	6.10	7.65	0.18
-------------------	------	------	------	------	------	-------	------	------	------	------	-------	---------	------	------	-------	------	------	------	------	------	------	------	------	------

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

M50412 COND_Pickle, Dill Slice 3ea

24.00 @ 3 slice	2.43	0.01	4.72	243.11	0.07	25.17	0.36	0.10	0.00	0.21	-*	0.00	-*	-*	-*	0.32	-*	-*	-*	-*	-*	12.97	-*	0.08
-----------------	------	------	------	--------	------	-------	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	-------	----	------

M67121 ENT: PASTA, MAC&CHZ FIERY CHEETO SS WG 2.0 (1BG) FUEL 11/18

24.00 @ 1 Spoodle 6 FLOZ	368.49	12.59	30.76	726.29	20.70	50.55	28.28	18.44	59.98	2.84	174.21*	375.79	0.00*	0.03*	0.36*	0.05	0.00*	0.00*	0.03*	0.00*	0.00*	462.41	4.47*	1.82
-----------------------------	--------	-------	-------	--------	-------	-------	-------	-------	-------	------	---------	--------	-------	-------	-------	------	-------	-------	-------	-------	-------	--------	-------	------

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	827.75	8.37	9.1	1453.09	32.84	35.71	97.35	33.98	65.64	7.26	346.75*	1448.41*	.01*	.07*	6.85*	15.6*	.02*	.02*	.1*	.03*	0*	360.16	4.85*	4.17
----------------	--------	------	-----	---------	-------	-------	-------	-------	-------	------	---------	----------	------	------	-------	-------	------	------	-----	------	----	--------	-------	------

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-8 **Period:** Breakfast **Week:** 3 **Day:** Thursday **Count Type:** Forecasted **Total No. of Customers:** 12

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
400.00-500.00		10.00	540.00																					

M53296 MELT BISC, EGGPTY AM WG 1.25 (2BG)

12.00 @ 1 sandwich	315.00	10.75	30.71	720.01	18.50	52.86	28.50	9.50	107.50	2.00	-*	200.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	245.00	-*	1.44
--------------------	--------	-------	-------	--------	-------	-------	-------	------	--------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M51320 CEREAL BWL, Rice Krispies WG

2.00 @ 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
---------------	--------	------	------	--------	------	------	-------	------	------	------	----	---------	----	----	----	-------	----	----	----	----	----	------	----	------

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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M50524 CEREAL BWL, Lucky Charms WG

2.00 @ 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
---------------	--------	------	------	--------	------	------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M50525 CEREAL BWL, Trix RS WG

2.00 @ 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
---------------	--------	------	------	--------	------	------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	-------	----	------

M52725 BRD: BAR, Cereal CocoPuf WG IW

2.00 @ 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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	--------	----	------

M51267 BRD: MUF AP, BLUEBRY 2OZ IW WG (1BG)

7.00 @ 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
-----------------	--------	------	------	--------	------	-------	-------	------	-------	------	----	--------	----	----	----	------	----	----	----	----	----	-------	----	------

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

8.00 @ 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
-----------------	--------	------	------	--------	------	-------	-------	------	-------	------	--------	--------	----	----	----	------	----	----	----	----	----	-------	----	------

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
------------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M51849 BRD: POPTARTS, Cinn 1.76oz WG

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

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
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
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
M51237 BRD: BREAD WG, Tst Marg 1sl																								
4.00 @ 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
M50529 FRUIT: GRAPES, Fresh 1/2c																								
6.00 @ 1 1/2 cup	170.41	0.29	1.53	5.09	0.89	4.70	43.62	1.60	0.00	2.29	485.81	254.35	0.00	0.48	37.14	10.17	0.23	0.14	0.76	0.28	0.00	35.61	25.43	0.74
M52811 FRUIT: CRAISINS, SS STRAWBERRY 1.16OZ																								
2.00 @ 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
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																								
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																								
15.00 @ 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																								
10.00 @ 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																								
10.00 @ 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																								
10.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50058 COND PC Syrup 1.4oz Smuckers																								
10.00 @ 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	1315	16.55	11.33	1625.67	36.1	24.71	215.96	33.98	171.25	11.14	363.35*	2468.91	0*	.24*	18.57*	31.39	.12*	.07*	.38*	.14*	0*	1031.16	12.72*	9.25

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 6-8 **Period:** Lunch **Week:** 3 **Day:** Thursday **Count Type:** Forecasted **Total No. of Customers:** 284

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
600.00-700.00		10.00	1360.00																					

M51114 PASTA, Rotini WG 1c

24.00 @ 1 cup	202.47	0.12	0.55	14.19	2.64	11.75	40.50	7.09	0.00	5.06	298.33	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	0.00*	34.44	0.00*	2.73
---------------	--------	------	------	-------	------	-------	-------	------	------	------	--------	------	-------	-------	-------	------	-------	-------	-------	-------	-------	-------	-------	-------	------

M66194 SAUCE P, TOM SC BEEF SC 2.0

24.00 @ 3/4 cup	182.35	3.34	16.46	58.40	8.99	44.37	8.36	17.19	50.44	1.95	242.18*	514.32	1.13*	0.07*	1.12*	20.18	0.03*	0.11*	3.59*	0.25*	1.59*	29.57	137.22*	2.65
-----------------	--------	------	-------	-------	------	-------	------	-------	-------	------	---------	--------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	---------	------

M51544 SALAD, ChixPop CH SC W 2.0

3.00 @ 1 each	256.64	5.07	17.77	393.81	15.30	53.66	14.81	15.66	31.38	3.71	146.57*	5198.94	0.00*	0.12*	43.60*	7.46	0.04*	0.04*	0.25*	0.06*	0.00*	153.61	17.48*	2.04
---------------	--------	------	-------	--------	-------	-------	-------	-------	-------	------	---------	---------	-------	-------	--------	------	-------	-------	-------	-------	-------	--------	--------	------

M51680 BRD: ROLL DG, WG 2.5oz

3.00 @ 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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	----	-------	----	------

M53268 SDW BD, Tky AM WG 2.0

3.00 @ 1 sandwich	325.00	5.13	14.19	995.00	11.50	31.84	33.50	22.25	56.25	2.00	-*	200.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	-*	175.00	-*	2.61
-------------------	--------	------	-------	--------	-------	-------	-------	-------	-------	------	----	--------	----	----	----	------	----	----	----	----	----	----	--------	----	------

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
-------------------	--------	------	------	--------	-------	-------	-------	-------	------	------	---------	------	-------	----	----	------	----	----	----	----	----	----	-------	----	------

M53347 SDW BD, SB WG 2.0

1.00 @ 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
-------------------	--------	------	------	--------	-------	-------	-------	-------	------	------	---------	------	-------	----	----	------	----	----	----	----	----	----	-------	----	------

M51578 PIZZA 16" CHZ WG 2.0

32.00 @ 1/8 cut	351.26	7.50	19.22	810.03	15.50	39.72	30.87	19.38	30.00	3.25	-*	403.18	-*	-*	-*	0.90	-*	-*	-*	-*	-*	-*	419.72	-*	1.13
-----------------	--------	------	-------	--------	-------	-------	-------	-------	-------	------	----	--------	----	----	----	------	----	----	----	----	----	----	--------	----	------

M67756 PIZZA 16" CHIXPOP PARM WG 2.0

24.00 @ 1/8 cut	393.00	6.26	14.33	851.16	17.14	39.26	36.47	21.22	29.07	4.61	6.25*	303.50	-*	-*	-*	0.90	-*	-*	-*	-*	-*	-*	313.34	-*	1.96
-----------------	--------	------	-------	--------	-------	-------	-------	-------	-------	------	-------	--------	----	----	----	------	----	----	----	----	----	----	--------	----	------

M52587 CHIX TENDER, GLDN CRISPY (3) WG 2.0 MWWW

33.00 @ 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
----------------	--------	------	------	--------	-------	-------	-------	-------	-------	------	----	------	----	----	----	------	----	----	----	----	----	----	------	----	------

M51680 BRD: ROLL DG, WG 2.5oz

33.00 @ 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
----------------	--------	------	------	--------	------	-------	-------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	----	-------	----	------

M51417 BURG, Beef AP WG 2.0

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

5.00 @ 1 each	240.00	2.00	7.50	345.00	7.00	26.25	29.00	16.00	25.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	60.00	-*	2.88
M50821 BURG, Beef AM AP WG 2.25																								
65.00 @ 1 each	285.00	4.25	13.42	545.00	10.50	33.16	29.50	18.50	37.50	2.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	135.00	-*	2.88
M53770 SDW BN, CHIXPTY PLN WG/WG2.0 MWWW																								
23.00 @ 1 sandwich	339.76	1.50	3.97	589.66	10.99	29.11	35.99	23.98	44.95	5.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	2.52
M52952 SDW BN, CHIXPTY BRD SPCY WG/WG 2.0 MWWW																								
23.00 @ 1 sandwich	339.86	2.00	5.29	629.77	11.99	31.76	35.99	23.99	44.97	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	2.88
M55774 STICKS, MAX SNAX PIZZA W/MARINARA AP WG 2.0																								
8.00 @ 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
M54868 VEG: BROCCOLI, FRESH CKD MARG 1/2C																								
10.00 @ 1/2 cup	35.62	1.19	30.01	10.98	3.03	76.46	1.92	0.64	0.00	0.88	79.66	414.69	0.00*	0.39*	37.80*	17.39	0.02*	0.03*	0.15*	0.05*	0.00*	10.72	17.95*	0.18
M51731 VEG: POTATO SWT, FF CRINKLE 1/2C																								
8.00 @ 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
M50823 VEG: TOMATOES, GRAPE 1/2C																								
24.00 @ 1/2 cup	15.52	0.02	1.40	4.31	0.17	10.00	3.35	0.76	0.00	1.03	204.35	718.25	0.00	0.47	6.81	11.81	0.03	0.02	0.51	0.07	0.00	8.62	20.69	0.23
M50429 FRUIT: CANTALOUPE, Fresh 1/2c																								
65.00 @ 1/2 cup	25.70	0.04	1.35	12.10	0.14	5.03	6.17	0.63	0.00	0.68	201.84	2556.59	0.00	0.04	1.89	27.74	0.03	0.01	0.55	0.05	0.00	6.80	11.34	0.16
M50427 FRUIT: FRUIT MIX w/Jc 1/2c																								
93.00 @ 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
M50982 JUICE SS, ORANGE 100% 4 FLOZ																								
126.00 @ 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																								
39.00 @ 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																								
127.00 @ 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																								
200.00 @ 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

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

M50055 COND PC Mayonnaise 12g

100.00 @ 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

100.00 @ 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
-----------------	------	------	---	-------	------	---	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M53222 COND PC Margarine 5g

100.00 @ 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
-----------------	-------	------	-------	-------	------	-------	------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	------	----	------

M50624 COND PC Drsg Ranch 12g

200.00 @ 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
-----------------	-------	------	------	--------	------	-------	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M50623 COND PC Drsg Italian 12g

20.00 @ 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
----------------	-------	------	------	--------	------	-------	------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	------	----	------

M53116 COND PC Drsg Honey Mustard 12g

100.00 @ 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
-----------------	-------	------	------	-------	------	------	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M50056 COND PC Sauce, Taco 9g

100.00 @ 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
-----------------	------	------	------	-------	------	------	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M50287 COND PC Sauce, BBQ 12g

200.00 @ 1 each	15.00	0.00	0.00	160.00	0.00	0.00	4.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.60	-*	-*	-*	-*	-*	0.00	-*	0.00
-----------------	-------	------	------	--------	------	------	------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	------	----	------

M50063 COND_Sauce, Buffalo Wing AP

10.00 @ 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
-------------------------	------	------	------	--------	------	-------	------	------	------	------	-------	------	----	----	----	------	----	----	----	----	----	------	----	------

M51445 VEG GARN: Rom Leaf/Tom SI

24.00 @ 1 serving	4.96	0.01	1.72	1.84	0.07	12.86	1.02	0.30	0.00	0.47	68.61	1352.71	0.00	0.09	15.65	2.51	0.02	0.01	0.13	0.02	0.00	6.10	7.65	0.18
-------------------	------	------	------	------	------	-------	------	------	------	------	-------	---------	------	------	-------	------	------	------	------	------	------	------	------	------

M50412 COND_Pickle, Dill Slice 3ea

24.00 @ 3 slice	2.43	0.01	4.72	243.11	0.07	25.17	0.36	0.10	0.00	0.21	-*	0.00	-*	-*	-*	0.32	-*	-*	-*	-*	-*	12.97	-*	0.08
-----------------	------	------	------	--------	------	-------	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	-------	----	------

M67121 ENT: PASTA, MAC&CHZ FIERY CHEETO SS WG 2.0 (1BG) FUEL 11/18

24.00 @ 1 Spoodle 6 FLOZ	368.49	12.59	30.76	726.29	20.70	50.55	28.28	18.44	59.98	2.84	174.21*	375.79	0.00*	0.03*	0.36*	0.05	0.00*	0.00*	0.03*	0.00*	0.00*	462.41	4.47*	1.82
-----------------------------	--------	-------	-------	--------	-------	-------	-------	-------	-------	------	---------	--------	-------	-------	-------	------	-------	-------	-------	-------	-------	--------	-------	------

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	566.23	5.75	9.14	1075.55	21.5	34.17	66.03	26.39	46.8	4.51	147.49*	1715.8*	.1*	.08*	4.25*	31.45*	.01*	.02*	.49*	.04*	.13*	356.49	17.78*	2.7
----------------	--------	------	------	---------	------	-------	-------	-------	------	------	---------	---------	-----	------	-------	--------	------	------	------	------	------	--------	--------	-----

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-8 **Period:** Breakfast **Week:** 3 **Day:** Friday **Count Type:** Forecasted **Total No. of Customers:** 13

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
400.00-500.00		10.00	540.00																					

M51798 EGG: Scrambled Bacon CH SS 1.0

45.00 @ 1 No 30 Scoop	53.21	1.77	29.89	75.71	3.80	64.31	0.74	4.11	95.35	0.00	0.00*	154.31	-*	-*	-*	0.00	-*	-*	-*	-*	-*	50.30	-*	0.45
-----------------------	-------	------	-------	-------	------	-------	------	------	-------	------	-------	--------	----	----	----	------	----	----	----	----	----	-------	----	------

M51237 BRD: BREAD WG, Tst Marg 1sl

24.00 @ 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
-----------------	--------	------	-------	--------	------	-------	-------	------	------	------	-------	------	----	----	----	------	----	----	----	----	----	------	----	------

M51320 CEREAL BWL, Rice Krispies WG

2.00 @ 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
---------------	--------	------	------	--------	------	------	-------	------	------	------	----	---------	----	----	----	-------	----	----	----	----	----	------	----	------

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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M50524 CEREAL BWL, Lucky Charms WG

3.00 @ 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
---------------	--------	------	------	--------	------	------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M50525 CEREAL BWL, Trix RS WG

2.00 @ 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
---------------	--------	------	------	--------	------	------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	-------	----	------

M52725 BRD: BAR, Cereal CocoPuf WG IW

2.00 @ 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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	--------	----	------

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
-----------------	--------	------	------	--------	------	-------	-------	------	-------	------	----	--------	----	----	----	------	----	----	----	----	----	-------	----	------

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

4.00 @ 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
-----------------	--------	------	------	--------	------	-------	-------	------	-------	------	--------	--------	----	----	----	------	----	----	----	----	----	-------	----	------

M51848 BRD: POPTARTS, Straw 1.76oz WG

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

5.00 @ 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
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
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
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
M51237 BRD: BREAD WG, Tst Marg 1sl																								
4.00 @ 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
M50543 FRUIT: BANANA (100-120ct) Whl																								
2.00 @ 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
M50427 FRUIT: FRUIT MIX w/Jc 1/2c																								
8.00 @ 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
M50979 JUICE SS, Apple 100% 4oz Cart																								
10.00 @ 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																								
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																								
15.00 @ 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																								
10.00 @ 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																								
10.00 @ 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																								
10.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50058 COND PC Syrup 1.4oz Smuckers																								
10.00 @ 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
M50407 COND_Salsa, AP 1/8c																								

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

10.00 @ 1/8 cup	10.25	0.00	0.00	174.23	0.00	0.00	2.05	0.00	0.00	0.00	0.00	102.49	-*	-*	-*	3.69	-*	-*	-*	-*	-*	0.00	-*	0.00
Average	1215.77	12.66	9.37	1500.14	33.55	24.83	186.92	40.26	361.22	8.96	181.78*	2808.07	0*	.02*	.08*	13.11	.01*	.01*	.11*	.06*	0*	894.95	3.57*	10.52

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 6-8 **Period:** Lunch **Week:** 3 **Day:** Friday **Count Type:** Forecasted **Total No. of Customers:** 271

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
600.00-700.00			1360.00																					

M54044 ORI ChixPop GenTso Broc WG 2.0

36.00 @ 8 fl oz	333.34	2.83	7.65	661.02	14.75	39.83	32.61	17.50	22.49	5.05	134.03*	660.55	0.00*	0.68*	37.13*	45.13	0.05*	0.04*	0.36*	0.15*	0.00*	64.02	28.49*	2.48
-----------------	--------	------	------	--------	-------	-------	-------	-------	-------	------	---------	--------	-------	-------	--------	-------	-------	-------	-------	-------	-------	-------	--------	------

M51074 RICE, Plain WG 2BG

36.00 @ 1 cup	203.54	0.41	1.81	8.42	1.70	7.50	42.35	4.75	0.00	1.87	118.85	0.00*	0.00*	0.00*	0.00*	0.00*	0.00*	0.00*	0.00*	0.00*	0.00*	10.97	0.00*	0.43
---------------	--------	------	------	------	------	------	-------	------	------	------	--------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	------

M54076 SALAD, CHam Chef SC W 2.25

2.00 @ 1 each	178.23	4.55	22.99	376.48	10.62	53.63	5.72	14.69	141.25	1.26	146.57*	5233.02	0.00*	0.12*	43.60*	7.46	0.04*	0.04*	0.25*	0.06*	0.00*	131.60	17.48*	1.23
---------------	--------	------	-------	--------	-------	-------	------	-------	--------	------	---------	---------	-------	-------	--------	------	-------	-------	-------	-------	-------	--------	--------	------

M51680 BRD: ROLL DG, WG 2.5oz

2.00 @ 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
---------------	--------	------	------	--------	------	-------	-------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	-------	----	------

M66732 WRAP 10", CHAM TKY AM WG 2.0

2.00 @ 1 each	369.92	7.39	17.99	951.19	16.02	38.97	34.54	21.10	67.50	3.94	137.21*	2905.42	0.00*	0.19*	31.30*	5.02	0.03*	0.02*	0.26*	0.04*	0.00*	272.19	15.31*	2.24
---------------	--------	------	-------	--------	-------	-------	-------	-------	-------	------	---------	---------	-------	-------	--------	------	-------	-------	-------	-------	-------	--------	--------	------

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
-------------------	--------	------	------	--------	-------	-------	-------	-------	------	------	---------	------	-------	----	----	------	----	----	----	----	----	-------	----	------

M53347 SDW BD, SB WG 2.0

1.00 @ 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
-------------------	--------	------	------	--------	-------	-------	-------	-------	------	------	---------	------	-------	----	----	------	----	----	----	----	----	-------	----	------

M51578 PIZZA 16" CHZ WG 2.0

32.00 @ 1/8 cut	351.26	7.50	19.22	810.03	15.50	39.72	30.87	19.38	30.00	3.25	-*	403.18	-*	-*	-*	0.90	-*	-*	-*	-*	-*	419.72	-*	1.13
-----------------	--------	------	-------	--------	-------	-------	-------	-------	-------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M53000 PIZZA 16" Pepperoni WG 2.0

24.00 @ 1/8 cut	388.75	9.00	20.84	937.53	19.00	43.99	31.12	20.88	37.50	3.25	-*	403.18	-*	-*	-*	0.90	-*	-*	-*	-*	-*	419.72	-*	1.22
-----------------	--------	------	-------	--------	-------	-------	-------	-------	-------	------	----	--------	----	----	----	------	----	----	----	----	----	--------	----	------

M51436 BEEF Finger, AP WG 2.0

36.00 @ 4 each	310.03	4.50	13.06	320.03	19.00	55.16	20.00	15.00	35.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	2.70
----------------	--------	------	-------	--------	-------	-------	-------	-------	-------	------	----	------	----	----	----	------	----	----	----	----	----	-------	----	------

M51680 BRD: ROLL DG, WG 2.5oz

36.00 @ 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
----------------	--------	------	------	--------	------	-------	-------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	-------	----	------

M50443 COND_Gravy, Country SS

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

71.00 @ 1/4 cup	34.17	0.00	0.00	196.86	0.49	12.86	5.86	0.00	0.00	0.00	0.53*	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	21.13	0.00*	0.00
M51417 BURG, Beef AP WG 2.0																								
5.00 @ 1 each	240.00	2.00	7.50	345.00	7.00	26.25	29.00	16.00	25.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	60.00	-*	2.88
M50821 BURG, Beef AM AP WG 2.25																								
65.00 @ 1 each	285.00	4.25	13.42	545.00	10.50	33.16	29.50	18.50	37.50	2.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	135.00	-*	2.88
M53770 SDW BN, CHIXPTY PLN WG/WG2.0 MWWW																								
23.00 @ 1 sandwich	339.76	1.50	3.97	589.66	10.99	29.11	35.99	23.98	44.95	5.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	2.52
M52952 SDW BN, CHIXPTY BRD SPCY WG/WG 2.0 MWWW																								
23.00 @ 1 sandwich	339.86	2.00	5.29	629.77	11.99	31.76	35.99	23.99	44.97	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	2.88
M53275 MELT BD, AM WG 2.0																								
32.00 @ 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
M54864 VEG: BLEND, 5 WAY MIX FZ MARG 1/2C																								
10.00 @ 1/2 cup	99.18	1.20	10.90	39.27	3.08	27.99	14.69	3.21	0.00	4.94	190.80	4799.21	0.00*	0.43*	26.37*	3.59	0.08*	0.13*	0.95*	0.08*	0.00*	28.05	57.23*	0.92
M52815 VEG: PEPPERS, Red Strips1/2c																								
20.00 @ 1/2 cup	15.56	0.01	0.78	2.01	0.15	8.71	3.03	0.50	0.00	1.05	105.92	1571.73	0.00	0.79	2.46	64.10	0.03	0.04	0.49	0.15	0.00	3.51	13.05	0.22
M51297 VEG: SALAD, Side GardChop 1c																								
24.00 @ 1 cup	16.35	0.03	1.45	12.76	0.18	9.94	3.56	0.83	0.00	1.42	182.84	5064.79	0.00	0.18	45.89	9.01	0.05	0.04	0.32	0.07	0.00	22.30	22.02	0.52
M53419 VEG: POTATO, FF CTINAGEN7 1/2C																								
108.00 @ 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
M50543 FRUIT: BANANA (100-120ct) Whl																								
42.00 @ 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
M53549 FRUIT: APPLESAUCE,Unswt AP1/2c																								
104.00 @ 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																								
130.00 @ 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																								
30.00 @ 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

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

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

125.00 @ 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

200.00 @ 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

50.00 @ 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

50.00 @ 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
----------------	------	------	---	-------	------	---	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M53222 COND PC Margarine 5g

50.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
----------------	-------	------	-------	-------	------	-------	------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	------	----	------

M50624 COND PC Drsg Ranch 12g

150.00 @ 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
-----------------	-------	------	------	--------	------	-------	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M50623 COND PC Drsg Italian 12g

10.00 @ 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
----------------	-------	------	------	--------	------	-------	------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	------	----	------

M53116 COND PC Drsg Honey Mustard 12g

50.00 @ 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
----------------	-------	------	------	-------	------	------	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M50056 COND PC Sauce, Taco 9g

50.00 @ 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
----------------	------	------	------	-------	------	------	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

M50287 COND PC Sauce, BBQ 12g

150.00 @ 1 each	15.00	0.00	0.00	160.00	0.00	0.00	4.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.60	-*	-*	-*	-*	-*	0.00	-*	0.00
-----------------	-------	------	------	--------	------	------	------	------	------	------	----	--------	----	----	----	------	----	----	----	----	----	------	----	------

M51445 VEG GARN: Rom Leaf/Tom Sl

24.00 @ 1 serving	4.96	0.01	1.72	1.84	0.07	12.86	1.02	0.30	0.00	0.47	68.61	1352.71	0.00	0.09	15.65	2.51	0.02	0.01	0.13	0.02	0.00	6.10	7.65	0.18
-------------------	------	------	------	------	------	-------	------	------	------	------	-------	---------	------	------	-------	------	------	------	------	------	------	------	------	------

M50412 COND_Pickle, Dill Slice 3ea

24.00 @ 3 slice	2.43	0.01	4.72	243.11	0.07	25.17	0.36	0.10	0.00	0.21	-*	0.00	-*	-*	-*	0.32	-*	-*	-*	-*	-*	12.97	-*	0.08
-----------------	------	------	------	--------	------	-------	------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	-------	----	------

M67121 ENT: PASTA, MAC&CHZ FIERY CHEETO SS WG 2.0 (1BG) FUEL 11/18

60.00 @ 1 Spoodle 6 FLOZ	368.49	12.59	30.76	726.29	20.70	50.55	28.28	18.44	59.98	2.84	174.21*	375.79	0.00*	0.03*	0.36*	0.05	0.00*	0.00*	0.03*	0.00*	0.00*	462.41	4.47*	1.82
-----------------------------	--------	-------	-------	--------	-------	-------	-------	-------	-------	------	---------	--------	-------	-------	-------	------	-------	-------	-------	-------	-------	--------	-------	------

M51831 BRD: BRDSTK DG, RIPSTK 1EA (1BG)

60.00 @ 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
----------------	-------	------	------	-------	------	-------	-------	------	------	------	----	------	----	----	----	------	----	----	----	----	----	------	----	------

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Forestwood MS

Service Area: Forestwood - 6-8 - OVS

Menu Name: Forestwood MS 2018-2019 Menu - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Average	761.69	9.61	11.35	1424.05	28.32	33.46	93.36	32.1	60.89	7.55	325.87*	1706.54*	0*	.21*	12.25*	17.78*	.02*	.03*	.28*	.1*	0*	478.87	14.32*	3.56
----------------	--------	------	-------	---------	-------	-------	-------	------	-------	------	---------	----------	----	------	--------	--------	------	------	------	-----	----	--------	--------	------

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

The information contained in this report is for informational purposes only and is derived from manufacturer's labels, packaging and inserts and from information made publicly available by the United States Department of Agriculture. ARAMARK is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this report. Ingredients and menu items are subject to change without notice. Information contained in this report is not intended for menu planning for a person with food allergy or medical conditions nor is it intended as a substitute for advice from a physician or other healthcare professional. You should not use the nutritional information in this report for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance.