



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-12 **Period:** Breakfast **Week:** 1 **Day:** Monday **Count Type:** Forecasted **Total No. of Customers:** 18

Weekly Std.	SFA		Na (mg)	Fat		CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)	
	CAL	(g)		% of CAL	(g)																			% of CAL
450.00-500.00			540.00																					

M52893 BRD: DONUT, Glaze Vanilla WG

24.00 @ 1 each	335.14	7.00	18.80	300.36	16.00	42.97	44.14	5.00	0.00	2.81	0.31*	9.50	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	0.00*	14.19	0.00*	0.71
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M50440 CEREAL BWL, CINN TST CRUNCH WG

1.00 @ 1 bowl	110.00	0.50	4.09	160.00	3.00	24.55	22.00	1.00	0.00	2.00	50.05	400.00	-*	-*	-*	4.80	-*	-*	-*	-*	-*	80.00	-*	3.60
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M50442 CEREAL BWL, Cocoa Puffs RS WG

1.00 @ 1 bowl	110.05	0.00	0.00	160.08	1.50	12.27	25.01	2.00	0.00	2.00	-*	500.25	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.05	-*	4.50
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M50524 CEREAL BWL, Lucky Charms WG

1.00 @ 1 bowl	110.00	0.00	0.00	180.00	1.00	8.18	23.00	2.00	0.00	2.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	4.50
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M50525 CEREAL BWL, Trix RS WG

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

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

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

1.00 @ 1 muffin	190.00	2.00	9.47	130.00	6.00	28.42	31.00	3.00	40.00	2.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.72
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M51268 BRD: MUF AP, CHOC CHOC CHIP 2OZ IW WG (1BG)

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

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

2.00 @ 1 package	180.00	1.00	5.00	190.00	2.50	12.50	37.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51684 BRD: POPTARTS, Fudge 1.76oz WG

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

1.00 @ 1 package	180.00	1.00	5.00	190.00	3.00	15.00	38.00	3.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80	
M51994 CHEESE, COLBY JK Stick 1ea 1.0																									
1.00 @ 1 stick	90.00	4.00	40.00	200.01	6.00	60.00	0.00	7.00	20.00	0.00	0.00	200.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.01	-*	0.00	
M51237 BRD: BREAD WG, Tst Marg 1sl																									
2.00 @ 1 slice	110.00	1.33	10.91	160.00	4.33	35.45	15.00	3.00	0.00	1.00	1.33*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08	
M50670 EGG: Hard Boiled FC AP 1.5																									
5.00 @ 1 each	80.00	1.50	16.88	60.00	5.00	56.25	1.00	6.00	185.00	0.00	-*	300.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.72	
M52975 BRD: WAFFLE, RS SS WG (3.25BG)																									
5.00 @ 1 each	240.06	0.00	0.00	506.14	2.86	10.71	50.30	6.86	0.00	6.86	1.05*	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	288.94	0.00*	3.09	
M52657 FRUIT: BLUEBERRIES, Fz 1/8c																									
2.00 @ 1/8 cup	8.89	0.01	0.94	0.17	0.11	11.29	2.12	0.07	0.00	0.47	9.41	8.01	0.00	0.08	2.86	0.44	0.01	0.01	0.09	0.01	0.00	1.39	1.92	0.03	
M53629 FRUIT: STRAWBERRIES, Frsh 1/8c																									
2.00 @ 1/8 cup	6.14	0.00	0.42	0.19	0.06	8.44	1.47	0.13	0.00	0.38	29.37	2.30	0.00	0.06	0.42	11.29	0.00	0.00	0.07	0.01	0.00	3.07	4.61	0.08	
M52817 DESRT: TOPPING, CHOCOLATE CHIPS SEMISWT (TBSP)																									
5.00 @ 1 tablespoon	51.03	1.89	33.28	1.17	3.19	56.25	6.79	0.45	0.00	0.63	38.80	0.00	0.00	0.03	0.60	0.00	0.01	0.01	0.05	0.00	0.00	3.40	14.03	0.33	
M52816 DESRT: TOPPING, Whipd NonDairy																									
5.00 @ 1 tablespoon	13.47	1.00	66.56	0.81	1.00	67.06	1.06	0.05	0.01	0.01	-*	0.20	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.15	-*	0.00	
M52217 FRUIT: APPLE, 138ct Whole 1c																									
6.00 @ 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	
M52271 FRUIT: PEARS, Dice w/Jc 1/2c																									
4.00 @ 1/2 cup	60.66	0.00	0.00	10.11	0.00	0.00	14.15	0.00	0.00	2.02	80.89	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00	
M53365 JUICE SS, Grape100% 4oz Cart																									
10.00 @ 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	
M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50																									
8.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00	
M53222 COND PC Margarine 5g																									
2.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00	

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M50854 COND PC Jelly, #4 Smuckers

5.00 @ 1 each	35.00	0.00	0.00	5.00	0.00	0.00	9.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50058 COND PC Syrup 1.4oz Smuckers

5.00 @ 1 each	110.00	0.00	0.00	25.00	0.00	0.00	29.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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Average	850.96	11.52	12.18	793.76	27.89	29.49	135.84	16.84	59.17	9.11	89.36*	635.42	0*	.09*	1.41*	4.94	.01*	.02*	.07*	.02*	0*	320.83	9.01*	3.95
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 9-12 **Period:** Lunch **Week:** 1 **Day:** Monday **Count Type:** Forecasted **Total No. of Customers:** 539

Weekly Std.	SFA		Na (mg)	Fat		CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)	
	CAL	(g)		% of CAL	(g)																			% of CAL
750.00-850.00			1420.00																					

M54325 CHIX DRUMSTK, AP BREADED FC WG 2.0

120.00 @ 1 each	190.03	2.50	11.84	450.07	11.00	52.11	5.00	16.00	50.01	1.00	-*	100.02	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	1.08
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M67120 COND_SAUCE, RANCH BUFF SS W

86.00 @ 1 tablespoon	38.12	0.51	11.99	214.35	3.41	80.43	0.49	0.37	3.39	0.04	7.11*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	7.40	-*	0.02
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M51680 BRD: ROLL DG, WG 2.5oz

120.00 @ 1 each	170.00	0.50	2.65	135.00	3.00	15.88	28.00	7.00	0.00	3.40	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	12.70	-*	0.85
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M52353 SALAD, ChxDcd Plattr SC W 2.0

24.00 @ 1 each	166.51	1.89	10.22	270.12	8.99	48.58	5.80	14.66	49.29	1.62	201.38*	5071.19	0.00*	0.18*	49.57*	8.19	0.04*	0.05*	0.32*	0.08*	0.00*	28.67	22.77*	1.08
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M51680 BRD: ROLL DG, WG 2.5oz

24.00 @ 1 each	170.00	0.50	2.65	135.00	3.00	15.88	28.00	7.00	0.00	3.40	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	12.70	-*	0.85
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M52043 PIZZA HUT PIZZA 6" EXPRESS CHZ SS 2.25

49.00 @ 1 pizza	374.18	4.99	12.01	685.27	13.41	32.25	38.44	24.92	24.70	4.27	-*	692.07	-*	-*	-*	5.36	-*	-*	-*	-*	-*	410.71	-*	2.57
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M53931 PIZZA HUT PIZZA 6" EXPRESS PEPP SS 2.0

110.00 @ 1 pizza	385.19	5.31	12.42	711.32	14.98	35.01	38.49	24.17	27.17	4.35	-*	662.85	-*	-*	-*	5.43	-*	-*	-*	-*	-*	354.34	-*	2.65
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M54307 PIZZA HUT PIZZA 6" EXPRESS SSG SS 2.25

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

40.00 @ 1 pizza	400.94	4.66	10.46	805.79	13.17	29.57	42.83	27.77	38.53	4.36	-*	667.19	-*	-*	-*	5.81	-*	-*	-*	-*	-*	350.99	-*	2.67
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M54520 PIZZA HUT COND PC CHEESE GRATED 2.5G

66.00 @ 1 each	10.00	0.00	0.00	50.00	1.00	90.00	0.00	1.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M54521 PIZZA HUT COND PC PEPPER RED CRUSHED 1G

39.00 @ 1 each	5.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M52963 CHIX Popcorn, AP WG 2.0

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

113.00 @ 1 serving	250.19	2.72	9.78	380.72	14.14	50.87	15.23	15.23	21.76	3.26	-*	108.78	-*	-*	-*	0.00	-*	-*	-*	-*	-*	43.51	-*	1.96
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M51753 CHIX Popcorn, AP Spicy WG 2.0

108.00 @ 1 serving	247.14	2.69	9.78	365.34	13.97	50.87	16.12	13.97	21.49	2.15	-*	107.45	-*	-*	-*	0.00	-*	-*	-*	-*	-*	42.98	-*	1.93
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M54482 CHIX NUGGET, BNLS WING HONEY SRIRACHA WG (6) 2.0 MWWW

24.00 @ 6 each	284.98	2.25	7.11	374.97	13.50	42.63	21.00	22.50	52.50	1.50	-*	299.98	-*	-*	-*	1.80	-*	-*	-*	-*	-*	0.00	-*	1.62
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M51680 BRD: ROLL DG, WG 2.5oz

154.00 @ 1 each	170.00	0.50	2.65	135.00	3.00	15.88	28.00	7.00	0.00	3.40	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	12.70	-*	0.85
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M51951 HOT DOG, Plain WG 2.0 Hi

3.00 @ 1 each	320.00	8.00	22.50	890.01	18.00	50.62	28.00	11.00	35.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.80
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M55774 STICKS, MAX SNAX PIZZA W/MARINARA AP WG 2.0

32.00 @ 2 each	319.87	3.00	8.44	609.89	10.00	28.13	39.98	20.00	10.00	4.00	0.00*	498.95*	-*	-*	-*	8.98*	-*	-*	-*	-*	-*	459.92	-*	2.68
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M54308 STICKS, CRISPITO CHIXCHILI AP WG 2.0 (2EA)

27.00 @ 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
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M51189 COND_Sauce, Chz SS W (LOL) .5

27.00 @ 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
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M51228 BRD: BUN, Hamburger WG

196.00 @ 1 each	140.00	0.00	0.00	300.00	2.00	12.86	27.00	5.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.44
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M51648 BEEF Pty, AP 100% 2.0

68.00 @ 1 each	130.00	3.00	20.77	45.00	8.00	55.39	1.00	12.00	35.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M51359 CHIX FLT, BREAST GRDL 2.0 MWWW

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

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

68.00 @ 1 each	199.86	2.00	9.00	329.76	9.99	45.00	8.99	18.99	44.97	1.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.44
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M51005 CHEESE, AM (184ct) Slices 1.0

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

34.00 @ 2 slice	110.01	5.00	40.91	180.01	9.00	73.64	1.00	6.00	30.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	199.01	-*	0.00
M53385 CHEESE, SW Slices 1.0																								
13.00 @ 2 slice	110.01	5.00	40.91	50.00	9.00	73.64	0.00	8.00	25.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	249.01	-*	0.00
M50999 CHEESE, JK Slices 1.0																								
40.00 @ 2 slice	100.00	5.00	45.00	180.01	8.00	72.00	1.00	7.00	30.00	0.00	25.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	197.01	-*	0.00
M51003 CHEESE, PV Slices 1.0																								
14.00 @ 2 slice	100.00	5.00	45.00	250.01	7.00	63.00	1.00	7.00	20.00	0.00	40.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	212.01	-*	0.00
M51017 VEG GARN: Rom Leaf 1ea																								
48.00 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C																								
50.00 @ 1/8 cup	5.10	0.01	1.40	1.42	0.06	10.00	1.10	0.25	0.00	0.34	67.18	236.14	0.00	0.15	2.24	3.88	0.01	0.01	0.17	0.02	0.00	2.83	6.80	0.08
M51013 VEG: ONIONS, Red Slice 1ea																								
18.00 @ 1 slice	2.83	0.00	0.94	0.28	0.01	2.25	0.66	0.08	0.00	0.12	10.35	0.14	0.00	0.00	0.03	0.52	0.00	0.00	0.01	0.01	0.00	1.63	2.06	0.01
M50892 COND_PEPPERS, JALAPENO CND TBSP																								
19.00 @ 1 tablespoon	3.12	0.00	0.00	240.96	0.09	27.20	0.48	0.09	0.00	0.26	19.38	-*	-*	-*	-*	1.00	-*	-*	-*	-*	-*	2.31	-*	0.19
M50176 COND_Pickle, Dill Slice 2ea																								
34.00 @ 2 slice	1.62	0.01	4.72	162.08	0.05	25.17	0.24	0.06	0.00	0.14	-*	0.00	-*	-*	-*	0.21	-*	-*	-*	-*	-*	8.65	-*	0.05
M53316 SUB 6" FZ, CHam Tky AM WG 2.0																								
8.00 @ 1 sandwich	359.93	6.39	15.99	881.19	14.52	36.30	33.54	22.10	67.50	3.94	137.21*	2905.43	0.00*	0.19*	31.30*	5.03	0.03*	0.02*	0.26*	0.04*	0.00*	185.71	15.31*	2.25
M50962 SDW BD, SBJ WG 2.0																								
8.00 @ 1 sandwich	658.38	3.99	5.45	579.16	35.89	49.06	69.87	19.95	0.00	5.99	378.78*	0.00	0.00*	-*	-*	0.00	-*	-*	-*	-*	-*	59.81	-*	5.35
M52708 BRD: ROLL DG, Sub 6" WG																								
4.00 @ 1 roll	170.00	0.50	2.65	180.00	3.00	15.88	28.00	6.00	0.00	3.00	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	13.52	-*	1.45
M52782 BRD: FLATBREAD 6" X 6" 2OZ WG (2BG)																								
21.00 @ 1 each	180.00	1.00	5.00	310.00	5.00	25.00	28.00	5.00	0.00	2.69	-*	0.07	-*	-*	-*	0.07	-*	-*	-*	-*	-*	22.88	-*	0.83
M54775 BRD: CROISSANT, SLICED WG																								
1.00 @ 1 each	243.91	6.47	23.87	253.40	12.05	44.44	29.25	5.44	32.35	0.91	15.14	313.46	0.31	0.00	0.00	2.82	0.25	1.93	0.85	0.00	0.01	15.66	3.96	1.63
M53393 TKY, Breast Sliced 1.0																								

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

15.00 @ 1 serving	60.00	0.50	7.50	220.00	2.00	30.00	2.00	9.00	25.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.36
M53569 CHIX, BLACK FOREST HAM SLICED 1.0																								
15.00 @ 1 serving	80.00	1.50	16.88	250.00	4.50	50.63	2.00	8.00	40.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.36
M51976 CHIX Dcd Deli Salad W 1.0																								
1.00 @ 1 No 16 Scoop	76.63	0.94	10.98	129.00	4.42	51.89	1.48	6.99	24.65	0.18	27.40*	47.33	0.00*	0.03*	2.98*	0.37	0.00*	0.01*	0.03*	0.01*	0.00*	4.41	2.64*	0.30
M51005 CHEESE, AM (184ct) Slices 1.0																								
3.00 @ 3 slice	134.99	6.75	45.00	599.97	10.50	70.00	1.50	7.50	37.50	0.00	-*	299.98	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.99	-*	0.00
M53381 CHEESE, CH Slices 1.0																								
10.00 @ 2 slice	110.01	5.00	40.91	180.01	9.00	73.64	1.00	6.00	30.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	199.01	-*	0.00
M53385 CHEESE, SW Slices 1.0																								
5.00 @ 2 slice	110.01	5.00	40.91	50.00	9.00	73.64	0.00	8.00	25.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	249.01	-*	0.00
M50999 CHEESE, JK Slices 1.0																								
5.00 @ 2 slice	100.00	5.00	45.00	180.01	8.00	72.00	1.00	7.00	30.00	0.00	25.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	197.01	-*	0.00
M51003 CHEESE, PV Slices 1.0																								
1.00 @ 2 slice	100.00	5.00	45.00	250.01	7.00	63.00	1.00	7.00	20.00	0.00	40.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	212.01	-*	0.00
M51017 VEG GARN: Rom Leaf 1ea																								
21.00 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C																								
16.00 @ 1/8 cup	5.10	0.01	1.40	1.42	0.06	10.00	1.10	0.25	0.00	0.34	67.18	236.14	0.00	0.15	2.24	3.88	0.01	0.01	0.17	0.02	0.00	2.83	6.80	0.08
M51013 VEG: ONIONS, Red Slice 1ea																								
10.00 @ 1 slice	2.83	0.00	0.94	0.28	0.01	2.25	0.66	0.08	0.00	0.12	10.35	0.14	0.00	0.00	0.03	0.52	0.00	0.00	0.01	0.01	0.00	1.63	2.06	0.01
M52162 VEG: SPINACH, FRESH LEAVES 1/4C																								
10.00 @ 1/4 cup	3.12	0.01	2.47	10.73	0.05	15.26	0.49	0.39	0.00	0.30	75.79	1273.70	0.00	0.28	65.59	3.82	0.01	0.03	0.10	0.03	0.00	13.45	6.66	0.37
M52661 VEG: CUCUMBER, Fresh Slice1/8c																								
1.00 @ 1/8 cup	2.75	0.01	2.22	0.37	0.02	6.60	0.66	0.12	0.00	0.09	26.91	19.22	0.00	0.01	3.00	0.51	0.00	0.01	0.02	0.01	0.00	2.93	4.39	0.05
M53523 VEG: PEPPERS, Red Strips1/4c																								
5.00 @ 1/4 cup	7.78	0.01	0.78	1.00	0.08	8.71	1.51	0.25	0.00	0.53	52.96	785.87	0.00	0.40	1.23	32.05	0.01	0.02	0.25	0.07	0.00	1.76	6.53	0.11
M50891 COND_OLIVES, BLACK SLICED TBSP																								

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

10.00 @ 1 tablespoon	14.04	0.17	10.96	58.74	1.27	81.48	0.52	0.13	0.00	0.31	-*	5.23	-*	-*	-*	0.21	-*	-*	-*	-*	-*	7.97	-*	0.18
M50176 COND_Pickle, Dill Slice 2ea																								
5.00 @ 2 slice	1.62	0.01	4.72	162.08	0.05	25.17	0.24	0.06	0.00	0.14	-*	0.00	-*	-*	-*	0.21	-*	-*	-*	-*	-*	8.65	-*	0.05
M66605 BRD: TORTILLA FLOUR 10" WG																								
61.00 @ 1 each	180.00	1.50	7.50	250.00	4.50	22.50	29.00	5.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.44
M54540 BRD: TORTILLA, CHIP RND WG 2BG																								
55.00 @ 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
M50834 RICE, Sante Fe WG 2BG																								
30.00 @ 1 cup	227.25	0.43	1.70	236.61	1.81	7.16	47.13	5.03	0.00	2.02	128.06	136.53*	0.00*	0.01*	0.17*	4.84*	0.00*	0.00*	0.01*	0.00*	0.00*	13.44	0.99*	0.58
M51175 BEEF Gd, Taco Meat SC 1.0																								
120.00 @ 1 No 24 Scoop	78.71	1.65	18.88	56.06	4.38	50.12	1.22	8.02	25.24	0.15	122.30*	121.25	0.57*	0.08*	0.61*	1.55	0.01*	0.06*	1.81*	0.13*	0.79*	9.04	69.27*	1.00
M52584 CHIX Strips, Fajita DkMt 1.0																								
60.00 @ 2 fl oz	76.93	1.01	11.78	124.77	3.56	41.66	1.34	10.09	35.00	0.09	9.12*	46.95	0.00*	0.07*	0.17*	0.02	0.00*	0.00*	0.03*	0.01*	0.00*	12.26	2.39*	0.69
M67968 MMA: BEANS, PINTO KICKIN' 1.0																								
18.00 @ 1/4 cup	57.84	0.12	1.93	98.12	0.41	6.35	9.87	3.52	0.42	2.94	165.79*	37.72*	1.55*	0.00*	0.00*	0.64*	0.00*	0.00*	0.00*	0.00*	0.00*	32.66	0.00*	0.91
M53386 CHEESE, CH Shreds 1.0																								
80.00 @ 2 fl oz	110.00	6.00	49.09	189.99	9.00	73.64	1.00	7.00	30.00	0.00	0.00	280.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	201.99	-*	0.19
M50921 COND_Sauce, Chz SS W (LOL) 1.0																								
90.00 @ 3 fl oz	149.95	6.75	40.50	599.79	10.50	63.00	4.50	7.50	29.99	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.92	-*	0.00
M51420 VEG GARN: Rom Shrds/Tom Dice																								
30.00 @ 1 serving	5.03	0.01	1.56	1.63	0.06	11.41	1.06	0.27	0.00	0.40	67.90	794.43	0.00	0.12	8.94	3.20	0.01	0.01	0.15	0.02	0.00	4.47	7.23	0.13
M52379 VEG: ONIONS, Yellow Diced 1/8c																								
20.00 @ 1/8 cup	8.62	0.01	0.94	0.86	0.02	2.25	2.01	0.24	0.00	0.37	31.47	0.43	0.00	0.00	0.09	1.60	0.01	0.01	0.03	0.03	0.00	4.96	6.25	0.05
M50892 COND_PEPPERS, JALAPENO CND TBSP																								
35.00 @ 1 tablespoon	3.12	0.00	0.00	240.96	0.09	27.20	0.48	0.09	0.00	0.26	19.38	-*	-*	-*	-*	1.00	-*	-*	-*	-*	-*	2.31	-*	0.19
M50891 COND_OLIVES, BLACK SLICED TBSP																								
12.00 @ 1 tablespoon	14.04	0.17	10.96	58.74	1.27	81.48	0.52	0.13	0.00	0.31	-*	5.23	-*	-*	-*	0.21	-*	-*	-*	-*	-*	7.97	-*	0.18

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M55430 COND_HERB, CILANTRO

10.00 @ 1 tablespoon	0.82	0.00	0.55	1.63	0.02	20.35	0.13	0.08	0.00	0.10	18.46	239.13	0.00	0.09	10.99	0.96	0.00	0.01	0.04	0.01	0.00	2.37	1.70	0.06
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M54868 VEG: BROCCOLI, FRESH CKD MARG 1/2C

30.00 @ 1/2 cup	35.62	1.19	30.01	10.98	3.03	76.46	1.92	0.64	0.00	0.88	79.66	414.69	0.00*	0.39*	37.80*	17.39	0.02*	0.03*	0.15*	0.05*	0.00*	10.72	17.95*	0.18
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M53179 VEG: CELERY, Stk + Carrt 1/2c

56.00 @ 1/2 cup	17.36	0.02	1.10	52.44	0.10	5.12	3.84	0.44	0.00	1.52	164.59	5025.65	0.00	0.08*	12.42	1.88	0.02	0.03	0.30	0.06	0.00	23.74	17.36	0.38
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M51297 VEG: SALAD, Side GardChop 1c

48.00 @ 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
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M53419 VEG: POTATO, FF CTINAGEN7 1/2C

408.00 @ 1/2 cup	119.99	1.33	10.00	133.32	4.67	35.00	17.33	2.00	0.00	2.00	259.98	0.00	-*	-*	-*	3.20	-*	-*	-*	-*	-*	0.00	-*	0.48
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M51731 VEG: POTATO SWT, FF CRINKLE 1/2C

13.00 @ 1/2 cup	137.66	0.53	3.46	180.02	4.77	31.15	23.30	1.06	0.00	3.18	243.56	3176.86	-*	-*	-*	6.35	-*	-*	-*	-*	-*	21.18	-*	0.38
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M51113 FRUIT: ORANGE 138ct Whole 1/2c

36.00 @ 1 each	46.97	0.01	0.29	0.00	0.12	2.30	11.74	0.94	0.00	2.40	180.87	224.84	0.00	0.18	0.00	53.16	0.09	0.04	0.28	0.06	0.00	39.97	13.99	0.10
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M50178 FRUIT: PINEAPPLE Tbts w/Jc1/2c

130.00 @ 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
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M50980 JUICE SS, Frt Bld 100% 4oz Crt

128.00 @ 1 each	60.00	0.00	0.00	10.00	0.00	0.00	14.00	0.00	0.00	0.00	100.00	0.00	-*	-*	-*	3.60	-*	-*	-*	-*	-*	0.00	-*	0.00
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M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50

58.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
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M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50

195.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
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M50855 COND PC Ketchup 9g Heinz

290.00 @ 1 each	10.00	0.00	0.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50055 COND PC Mayonnaise 12g

70.00 @ 1 each	80.00	1.50	16.87	75.00	8.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50284 COND PC Mustard 6g

11.00 @ 1 each	0.00	0.00	-	65.00	0.00	-	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M53222 COND PC Margarine 5g

89.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50624 COND PC Drsg Ranch 12g

60.00 @ 1 each	50.00	0.00	0.00	100.00	5.00	90.00	1.00	0.00	5.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50623 COND PC Drsg Italian 12g

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

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

45.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50287 COND PC Sauce, BBQ 12g

70.00 @ 1 each	15.00	0.00	0.00	160.00	0.00	0.00	4.00	0.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.60	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50060 COND_Mayo W

48.00 @ 1 tablespoon	33.07	0.47	12.86	94.49	3.31	90.00	0.94	0.00	4.72	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M51391 COND_Mayo, Chipotle W

48.00 @ 1 tablespoon	26.19	0.35	12.18	91.54	2.49	85.73	0.97	0.01	3.54	0.01	1.00*	91.64	-*	-*	-*	0.40	-*	-*	-*	-*	-*	0.00	-*	0.02
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M50291 COND_Mustard, Yellow

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

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

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

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

48.00 @ 1 tablespoon	4.38	0.02	4.79	363.06	0.22	45.51	0.48	0.11	0.17	0.12	21.32	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	2.22	-*	0.07
M50087 COND_Salsa, Pico SC 1/8c																								
48.00 @ 1/8 cup	6.68	0.01	1.17	37.20	0.07	9.84	1.46	0.29	0.00	0.40	69.99	231.76*	0.00*	0.15*	2.94*	4.04	0.01*	0.01*	0.16*	0.03*	0.00*	4.19	7.40*	0.11
M66157 COND_SALSA, BLNDR SC 1/8C																								
48.00 @ 1/8 cup	9.65	0.01	1.33	45.21	0.10	9.06	2.10	0.42	0.00	0.59	27.10*	148.65*	0.00*	0.05*	6.02*	4.65	0.01*	0.01*	0.03*	0.02*	0.00*	16.79	4.05*	0.19
M53940 COND_Salsa, Verde SC 1/8c																								
48.00 @ 1/8 cup	10.75	0.03	2.54	25.36	0.23	19.29	2.13	0.37	0.00	0.61	83.93	260.93*	0.00*	0.16*	12.93*	3.96	0.02*	0.01*	0.40*	0.03*	0.00*	8.13	11.81*	0.22
M53295 COND_Sour Cream AP																								
48.00 @ 1 tablespoon	30.00	1.75	52.50	25.00	3.00	90.00	1.00	0.50	10.00	0.00	-*	99.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.00
Average	1044.61	13.04	11.24	1820.83	42.89	36.95	110.15	52.63	95.91	10.83	417.73*	2629.74*	.18*	.17*	16.35*	19.31*	.03*	.04*	.61*	.07*	.18*	574.07	27.11*	5.65

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-12 **Period:** Breakfast **Week:** 1 **Day:** Tuesday **Count Type:** Forecasted **Total No. of Customers:** 30

Weekly Std.	SFA		Na (mg)	Fat		CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)	
	CAL	(g)		% of CAL	% of CAL																			
450.00-500.00			540.00																					

M51340 SDW BGL, EggPty Bacon WG 1.0

30.00 @ 1 sandwich	236.16	2.18	8.31	361.15	8.99	34.25	21.16	10.94	101.02	4.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	60.00	-*	2.22
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M50440 CEREAL BWL, CINN TST CRUNCH WG

1.00 @ 1 bowl	110.00	0.50	4.09	160.00	3.00	24.55	22.00	1.00	0.00	2.00	50.05	400.00	-*	-*	-*	4.80	-*	-*	-*	-*	-*	80.00	-*	3.60
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M50442 CEREAL BWL, Cocoa Puffs RS WG

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

1.00 @ 1 bowl	110.00	0.00	0.00	180.00	1.00	8.18	23.00	2.00	0.00	2.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	4.50
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M50525 CEREAL BWL, Trix RS WG

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

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

2.00 @ 1 muffin	190.00	2.00	9.47	130.00	6.00	28.42	31.00	3.00	40.00	2.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.72
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M51268 BRD: MUF AP, CHOC CHOC CHIP 2OZ IW WG (1BG)

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

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

1.00 @ 1 package	180.00	1.00	5.00	190.00	2.50	12.50	37.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51684 BRD: POPTARTS, Fudge 1.76oz WG

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

4.00 @ 1 package	180.00	1.00	5.00	190.00	3.00	15.00	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
M50670 EGG: Hard Boiled FC AP 1.5																								
1.00 @ 1 each	80.00	1.50	16.88	60.00	5.00	56.25	1.00	6.00	185.00	0.00	-*	300.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.72
M52975 BRD: WAFFLE, RS SS WG (3.25BG)																								
3.00 @ 1 each	240.06	0.00	0.00	506.14	2.86	10.71	50.30	6.86	0.00	6.86	1.05*	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	288.94	0.00*	3.09
M52657 FRUIT: BLUEBERRIES, Fz 1/8c																								
1.00 @ 1/8 cup	8.89	0.01	0.94	0.17	0.11	11.29	2.12	0.07	0.00	0.47	9.41	8.01	0.00	0.08	2.86	0.44	0.01	0.01	0.09	0.01	0.00	1.39	1.92	0.03
M53629 FRUIT: STRAWBERRIES, Frsh 1/8c																								
1.00 @ 1/8 cup	6.14	0.00	0.42	0.19	0.06	8.44	1.47	0.13	0.00	0.38	29.37	2.30	0.00	0.06	0.42	11.29	0.00	0.00	0.07	0.01	0.00	3.07	4.61	0.08
M52817 DESRT: TOPPING, CHOCOLATE CHIPS SEMISWT (TBSP)																								
3.00 @ 1 tablespoon	51.03	1.89	33.28	1.17	3.19	56.25	6.79	0.45	0.00	0.63	38.80	0.00	0.00	0.03	0.60	0.00	0.01	0.01	0.05	0.00	0.00	3.40	14.03	0.33
M52816 DESRT: TOPPING, Whipd NonDairy																								
3.00 @ 1 tablespoon	13.47	1.00	66.56	0.81	1.00	67.06	1.06	0.05	0.01	0.01	-*	0.20	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.15	-*	0.00
M50843 FRUIT: STRAWBERRIES, Frsh 1/2c																								
14.00 @ 1/2 cup	24.57	0.01	0.42	0.77	0.23	8.44	5.90	0.51	0.00	1.54	117.47	9.21	0.00	0.22	1.69	45.14	0.02	0.02	0.30	0.04	0.00	12.28	18.43	0.31
M51110 FRUIT: ORANGE Mand w/Jc 1/2c																								
1.00 @ 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
M50980 JUICE SS, Frt Bld 100% 4oz Crt																								
16.00 @ 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																								
13.00 @ 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																								
19.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M53222 COND PC Margarine 5g

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

2.00 @ 1 each	35.00	0.00	0.00	5.00	0.00	0.00	9.00	0.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50056 COND PC Sauce, Taco 9g

1.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50058 COND PC Syrup 1.4oz Smuckers

3.00 @ 1 each	110.00	0.00	0.00	25.00	0.00	0.00	29.00	0.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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Average	574.15	4.14	6.48	727.39	14.22	22.29	81.32	23.11	121.35	7.29	127.28*	895.04	0*	.11*	.96*	27.37	.01*	.01*	.15*	.02*	0*	495.58	10.22*	4.36
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 9-12 **Period:** Lunch **Week:** 1 **Day:** Tuesday **Count Type:** Forecasted **Total No. of Customers:** 574

Weekly Std.	SFA		Na (mg)	Fat		CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)	
	CAL	% of CAL		% of CAL	% of CAL																			
750.00-850.00		10.00	1420.00																					

M66591 TACO FISHSTIX(C) SOFT SLAWCRMYSRIRACHA WG 2.0 2EA

40.00 @ 2 each	426.39	3.04	6.42	681.22	17.26	36.43	50.83	17.03	45.42	3.72	177.55*	394.69*	0.00*	0.02*	0.31*	0.15*	0.00*	0.00*	0.02*	0.00*	0.00*	121.09	0.83*	2.45
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M52348 SALAD, ChixDod CH Frt SC 2.0

24.00 @ 1 each	164.27	3.46	18.94	169.62	7.85	43.01	7.51	15.09	49.38	1.69	157.58*	3437.38	0.00*	0.15*	39.52*	29.69	0.04*	0.03*	0.26*	0.04*	0.00*	120.25	19.84*	1.05
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M51680 BRD: ROLL DG, WG 2.5oz

24.00 @ 1 each	170.00	0.50	2.65	135.00	3.00	15.88	28.00	7.00	0.00	3.40	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	12.70	-*	0.85
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M52043 PIZZA HUT PIZZA 6" EXPRESS CHZ SS 2.25

50.00 @ 1 pizza	374.18	4.99	12.01	685.27	13.41	32.25	38.44	24.92	24.70	4.27	-*	692.07	-*	-*	-*	5.36	-*	-*	-*	-*	-*	410.71	-*	2.57
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M53931 PIZZA HUT PIZZA 6" EXPRESS PEPP SS 2.0

100.00 @ 1 pizza	385.19	5.31	12.42	711.32	14.98	35.01	38.49	24.17	27.17	4.35	-*	662.85	-*	-*	-*	5.43	-*	-*	-*	-*	-*	354.34	-*	2.65
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M54307 PIZZA HUT PIZZA 6" EXPRESS SSG SS 2.25

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

40.00 @ 1 pizza	400.94	4.66	10.46	805.79	13.17	29.57	42.83	27.77	38.53	4.36	-*	667.19	-*	-*	-*	5.81	-*	-*	-*	-*	-*	350.99	-*	2.67
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M54520 PIZZA HUT COND PC CHEESE GRATED 2.5G

69.00 @ 1 each	10.00	0.00	0.00	50.00	1.00	90.00	0.00	1.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M54521 PIZZA HUT COND PC PEPPER RED CRUSHED 1G

42.00 @ 1 each	5.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M52587 CHIX TENDER, GLDN CRISPY (3) WG 2.0 MWWW

28.00 @ 3 each	239.64	2.25	8.44	404.38	11.98	45.00	11.98	19.47	44.93	1.50	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.62
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M51753 CHIX Popcorn, AP Spicy WG 2.0

102.00 @ 1 serving	247.14	2.69	9.78	365.34	13.97	50.87	16.12	13.97	21.49	2.15	-*	107.45	-*	-*	-*	0.00	-*	-*	-*	-*	-*	42.98	-*	1.93
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M51275 CHIX NUGGET, BNLS WING WG (5) 2.0 MWWW

116.00 @ 5 each	200.86	1.88	8.44	338.95	8.79	39.38	12.55	17.58	25.11	2.51	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.90
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M51680 BRD: ROLL DG, WG 2.5oz

160.00 @ 1 each	170.00	0.50	2.65	135.00	3.00	15.88	28.00	7.00	0.00	3.40	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	12.70	-*	0.85
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M54370 BURG, BLACK BEAN AP WG 2.0

2.00 @ 1 each	300.00	1.00	3.00	710.00	9.00	27.00	42.00	19.00	5.00	7.00	280.00*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	80.00	-*	2.16
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M51228 BRD: BUN, Hamburger WG

188.00 @ 1 each	140.00	0.00	0.00	300.00	2.00	12.86	27.00	5.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.44
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M51648 BEEF Pty, AP 100% 2.0

70.00 @ 1 each	130.00	3.00	20.77	45.00	8.00	55.39	1.00	12.00	35.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M51359 CHIX FLT, BREAST GRD 2.0 MWWM

5.00 @ 1 each	100.00	1.00	9.00	310.00	4.00	36.00	1.00	15.00	40.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.72
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M51935 CHIX FLT, BREAST BRD WG 2.0 MWWM

35.00 @ 1 each	199.76	1.50	6.75	289.65	8.99	40.50	8.99	18.98	44.95	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M51936 CHIX FLT, BREAST BRD SPICY WG 2.0 MWWM

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

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

21.00 @ 2 slice	110.01	5.00	40.91	180.01	9.00	73.64	1.00	6.00	30.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	199.01	-*	0.00
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M53385 CHEESE, SW Slices 1.0

6.00 @ 2 slice	110.01	5.00	40.91	50.00	9.00	73.64	0.00	8.00	25.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	249.01	-*	0.00
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M50999 CHEESE, JK Slices 1.0

40.00 @ 2 slice	100.00	5.00	45.00	180.01	8.00	72.00	1.00	7.00	30.00	0.00	25.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	197.01	-*	0.00
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M51003 CHEESE, PV Slices 1.0

14.00 @ 2 slice	100.00	5.00	45.00	250.01	7.00	63.00	1.00	7.00	20.00	0.00	40.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	212.01	-*	0.00
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M51017 VEG GARN: Rom Leaf 1ea

48.00 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
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M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C

44.00 @ 1/8 cup	5.10	0.01	1.40	1.42	0.06	10.00	1.10	0.25	0.00	0.34	67.18	236.14	0.00	0.15	2.24	3.88	0.01	0.01	0.17	0.02	0.00	2.83	6.80	0.08
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M51013 VEG: ONIONS, Red Slice 1ea

12.00 @ 1 slice	2.83	0.00	0.94	0.28	0.01	2.25	0.66	0.08	0.00	0.12	10.35	0.14	0.00	0.00	0.03	0.52	0.00	0.00	0.01	0.01	0.00	1.63	2.06	0.01
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M50892 COND_PEPPERS, JALAPENO CND TBSP

24.00 @ 1 tablespoon	3.12	0.00	0.00	240.96	0.09	27.20	0.48	0.09	0.00	0.26	19.38	-*	-*	-*	-*	1.00	-*	-*	-*	-*	-*	2.31	-*	0.19
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M50176 COND_Pickle, Dill Slice 2ea

40.00 @ 2 slice	1.62	0.01	4.72	162.08	0.05	25.17	0.24	0.06	0.00	0.14	-*	0.00	-*	-*	-*	0.21	-*	-*	-*	-*	-*	8.65	-*	0.05
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M66757 WRAP 10", CHIXDCD SALAD W WG 2.0

8.00 @ 1 each	343.20	3.39	8.89	511.71	13.48	35.35	33.99	19.57	49.29	4.30	192.02*	2800.09	0.00*	0.25*	37.26*	5.75	0.04*	0.04*	0.32*	0.06*	0.00*	121.02	20.59*	2.40
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M50962 SDW BD, SBJ WG 2.0

6.00 @ 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
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M52708 BRD: ROLL DG, Sub 6" WG

5.00 @ 1 roll	170.00	0.50	2.65	180.00	3.00	15.88	28.00	6.00	0.00	3.00	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	13.52	-*	1.45
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M52782 BRD: FLATBREAD 6" X 6" 2OZ WG (2BG)

24.00 @ 1 each	180.00	1.00	5.00	310.00	5.00	25.00	28.00	5.00	0.00	2.69	-*	0.07	-*	-*	-*	0.07	-*	-*	-*	-*	-*	22.88	-*	0.83
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M54775 BRD: CROISSANT, SLICED WG

1.00 @ 1 each	243.91	6.47	23.87	253.40	12.05	44.44	29.25	5.44	32.35	0.91	15.14	313.46	0.31	0.00	0.00	2.82	0.25	1.93	0.85	0.00	0.01	15.66	3.96	1.63
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M53393 TKY, Breast Sliced 1.0

20.00 @ 1 serving	60.00	0.50	7.50	220.00	2.00	30.00	2.00	9.00	25.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.36
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M53569 CHIX, BLACK FOREST HAM SLICED 1.0

10.00 @ 1 serving	80.00	1.50	16.88	250.00	4.50	50.63	2.00	8.00	40.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.36
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M51976 CHIX Dcd Deli Salad W 1.0

54.00 @ 1 No 16 Scoop	76.63	0.94	10.98	129.00	4.42	51.89	1.48	6.99	24.65	0.18	27.40*	47.33	0.00*	0.03*	2.98*	0.37	0.00*	0.01*	0.03*	0.01*	0.00*	4.41	2.64*	0.30
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M51005 CHEESE, AM (184ct) Slices 1.0

3.00 @ 3 slice	134.99	6.75	45.00	599.97	10.50	70.00	1.50	7.50	37.50	0.00	-*	299.98	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.99	-*	0.00
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M53381 CHEESE, CH Slices 1.0

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

3.00 @ 2 slice	110.01	5.00	40.91	50.00	9.00	73.64	0.00	8.00	25.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	249.01	-*	0.00
M50999 CHEESE, JK Slices 1.0																								
6.00 @ 2 slice	100.00	5.00	45.00	180.01	8.00	72.00	1.00	7.00	30.00	0.00	25.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	197.01	-*	0.00
M51003 CHEESE, PV Slices 1.0																								
13.00 @ 2 slice	100.00	5.00	45.00	250.01	7.00	63.00	1.00	7.00	20.00	0.00	40.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	212.01	-*	0.00
M51017 VEG GARN: Rom Leaf 1ea																								
23.00 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C																								
18.00 @ 1/8 cup	5.10	0.01	1.40	1.42	0.06	10.00	1.10	0.25	0.00	0.34	67.18	236.14	0.00	0.15	2.24	3.88	0.01	0.01	0.17	0.02	0.00	2.83	6.80	0.08
M51013 VEG: ONIONS, Red Slice 1ea																								
5.00 @ 1 slice	2.83	0.00	0.94	0.28	0.01	2.25	0.66	0.08	0.00	0.12	10.35	0.14	0.00	0.00	0.03	0.52	0.00	0.00	0.01	0.01	0.00	1.63	2.06	0.01
M52162 VEG: SPINACH, FRESH LEAVES 1/4C																								
12.00 @ 1/4 cup	3.12	0.01	2.47	10.73	0.05	15.26	0.49	0.39	0.00	0.30	75.79	1273.70	0.00	0.28	65.59	3.82	0.01	0.03	0.10	0.03	0.00	13.45	6.66	0.37
M52661 VEG: CUCUMBER, Fresh Slice1/8c																								
3.00 @ 1/8 cup	2.75	0.01	2.22	0.37	0.02	6.60	0.66	0.12	0.00	0.09	26.91	19.22	0.00	0.01	3.00	0.51	0.00	0.01	0.02	0.01	0.00	2.93	4.39	0.05
M53523 VEG: PEPPERS, Red Strips1/4c																								
20.00 @ 1/4 cup	7.78	0.01	0.78	1.00	0.08	8.71	1.51	0.25	0.00	0.53	52.96	785.87	0.00	0.40	1.23	32.05	0.01	0.02	0.25	0.07	0.00	1.76	6.53	0.11
M50891 COND_OLIVES, BLACK SLICED TBSP																								
10.00 @ 1 tablespoon	14.04	0.17	10.96	58.74	1.27	81.48	0.52	0.13	0.00	0.31	-*	5.23	-*	-*	-*	0.21	-*	-*	-*	-*	-*	7.97	-*	0.18
M50176 COND_Pickle, Dill Slice 2ea																								
14.00 @ 2 slice	1.62	0.01	4.72	162.08	0.05	25.17	0.24	0.06	0.00	0.14	-*	0.00	-*	-*	-*	0.21	-*	-*	-*	-*	-*	8.65	-*	0.05
M66605 BRD: TORTILLA FLOUR 10" WG																								
72.00 @ 1 each	180.00	1.50	7.50	250.00	4.50	22.50	29.00	5.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.44
M54540 BRD: TORTILLA, CHIP RND WG 2BG																								
58.00 @ 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
M50834 RICE, Sante Fe WG 2BG																								
60.00 @ 1 cup	227.25	0.43	1.70	236.61	1.81	7.16	47.13	5.03	0.00	2.02	128.06	136.53*	0.00*	0.01*	0.17*	4.84*	0.00*	0.00*	0.01*	0.00*	0.00*	13.44	0.99*	0.58
M51175 BEEF Gd, Taco Meat SC 1.0																								

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

120.00 @ 1 No 24 Scoop	78.71	1.65	18.88	56.06	4.38	50.12	1.22	8.02	25.24	0.15	122.30*	121.25	0.57*	0.08*	0.61*	1.55	0.01*	0.06*	1.81*	0.13*	0.79*	9.04	69.27*	1.00
M52584 CHIX Strips, Fajita DkMt 1.0																								
60.00 @ 2 fl oz	76.93	1.01	11.78	124.77	3.56	41.66	1.34	10.09	35.00	0.09	9.12*	46.95	0.00*	0.07*	0.17*	0.02	0.00*	0.00*	0.03*	0.01*	0.00*	12.26	2.39*	0.69
M67968 MMA: BEANS, PINTO KICKIN' 1.0																								
10.00 @ 1/4 cup	57.84	0.12	1.93	98.12	0.41	6.35	9.87	3.52	0.42	2.94	165.79*	37.72*	1.55*	0.00*	0.00*	0.64*	0.00*	0.00*	0.00*	0.00*	0.00*	32.66	0.00*	0.91
M53386 CHEESE, CH Shreds 1.0																								
80.00 @ 2 fl oz	110.00	6.00	49.09	189.99	9.00	73.64	1.00	7.00	30.00	0.00	0.00	280.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	201.99	-*	0.19
M50921 COND_Sauce, Chz SS W (LOL) 1.0																								
100.00 @ 3 fl oz	149.95	6.75	40.50	599.79	10.50	63.00	4.50	7.50	29.99	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.92	-*	0.00
M51420 VEG GARN: Rom Shrds/Tom Dice																								
80.00 @ 1 serving	5.03	0.01	1.56	1.63	0.06	11.41	1.06	0.27	0.00	0.40	67.90	794.43	0.00	0.12	8.94	3.20	0.01	0.01	0.15	0.02	0.00	4.47	7.23	0.13
M52379 VEG: ONIONS, Yellow Diced 1/8c																								
24.00 @ 1/8 cup	8.62	0.01	0.94	0.86	0.02	2.25	2.01	0.24	0.00	0.37	31.47	0.43	0.00	0.00	0.09	1.60	0.01	0.01	0.03	0.03	0.00	4.96	6.25	0.05
M50892 COND_PEPPERS, JALAPENO CND TBSP																								
40.00 @ 1 tablespoon	3.12	0.00	0.00	240.96	0.09	27.20	0.48	0.09	0.00	0.26	19.38	-*	-*	-*	-*	1.00	-*	-*	-*	-*	-*	2.31	-*	0.19
M50891 COND_OLIVES, BLACK SLICED TBSP																								
20.00 @ 1 tablespoon	14.04	0.17	10.96	58.74	1.27	81.48	0.52	0.13	0.00	0.31	-*	5.23	-*	-*	-*	0.21	-*	-*	-*	-*	-*	7.97	-*	0.18
M55430 COND_HERB, CILANTRO																								
10.00 @ 1 tablespoon	0.82	0.00	0.55	1.63	0.02	20.35	0.13	0.08	0.00	0.10	18.46	239.13	0.00	0.09	10.99	0.96	0.00	0.01	0.04	0.01	0.00	2.37	1.70	0.06
M67940 VEG: BEANS, BLACK CHARRO 1/2C																								
24.00 @ 1/2 cup	109.01	0.25	2.06	139.42	0.87	7.21	19.26	6.00	0.76	5.82	357.76*	120.16*	2.87*	0.08*	1.81*	2.04*	0.01*	0.00*	0.09*	0.02*	0.00*	68.18	5.27*	2.06
M52815 VEG: PEPPERS, Red Strips1/2c																								
83.00 @ 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																								
48.00 @ 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																								
428.00 @ 1/2 cup	119.99	1.33	10.00	133.32	4.67	35.00	17.33	2.00	0.00	2.00	259.98	0.00	-*	-*	-*	3.20	-*	-*	-*	-*	-*	0.00	-*	0.48

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M51731 VEG: POTATO SWT, FF CRINKLE 1/2C

12.00 @ 1/2 cup	137.66	0.53	3.46	180.02	4.77	31.15	23.30	1.06	0.00	3.18	243.56	3176.86	-*	-*	-*	6.35	-*	-*	-*	-*	-*	21.18	-*	0.38
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M52217 FRUIT: APPLE, 138ct Whole 1c

111.00 @ 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
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M52271 FRUIT: PEARS, Dice w/Jc 1/2c

123.00 @ 1/2 cup	60.66	0.00	0.00	10.11	0.00	0.00	14.15	0.00	0.00	2.02	80.89	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50979 JUICE SS, Apple 100% 4oz Cart

126.00 @ 1 each	60.00	0.00	0.00	15.00	0.00	0.00	14.00	0.00	0.00	0.00	85.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50720 DESRT: PUDDING, Choc AP 1/2c

180.00 @ 1/2 cup	120.15	0.00	0.00	190.23	3.00	22.50	24.03	1.00	0.00	1.00	70.09	0.00	0.00	-*	-*	0.00	-*	-*	-*	-*	-*	16.02	-*	1.00
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M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50

61.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
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M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50

185.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
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M50855 COND PC Ketchup 9g Heinz

290.00 @ 1 each	10.00	0.00	0.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50055 COND PC Mayonnaise 12g

110.00 @ 1 each	80.00	1.50	16.87	75.00	8.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50284 COND PC Mustard 6g

12.00 @ 1 each	0.00	0.00	-	65.00	0.00	-	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M53222 COND PC Margarine 5g

84.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50624 COND PC Drsg Ranch 12g

70.00 @ 1 each	50.00	0.00	0.00	100.00	5.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50623 COND PC Drsg Italian 12g

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

48.00 @ 1 each	15.00	0.00	0.00	65.00	0.00	0.00	4.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M50056 COND_PC Sauce, Taco 9g

40.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50287 COND_PC Sauce, BBQ 12g

70.00 @ 1 each	15.00	0.00	0.00	160.00	0.00	0.00	4.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.60	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50060 COND_Mayo W

48.00 @ 1 tablespoon	33.07	0.47	12.86	94.49	3.31	90.00	0.94	0.00	4.72	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M51391 COND_Mayo, Chipotle W

48.00 @ 1 tablespoon	26.19	0.35	12.18	91.54	2.49	85.73	0.97	0.01	3.54	0.01	1.00*	91.64	-*	-*	-*	0.40	-*	-*	-*	-*	-*	0.00	-*	0.02
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M50291 COND_Mustard, Yellow

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

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

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

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

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

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

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

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

48.00 @ 1
tablespoon

	30.00	1.75	52.50	25.00	3.00	90.00	1.00	0.50	10.00	0.00	-*	99.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.00
Average	938.66	11.08	10.62	1602.23	36.45	34.95	107.09	44.66	80.4	10.21	451.19*	2073.08*	.27*	.3*	14.16*	22.49*	.03*	.04*	.63*	.09*	.17*	490.77	27.71*	4.92

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-12 **Period:** Breakfast **Week:** 1 **Day:** Wednesday **Count Type:** Forecasted **Total No. of Customers:** 26

Weekly Std.	SFA		Na (mg)	Fat		CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)	
	CAL	(g)		% of CAL	(g)																			% of CAL
	450.00-500.00		10.00	540.00																				

M52925 PIZZA AP Tony Bkfst T.Ssg 1.0

16.00 @ 1 each	210.00	2.00	8.57	480.01	7.00	30.00	26.00	9.00	15.00	2.00	240.00	200.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M50440 CEREAL BWL, CINN TST CRUNCH WG

5.00 @ 1 bowl	110.00	0.50	4.09	160.00	3.00	24.55	22.00	1.00	0.00	2.00	50.05	400.00	-*	-*	-*	4.80	-*	-*	-*	-*	-*	80.00	-*	3.60
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M50442 CEREAL BWL, Cocoa Puffs RS WG

1.00 @ 1 bowl	110.05	0.00	0.00	160.08	1.50	12.27	25.01	2.00	0.00	2.00	-*	500.25	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.05	-*	4.50
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M50524 CEREAL BWL, Lucky Charms WG

1.00 @ 1 bowl	110.00	0.00	0.00	180.00	1.00	8.18	23.00	2.00	0.00	2.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	4.50
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M50525 CEREAL BWL, Trix RS WG

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

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
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M52724 BRD: BAR, Cereal CinnTst WG IW

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

2.00 @ 1 muffin	190.00	2.00	9.47	130.00	6.00	28.42	31.00	3.00	40.00	2.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.72
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M51268 BRD: MUF AP, CHOC CHOC CHIP 2OZ IW WG (1BG)

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

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

2.00 @ 1 package	180.00	1.00	5.00	190.00	2.50	12.50	37.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51684 BRD: POPTARTS, Fudge 1.76oz WG

2.00 @ 1 package	180.00	1.00	5.00	190.00	3.00	15.00	38.00	3.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M51994 CHEESE, COLBY JK Stick 1ea 1.0

2.00 @ 1 stick	90.00	4.00	40.00	200.01	6.00	60.00	0.00	7.00	20.00	0.00	0.00	200.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.01	-*	0.00
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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
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M50670 EGG: Hard Boiled FC AP 1.5

2.00 @ 1 each	80.00	1.50	16.88	60.00	5.00	56.25	1.00	6.00	185.00	0.00	-*	300.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.72
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M66354 YOGURT, PARFAIT STRAWBERRY 1.0

1.00 @ 1 serving	135.19	0.59	3.92	67.14	1.57	10.43	26.34	4.01	5.00	1.08	222.26	517.91	80.06*	0.11*	0.86*	16.06	0.01*	0.01*	0.18*	0.01*	0.00*	106.31	5.07*	0.39
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M52975 BRD: WAFFLE, RS SS WG (3.25BG)

5.00 @ 1 each	240.06	0.00	0.00	506.14	2.86	10.71	50.30	6.86	0.00	6.86	1.05*	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	288.94	0.00*	3.09
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M52657 FRUIT: BLUEBERRIES, Fz 1/8c

5.00 @ 1/8 cup	8.89	0.01	0.94	0.17	0.11	11.29	2.12	0.07	0.00	0.47	9.41	8.01	0.00	0.08	2.86	0.44	0.01	0.01	0.09	0.01	0.00	1.39	1.92	0.03
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M53629 FRUIT: STRAWBERRIES, Frsh 1/8c

5.00 @ 1/8 cup	6.14	0.00	0.42	0.19	0.06	8.44	1.47	0.13	0.00	0.38	29.37	2.30	0.00	0.06	0.42	11.29	0.00	0.00	0.07	0.01	0.00	3.07	4.61	0.08
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M52817 DESRT: TOPPING, CHOCOLATE CHIPS SEMISWT (TBSP)

5.00 @ 1 tablespoon	51.03	1.89	33.28	1.17	3.19	56.25	6.79	0.45	0.00	0.63	38.80	0.00	0.00	0.03	0.60	0.00	0.01	0.01	0.05	0.00	0.00	3.40	14.03	0.33
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M52816 DESRT: TOPPING, Whipd NonDairy

5.00 @ 1 tablespoon	13.47	1.00	66.56	0.81	1.00	67.06	1.06	0.05	0.01	0.01	-*	0.20	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.15	-*	0.00
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M50549 FRUIT: WATERMELON, Fresh 1/2c

8.00 @ 1/2 cup	27.28	0.01	0.48	0.91	0.14	4.50	6.87	0.55	0.00	0.36	101.86	517.50	0.00	0.05	0.09	7.37	0.03	0.02	0.16	0.04	0.00	6.37	10.00	0.22
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M53549 FRUIT: APPLESAUCE, Unswt AP1/2c

4.00 @ 1/2 cup	52.77	0.00	0.00	10.55	0.00	0.00	13.72	0.00	0.00	2.11	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50982 JUICE SS, ORANGE 100% 4 FLOZ

13.00 @ 1 each	51.44	0.00	0.00	15.43	0.00	0.00	12.35	1.03	0.00	0.00	-*	0.00	-*	-*	-*	43.21	-*	-*	-*	-*	-*	0.00	-*	0.00
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M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

20.00 @ 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																								
3.00 @ 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																								
3.00 @ 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																								
2.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50058 COND PC Syrup 1.4oz Smuckers																								
5.00 @ 1 each	110.00	0.00	0.00	25.00	0.00	0.00	29.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
Average	560.24	3.77	6.06	780.77	11.37	18.26	93.9	20.37	39.04	5.58	226.38*	1246.58	3.08*	.05*	.81*	30.25	.01*	.01*	.1*	.02*	0*	572.39	7.23*	4.16

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 9-12 **Period:** Lunch **Week:** 1 **Day:** Wednesday **Count Type:** Forecasted **Total No. of Customers:** 546

Weekly Std.	SFA			Na (mg)	Fat		CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)
	CAL	(g)	% of CAL		% of CAL																			
750.00-850.00			10.00	1420.00																				

M51438 BEEF PTY, CHIX FRSTK AP WG 2.0

168.00 @ 1 each	289.56	3.99	12.41	479.27	17.97	55.86	18.97	14.98	29.95	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	39.94	-*	1.80
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M50443 COND_Gravy, Country SS

120.00 @ 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
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M51831 BRD: BRDSTK DG, RIPSTK 1EA (1BG)

189.00 @ 1 each	80.00	0.00	0.00	95.00	1.00	11.25	15.00	3.00	0.00	2.00	-*	0.09	-*	-*	-*	0.00	-*	-*	-*	-*	-*	7.27	-*	0.71
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M52184 SALAD, CHam Tky Cobb SCW2.25

24.00 @ 1 each	188.39	5.07	24.22	397.88	11.26	53.79	5.84	16.30	141.66	1.26	146.57*	5267.02	0.00*	0.12*	43.60*	7.46	0.04*	0.04*	0.25*	0.06*	0.00*	140.43	17.48*	1.30
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M51680 BRD: ROLL DG, WG 2.5oz

24.00 @ 1 each	170.00	0.50	2.65	135.00	3.00	15.88	28.00	7.00	0.00	3.40	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	12.70	-*	0.85
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M52043 PIZZA HUT PIZZA 6" EXPRESS CHZ SS 2.25

53.00 @ 1 pizza	374.18	4.99	12.01	685.27	13.41	32.25	38.44	24.92	24.70	4.27	-*	692.07	-*	-*	-*	5.36	-*	-*	-*	-*	-*	410.71	-*	2.57
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M53931 PIZZA HUT PIZZA 6" EXPRESS PEPP SS 2.0

107.00 @ 1 pizza	385.19	5.31	12.42	711.32	14.98	35.01	38.49	24.17	27.17	4.35	-*	662.85	-*	-*	-*	5.43	-*	-*	-*	-*	-*	354.34	-*	2.65
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M54307 PIZZA HUT PIZZA 6" EXPRESS SSG SS 2.25

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

40.00 @ 1 pizza	400.94	4.66	10.46	805.79	13.17	29.57	42.83	27.77	38.53	4.36	-*	667.19	-*	-*	-*	5.81	-*	-*	-*	-*	-*	350.99	-*	2.67
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M54520 PIZZA HUT COND PC CHEESE GRATED 2.5G

51.00 @ 1 each	10.00	0.00	0.00	50.00	1.00	90.00	0.00	1.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M54521 PIZZA HUT COND PC PEPPER RED CRUSHED 1G

37.00 @ 1 each	5.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M52963 CHIX Popcorn, AP WG 2.0

60.00 @ 1 serving	250.19	2.72	9.78	380.72	14.14	50.87	15.23	15.23	21.76	3.26	-*	108.78	-*	-*	-*	0.00	-*	-*	-*	-*	-*	43.51	-*	1.96
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M51753 CHIX Popcorn, AP Spicy WG 2.0

100.00 @ 1 serving	247.14	2.69	9.78	365.34	13.97	50.87	16.12	13.97	21.49	2.15	-*	107.45	-*	-*	-*	0.00	-*	-*	-*	-*	-*	42.98	-*	1.93
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M54482 CHIX NUGGET, BNLS WING HONEY SRIRACHA WG (6) 2.0 MWWM

50.00 @ 6 each	284.98	2.25	7.11	374.97	13.50	42.63	21.00	22.50	52.50	1.50	-*	299.98	-*	-*	-*	1.80	-*	-*	-*	-*	-*	0.00	-*	1.62
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M51680 BRD: ROLL DG, WG 2.5oz

160.00 @ 1 each	170.00	0.50	2.65	135.00	3.00	15.88	28.00	7.00	0.00	3.40	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	12.70	-*	0.85
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M51951 HOT DOG, Plain WG 2.0 Hi

1.00 @ 1 each	320.00	8.00	22.50	890.01	18.00	50.62	28.00	11.00	35.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.80
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M55774 STICKS, MAX SNAX PIZZA W/MARINARA AP WG 2.0

33.00 @ 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
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M54308 STICKS, CRISPITO CHIXCHILI AP WG 2.0 (2EA)

30.00 @ 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
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M51189 COND_Sauce, Chz SS W (LOL) .5

30.00 @ 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
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M51228 BRD: BUN, Hamburger WG

190.00 @ 1 each	140.00	0.00	0.00	300.00	2.00	12.86	27.00	5.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.44
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M51648 BEEF Pty, AP 100% 2.0

80.00 @ 1 each	130.00	3.00	20.77	45.00	8.00	55.39	1.00	12.00	35.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M51359 CHIX FLT, BREAST GRD 2.0 MWWM

8.00 @ 1 each	100.00	1.00	9.00	310.00	4.00	36.00	1.00	15.00	40.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.72
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M51935 CHIX FLT, BREAST BRD WG 2.0 MWWM

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

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

32.00 @ 3 slice	134.99	6.75	45.00	599.97	10.50	70.00	1.50	7.50	37.50	0.00	-*	299.98	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.99	-*	0.00
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M53381 CHEESE, CH Slices 1.0

39.00 @ 2 slice	110.01	5.00	40.91	180.01	9.00	73.64	1.00	6.00	30.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	199.01	-*	0.00
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M53385 CHEESE, SW Slices 1.0

4.00 @ 2 slice	110.01	5.00	40.91	50.00	9.00	73.64	0.00	8.00	25.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	249.01	-*	0.00
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M50999 CHEESE, JK Slices 1.0

40.00 @ 2 slice	100.00	5.00	45.00	180.01	8.00	72.00	1.00	7.00	30.00	0.00	25.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	197.01	-*	0.00
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M51003 CHEESE, PV Slices 1.0

48.00 @ 2 slice	100.00	5.00	45.00	250.01	7.00	63.00	1.00	7.00	20.00	0.00	40.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	212.01	-*	0.00
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M51017 VEG GARN: Rom Leaf 1ea

10.00 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
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M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C

17.00 @ 1/8 cup	5.10	0.01	1.40	1.42	0.06	10.00	1.10	0.25	0.00	0.34	67.18	236.14	0.00	0.15	2.24	3.88	0.01	0.01	0.17	0.02	0.00	2.83	6.80	0.08
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M51013 VEG: ONIONS, Red Slice 1ea

40.00 @ 1 slice	2.83	0.00	0.94	0.28	0.01	2.25	0.66	0.08	0.00	0.12	10.35	0.14	0.00	0.00	0.03	0.52	0.00	0.00	0.01	0.01	0.00	1.63	2.06	0.01
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M50892 COND_PEPPERS, JALAPENO CND TBSP

35.00 @ 1 tablespoon	3.12	0.00	0.00	240.96	0.09	27.20	0.48	0.09	0.00	0.26	19.38	-*	-*	-*	-*	1.00	-*	-*	-*	-*	-*	2.31	-*	0.19
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M50176 COND_Pickle, Dill Slice 2ea

40.00 @ 2 slice	1.62	0.01	4.72	162.08	0.05	25.17	0.24	0.06	0.00	0.14	-*	0.00	-*	-*	-*	0.21	-*	-*	-*	-*	-*	8.65	-*	0.05
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M50479 SDW BD, Tky PV WG 2.0

9.00 @ 1 sandwich	320.00	5.50	15.47	790.01	11.00	30.94	33.00	22.00	45.00	2.00	40.00*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	232.01	-*	2.52
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M50962 SDW BD, SBJ WG 2.0

10.00 @ 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
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M52708 BRD: ROLL DG, Sub 6" WG

4.00 @ 1 roll	170.00	0.50	2.65	180.00	3.00	15.88	28.00	6.00	0.00	3.00	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	13.52	-*	1.45
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M52782 BRD: FLATBREAD 6" X 6" 2OZ WG (2BG)

27.00 @ 1 each	180.00	1.00	5.00	310.00	5.00	25.00	28.00	5.00	0.00	2.69	-*	0.07	-*	-*	-*	0.07	-*	-*	-*	-*	-*	22.88	-*	0.83
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M53393 TKY, Breast Sliced 1.0

20.00 @ 1 serving	60.00	0.50	7.50	220.00	2.00	30.00	2.00	9.00	25.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.36
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M53569 CHIX, BLACK FOREST HAM SLICED 1.0

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

10.00 @ 1 serving	80.00	1.50	16.88	250.00	4.50	50.63	2.00	8.00	40.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.36
M51976 CHIX Dcd Deli Salad W 1.0																								
1.00 @ 1 No 16 Scoop	76.63	0.94	10.98	129.00	4.42	51.89	1.48	6.99	24.65	0.18	27.40*	47.33	0.00*	0.03*	2.98*	0.37	0.00*	0.01*	0.03*	0.01*	0.00*	4.41	2.64*	0.30
M51005 CHEESE, AM (184ct) Slices 1.0																								
5.00 @ 3 slice	134.99	6.75	45.00	599.97	10.50	70.00	1.50	7.50	37.50	0.00	-*	299.98	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.99	-*	0.00
M53381 CHEESE, CH Slices 1.0																								
6.00 @ 2 slice	110.01	5.00	40.91	180.01	9.00	73.64	1.00	6.00	30.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	199.01	-*	0.00
M53385 CHEESE, SW Slices 1.0																								
6.00 @ 2 slice	110.01	5.00	40.91	50.00	9.00	73.64	0.00	8.00	25.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	249.01	-*	0.00
M50999 CHEESE, JK Slices 1.0																								
6.00 @ 2 slice	100.00	5.00	45.00	180.01	8.00	72.00	1.00	7.00	30.00	0.00	25.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	197.01	-*	0.00
M51003 CHEESE, PV Slices 1.0																								
6.00 @ 2 slice	100.00	5.00	45.00	250.01	7.00	63.00	1.00	7.00	20.00	0.00	40.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	212.01	-*	0.00
M51017 VEG GARN: Rom Leaf 1ea																								
15.00 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C																								
10.00 @ 1/8 cup	5.10	0.01	1.40	1.42	0.06	10.00	1.10	0.25	0.00	0.34	67.18	236.14	0.00	0.15	2.24	3.88	0.01	0.01	0.17	0.02	0.00	2.83	6.80	0.08
M51013 VEG: ONIONS, Red Slice 1ea																								
15.00 @ 1 slice	2.83	0.00	0.94	0.28	0.01	2.25	0.66	0.08	0.00	0.12	10.35	0.14	0.00	0.00	0.03	0.52	0.00	0.00	0.01	0.01	0.00	1.63	2.06	0.01
M52162 VEG: SPINACH, FRESH LEAVES 1/4C																								
15.00 @ 1/4 cup	3.12	0.01	2.47	10.73	0.05	15.26	0.49	0.39	0.00	0.30	75.79	1273.70	0.00	0.28	65.59	3.82	0.01	0.03	0.10	0.03	0.00	13.45	6.66	0.37
M52661 VEG: CUCUMBER, Fresh Slice1/8c																								
15.00 @ 1/8 cup	2.75	0.01	2.22	0.37	0.02	6.60	0.66	0.12	0.00	0.09	26.91	19.22	0.00	0.01	3.00	0.51	0.00	0.01	0.02	0.01	0.00	2.93	4.39	0.05
M53523 VEG: PEPPERS, Red Strips1/4c																								
15.00 @ 1/4 cup	7.78	0.01	0.78	1.00	0.08	8.71	1.51	0.25	0.00	0.53	52.96	785.87	0.00	0.40	1.23	32.05	0.01	0.02	0.25	0.07	0.00	1.76	6.53	0.11
M50891 COND_OLIVES, BLACK SLICED TBSP																								
15.00 @ 1 tablespoon	14.04	0.17	10.96	58.74	1.27	81.48	0.52	0.13	0.00	0.31	-*	5.23	-*	-*	-*	0.21	-*	-*	-*	-*	-*	7.97	-*	0.18

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M50176 COND_Pickle, Dill Slice 2ea

15.00 @ 2 slice	1.62	0.01	4.72	162.08	0.05	25.17	0.24	0.06	0.00	0.14	-*	0.00	-*	-*	-*	0.21	-*	-*	-*	-*	-*	8.65	-*	0.05
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M66605 BRD: TORTILLA FLOUR 10" WG

78.00 @ 1 each	180.00	1.50	7.50	250.00	4.50	22.50	29.00	5.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.44
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M66461 BRD: TORTILLA FLOUR 6" WG

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

37.00 @ 1 serving	224.59	1.60	6.43	184.48	9.63	38.57	32.08	3.21	0.00	3.21	0.00	0.00	0.00	-*	-*	0.00	-*	-*	-*	-*	-*	48.13	-*	0.80
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M50834 RICE, Sante Fe WG 2BG

30.00 @ 1 cup	227.25	0.43	1.70	236.61	1.81	7.16	47.13	5.03	0.00	2.02	128.06	136.53*	0.00*	0.01*	0.17*	4.84*	0.00*	0.00*	0.01*	0.00*	0.00*	13.44	0.99*	0.58
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M51175 BEEF Gd, Taco Meat SC 1.0

95.00 @ 1 No 24 Scoop	78.71	1.65	18.88	56.06	4.38	50.12	1.22	8.02	25.24	0.15	122.30*	121.25	0.57*	0.08*	0.61*	1.55	0.01*	0.06*	1.81*	0.13*	0.79*	9.04	69.27*	1.00
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M52584 CHIX Strips, Fajita DkMt 1.0

60.00 @ 2 fl oz	76.93	1.01	11.78	124.77	3.56	41.66	1.34	10.09	35.00	0.09	9.12*	46.95	0.00*	0.07*	0.17*	0.02	0.00*	0.00*	0.03*	0.01*	0.00*	12.26	2.39*	0.69
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M67968 MMA: BEANS, PINTO KICKIN' 1.0

8.00 @ 1/4 cup	57.84	0.12	1.93	98.12	0.41	6.35	9.87	3.52	0.42	2.94	165.79*	37.72*	1.55*	0.00*	0.00*	0.64*	0.00*	0.00*	0.00*	0.00*	0.00*	32.66	0.00*	0.91
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M53386 CHEESE, CH Shreds 1.0

40.00 @ 2 fl oz	110.00	6.00	49.09	189.99	9.00	73.64	1.00	7.00	30.00	0.00	0.00	280.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	201.99	-*	0.19
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M50921 COND_Sauce, Chz SS W (LOL) 1.0

70.00 @ 3 fl oz	149.95	6.75	40.50	599.79	10.50	63.00	4.50	7.50	29.99	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.92	-*	0.00
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M51420 VEG GARN: Rom Shrds/Tom Dice

40.00 @ 1 serving	5.03	0.01	1.56	1.63	0.06	11.41	1.06	0.27	0.00	0.40	67.90	794.43	0.00	0.12	8.94	3.20	0.01	0.01	0.15	0.02	0.00	4.47	7.23	0.13
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M52379 VEG: ONIONS, Yellow Diced 1/8c

20.00 @ 1/8 cup	8.62	0.01	0.94	0.86	0.02	2.25	2.01	0.24	0.00	0.37	31.47	0.43	0.00	0.00	0.09	1.60	0.01	0.01	0.03	0.03	0.00	4.96	6.25	0.05
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M50892 COND_PEPPERS, JALAPENO CND TBSP

25.00 @ 1 tablespoon	3.12	0.00	0.00	240.96	0.09	27.20	0.48	0.09	0.00	0.26	19.38	-*	-*	-*	-*	1.00	-*	-*	-*	-*	-*	2.31	-*	0.19
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M50891 COND_OLIVES, BLACK SLICED TBSP

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

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

10.00 @ 1 tablespoon	0.82	0.00	0.55	1.63	0.02	20.35	0.13	0.08	0.00	0.10	18.46	239.13	0.00	0.09	10.99	0.96	0.00	0.01	0.04	0.01	0.00	2.37	1.70	0.06
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M51745 VEG: POTATO, Mashed Garlic1/2c

165.00 @ 1/2 cup	78.45	0.00	0.02	101.15	0.86	9.81	15.70	1.79	0.00	0.91	129.36	0.34	0.00*	0.00*	0.10*	10.21	0.00*	0.00*	0.00*	0.00*	0.00*	3.76	0.10*	0.34
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M52540 VEG: SQUASH, Zucc Frsh 1/2c

48.00 @ 1/2 cup	11.40	0.06	4.45	5.36	0.21	16.94	2.08	0.81	0.00	0.67	174.95	134.06	0.00	0.08	2.88	12.00	0.03	0.06	0.30	0.11	0.00	10.72	25.47	0.25
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M51297 VEG: SALAD, Side GardChop 1c

60.00 @ 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
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M53419 VEG: POTATO, FF CTINAGEN7 1/2C

384.00 @ 1/2 cup	119.99	1.33	10.00	133.32	4.67	35.00	17.33	2.00	0.00	2.00	259.98	0.00	-*	-*	-*	3.20	-*	-*	-*	-*	-*	0.00	-*	0.48
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M51731 VEG: POTATO SWT, FF CRINKLE 1/2C

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

125.00 @ 1/2 cup	24.57	0.01	0.42	0.77	0.23	8.44	5.90	0.51	0.00	1.54	117.47	9.21	0.00	0.22	1.69	45.14	0.02	0.02	0.30	0.04	0.00	12.28	18.43	0.31
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M50427 FRUIT: FRUIT MIX w/Jc 1/2c

101.00 @ 1/2 cup	60.01	0.00	0.00	5.00	0.00	0.00	13.00	1.00	0.00	1.00	-*	200.03	-*	-*	-*	1.20	-*	-*	-*	-*	-*	0.00	-*	0.00
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M53365 JUICE SS, Grape100% 4oz Cart

132.00 @ 1 each	80.00	0.00	0.00	15.00	0.00	0.00	18.00	1.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50

50.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
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M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50

155.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
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M50855 COND PC Ketchup 9g Heinz

280.00 @ 1 each	10.00	0.00	0.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50055 COND PC Mayonnaise 12g

75.00 @ 1 each	80.00	1.50	16.87	75.00	8.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M50284 COND PC Mustard 6g

9.00 @ 1 each	0.00	0.00	-	65.00	0.00	-	1.00	0.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M53222 COND PC Margarine 5g

88.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50624 COND PC Drsg Ranch 12g

70.00 @ 1 each	50.00	0.00	0.00	100.00	5.00	90.00	1.00	0.00	5.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50623 COND PC Drsg Italian 12g

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

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

45.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50287 COND PC Sauce, BBQ 12g

70.00 @ 1 each	15.00	0.00	0.00	160.00	0.00	0.00	4.00	0.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.60	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50060 COND_Mayo W

48.00 @ 1 tablespoon	33.07	0.47	12.86	94.49	3.31	90.00	0.94	0.00	4.72	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M51391 COND_Mayo, Chipotle W

48.00 @ 1 tablespoon	26.19	0.35	12.18	91.54	2.49	85.73	0.97	0.01	3.54	0.01	1.00*	91.64	-*	-*	-*	0.40	-*	-*	-*	-*	-*	0.00	-*	0.02
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M50291 COND_Mustard, Yellow

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

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

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

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

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M50063 COND_Sauce, Buffalo Wing AP

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

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

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

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

48.00 @ 1 tablespoon	30.00	1.75	52.50	25.00	3.00	90.00	1.00	0.50	10.00	0.00	-*	99.99	-*	-*	-*	0.00	-*	-*	-*	-*	20.00	-*	0.00
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Average	1059.79	12.71	10.79	1835.61	43.22	36.71	115.01	51.97	93.04	10.96	381.57*	2002.93*	.12*	.17*	13.25*	25.8*	.02*	.03*	.55*	.07*	.14*	537.42	26.1*	5.9
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-12 **Period:** Breakfast **Week:** 1 **Day:** Thursday **Count Type:** Forecasted **Total No. of Customers:** 14

Weekly Std.	SFA		Na (mg)	Fat		CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)	
	CAL	(g)		% of CAL	(g)																			% of CAL
450.00-500.00		10.00	540.00																					

M51725 SDW BISC, ChixPtyWG 1 (2.25BG)

24.00 @ 1 sandwich	295.00	8.00	24.41	625.01	13.50	41.19	33.00	11.00	12.50	3.50	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	150.00	-*	1.98
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M50440 CEREAL BWL, CINN TST CRUNCH WG

2.00 @ 1 bowl	110.00	0.50	4.09	160.00	3.00	24.55	22.00	1.00	0.00	2.00	50.05	400.00	-*	-*	-*	4.80	-*	-*	-*	-*	-*	80.00	-*	3.60
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M50442 CEREAL BWL, Cocoa Puffs RS WG

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

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
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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
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M52725 BRD: BAR, Cereal CocoPuf WG IW

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

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

2.00 @ 1 muffin	190.00	2.00	9.47	130.00	6.00	28.42	31.00	3.00	40.00	2.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.72
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M51268 BRD: MUF AP, CHOC CHOC CHIP 2OZ IW WG (1BG)

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

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

2.00 @ 1 package	180.00	1.00	5.00	190.00	2.50	12.50	37.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51684 BRD: POPTARTS, Fudge 1.76oz WG

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

2.00 @ 1 package	180.00	1.00	5.00	190.00	3.00	15.00	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
M50670 EGG: Hard Boiled FC AP 1.5																								
2.00 @ 1 each	80.00	1.50	16.88	60.00	5.00	56.25	1.00	6.00	185.00	0.00	-*	300.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.72
M52975 BRD: WAFFLE, RS SS WG (3.25BG)																								
6.00 @ 1 each	240.06	0.00	0.00	506.14	2.86	10.71	50.30	6.86	0.00	6.86	1.05*	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	288.94	0.00*	3.09
M52657 FRUIT: BLUEBERRIES, Fz 1/8c																								
2.00 @ 1/8 cup	8.89	0.01	0.94	0.17	0.11	11.29	2.12	0.07	0.00	0.47	9.41	8.01	0.00	0.08	2.86	0.44	0.01	0.01	0.09	0.01	0.00	1.39	1.92	0.03
M53629 FRUIT: STRAWBERRIES, Frsh 1/8c																								
2.00 @ 1/8 cup	6.14	0.00	0.42	0.19	0.06	8.44	1.47	0.13	0.00	0.38	29.37	2.30	0.00	0.06	0.42	11.29	0.00	0.00	0.07	0.01	0.00	3.07	4.61	0.08
M52817 DESRT: TOPPING, CHOCOLATE CHIPS SEMISWT (TBSP)																								
6.00 @ 1 tablespoon	51.03	1.89	33.28	1.17	3.19	56.25	6.79	0.45	0.00	0.63	38.80	0.00	0.00	0.03	0.60	0.00	0.01	0.01	0.05	0.00	0.00	3.40	14.03	0.33
M52816 DESRT: TOPPING, Whipd NonDairy																								
6.00 @ 1 tablespoon	13.47	1.00	66.56	0.81	1.00	67.06	1.06	0.05	0.01	0.01	-*	0.20	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.15	-*	0.00
M51113 FRUIT: ORANGE 138ct Whole 1/2c																								
8.00 @ 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
M50980 JUICE SS, Frt Bld 100% 4oz Crt																								
10.00 @ 1 each	60.00	0.00	0.00	10.00	0.00	0.00	14.00	0.00	0.00	0.00	100.00	0.00	-*	-*	-*	3.60	-*	-*	-*	-*	-*	0.00	-*	0.00
M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50																								
15.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50																								
1.00 @ 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																								
1.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M50854 COND PC Jelly, #4 Smuckers

1.00 @ 1 each	35.00	0.00	0.00	5.00	0.00	0.00	9.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50056 COND PC Sauce, Taco 9g

1.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50058 COND PC Syrup 1.4oz Smuckers

6.00 @ 1 each	110.00	0.00	0.00	25.00	0.00	0.00	29.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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Average	1223.81	18.88	13.88	1819.27	37.6	27.65	187.36	38.72	73.22	15.7	230.65*	1337.23	0*	.13*	.72*	40.71	.05*	.03*	.2*	.04*	0*	997.42	14.94*	9.9
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 9-12 **Period:** Lunch **Week:** 1 **Day:** Thursday **Count Type:** Forecasted **Total No. of Customers:** 552

Weekly Std.	SFA		Na (mg)	Fat		CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)	
	CAL	(g)		% of CAL	(g)																			% of CAL
750.00-850.00		10.00	1420.00																					

M51072 PASTA, Spaghetti WG 1c

90.00 @ 1 cup	212.58	0.25	1.05	14.19	3.77	15.94	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
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M55223 CHIX MEATBALL, AP (5) 2.0

90.00 @ 5 each	174.99	3.33	17.14	199.99	10.83	55.71	5.83	14.17	58.33	0.83	-*	83.33	-*	-*	-*	0.00	-*	-*	-*	-*	-*	-*	33.33	-*	1.20
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M66192 SAUCE P, TOM SC

90.00 @ 1/2 cup	36.56	0.05	1.11	7.79	0.31	7.55	8.14	1.49	0.00	1.91	14.90*	473.73	0.00*	0.00*	0.37*	18.83	0.00*	0.00*	0.01*	0.01*	0.00*	17.23	2.89*	0.82
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M54492 SALAD, CHIXPTY CAESAR SCSC 2.25 MWWW

25.00 @ 1 each	289.59	2.76	8.59	475.34	12.56	39.02	19.08	23.67	49.95	4.41	104.06*	3353.95	0.00*	0.09*	38.85*	1.51	0.03*	0.03*	0.13*	0.03*	0.00*	93.37	12.28*	2.18
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M51831 BRD: BRDSTK DG, RIPSTK 1EA (1BG)

25.00 @ 1 each	80.00	0.00	0.00	95.00	1.00	11.25	15.00	3.00	0.00	2.00	-*	0.09	-*	-*	-*	0.00	-*	-*	-*	-*	-*	7.27	-*	0.71
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M53360 COND_DRESSING, CAESAR CREAMY (KEN'S ESSENTIALS)

25.00 @ 1 tablespoon	75.00	1.25	15.00	135.00	8.00	96.00	0.50	0.50	0.00	0.00	-*	50.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	10.00	-*	0.00
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M52043 PIZZA HUT PIZZA 6" EXPRESS CHZ SS 2.25

55.00 @ 1 pizza	374.18	4.99	12.01	685.27	13.41	32.25	38.44	24.92	24.70	4.27	-*	692.07	-*	-*	-*	5.36	-*	-*	-*	-*	-*	410.71	-*	2.57
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M53931 PIZZA HUT PIZZA 6" EXPRESS PEPP SS 2.0

110.00 @ 1 pizza	385.19	5.31	12.42	711.32	14.98	35.01	38.49	24.17	27.17	4.35	-*	662.85	-*	-*	-*	5.43	-*	-*	-*	-*	-*	354.34	-*	2.65
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M54307 PIZZA HUT PIZZA 6" EXPRESS SSG SS 2.25

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

40.00 @ 1 pizza	400.94	4.66	10.46	805.79	13.17	29.57	42.83	27.77	38.53	4.36	-*	667.19	-*	-*	-*	5.81	-*	-*	-*	-*	-*	350.99	-*	2.67
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M54520 PIZZA HUT COND PC CHEESE GRATED 2.5G

62.00 @ 1 each	10.00	0.00	0.00	50.00	1.00	90.00	0.00	1.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M54521 PIZZA HUT COND PC PEPPER RED CRUSHED 1G

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

31.00 @ 1 each	5.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00
M52587 CHIX TENDER, GLDN CRISPY (3) WG 2.0 MWWM																							
26.00 @ 3 each	239.64	2.25	8.44	404.38	11.98	45.00	11.98	19.47	44.93	1.50	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	1.62
M51753 CHIX Popcorn, AP Spicy WG 2.0																							
100.00 @ 1 serving	247.14	2.69	9.78	365.34	13.97	50.87	16.12	13.97	21.49	2.15	-*	107.45	-*	-*	-*	0.00	-*	-*	-*	-*	42.98	-*	1.93
M51275 CHIX NUGGET, BNLS WING WG (5) 2.0 MWWM																							
100.00 @ 5 each	200.86	1.88	8.44	338.95	8.79	39.38	12.55	17.58	25.11	2.51	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.90
M51680 BRD: ROLL DG, WG 2.5oz																							
160.00 @ 1 each	170.00	0.50	2.65	135.00	3.00	15.88	28.00	7.00	0.00	3.40	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	12.70	-*	0.85
M54370 BURG, BLACK BEAN AP WG 2.0																							
2.00 @ 1 each	300.00	1.00	3.00	710.00	9.00	27.00	42.00	19.00	5.00	7.00	280.00*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	80.00	-*	2.16
M53275 MELT BD, AM WG 2.0																							
25.00 @ 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
M51228 BRD: BUN, Hamburger WG																							
187.00 @ 1 each	140.00	0.00	0.00	300.00	2.00	12.86	27.00	5.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	40.00	-*	1.44
M51648 BEEF Pty, AP 100% 2.0																							
70.00 @ 1 each	130.00	3.00	20.77	45.00	8.00	55.39	1.00	12.00	35.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	1.08
M51359 CHIX FLT, BREAST GRD 2.0 MWWM																							
11.00 @ 1 each	100.00	1.00	9.00	310.00	4.00	36.00	1.00	15.00	40.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.72
M51935 CHIX FLT, BREAST BRD WG 2.0 MWWM																							
40.00 @ 1 each	199.76	1.50	6.75	289.65	8.99	40.50	8.99	18.98	44.95	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	1.08
M51936 CHIX FLT, BREAST BRD SPICY WG 2.0 MWWM																							
70.00 @ 1 each	199.86	2.00	9.00	329.76	9.99	45.00	8.99	18.99	44.97	1.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	1.44
M51005 CHEESE, AM (184ct) Slices 1.0																							
52.00 @ 3 slice	134.99	6.75	45.00	599.97	10.50	70.00	1.50	7.50	37.50	0.00	-*	299.98	-*	-*	-*	0.00	-*	-*	-*	-*	224.99	-*	0.00
M53381 CHEESE, CH Slices 1.0																							
52.00 @ 2 slice	110.01	5.00	40.91	180.01	9.00	73.64	1.00	6.00	30.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	199.01	-*	0.00
M53385 CHEESE, SW Slices 1.0																							

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

35.00 @ 2 slice	110.01	5.00	40.91	50.00	9.00	73.64	0.00	8.00	25.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	249.01	-*	0.00
M50999 CHEESE, JK Slices 1.0																								
34.00 @ 2 slice	100.00	5.00	45.00	180.01	8.00	72.00	1.00	7.00	30.00	0.00	25.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	197.01	-*	0.00
M51003 CHEESE, PV Slices 1.0																								
11.00 @ 2 slice	100.00	5.00	45.00	250.01	7.00	63.00	1.00	7.00	20.00	0.00	40.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	212.01	-*	0.00
M51017 VEG GARN: Rom Leaf 1ea																								
58.00 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C																								
52.00 @ 1/8 cup	5.10	0.01	1.40	1.42	0.06	10.00	1.10	0.25	0.00	0.34	67.18	236.14	0.00	0.15	2.24	3.88	0.01	0.01	0.17	0.02	0.00	2.83	6.80	0.08
M51013 VEG: ONIONS, Red Slice 1ea																								
19.00 @ 1 slice	2.83	0.00	0.94	0.28	0.01	2.25	0.66	0.08	0.00	0.12	10.35	0.14	0.00	0.00	0.03	0.52	0.00	0.00	0.01	0.01	0.00	1.63	2.06	0.01
M50892 COND_PEPPERS, JALAPENO CND TBSP																								
28.00 @ 1 tablespoon	3.12	0.00	0.00	240.96	0.09	27.20	0.48	0.09	0.00	0.26	19.38	-*	-*	-*	-*	1.00	-*	-*	-*	-*	-*	2.31	-*	0.19
M50176 COND_Pickle, Dill Slice 2ea																								
35.00 @ 2 slice	1.62	0.01	4.72	162.08	0.05	25.17	0.24	0.06	0.00	0.14	-*	0.00	-*	-*	-*	0.21	-*	-*	-*	-*	-*	8.65	-*	0.05
M66756 WRAP 10", CHIXDCD RANCH WG 2.0																								
13.00 @ 1 each	372.18	3.79	9.18	555.77	15.98	38.64	32.55	20.16	49.71	3.94	137.21*	2705.42	0.00*	0.19*	31.30*	5.02	0.03*	0.02*	0.26*	0.04*	0.00*	127.19	15.31*	2.34
M50962 SDW BD, SBJ WG 2.0																								
2.00 @ 1 sandwich	658.38	3.99	5.45	579.16	35.89	49.06	69.87	19.95	0.00	5.99	378.78*	0.00	0.00*	-*	-*	0.00	-*	-*	-*	-*	-*	59.81	-*	5.35
M52708 BRD: ROLL DG, Sub 6" WG																								
3.00 @ 1 roll	170.00	0.50	2.65	180.00	3.00	15.88	28.00	6.00	0.00	3.00	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	13.52	-*	1.45
M52782 BRD: FLATBREAD 6" X 6" 2OZ WG (2BG)																								
31.00 @ 1 each	180.00	1.00	5.00	310.00	5.00	25.00	28.00	5.00	0.00	2.69	-*	0.07	-*	-*	-*	0.07	-*	-*	-*	-*	-*	22.88	-*	0.83
M54775 BRD: CROISSANT, SLICED WG																								
2.00 @ 1 each	243.91	6.47	23.87	253.40	12.05	44.44	29.25	5.44	32.35	0.91	15.14	313.46	0.31	0.00	0.00	2.82	0.25	1.93	0.85	0.00	0.01	15.66	3.96	1.63
M53393 TKY, Breast Sliced 1.0																								
20.00 @ 1 serving	60.00	0.50	7.50	220.00	2.00	30.00	2.00	9.00	25.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.36
M53569 CHIX, BLACK FOREST HAM SLICED 1.0																								

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

16.00 @ 1 serving	80.00	1.50	16.88	250.00	4.50	50.63	2.00	8.00	40.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.36	
M51976 CHIX Dcd Deli Salad W 1.0																								
4.00 @ 1 No 16 Scoop	76.63	0.94	10.98	129.00	4.42	51.89	1.48	6.99	24.65	0.18	27.40*	47.33	0.00*	0.03*	2.98*	0.37	0.00*	0.01*	0.03*	0.01*	0.00*	4.41	2.64*	0.30
M51005 CHEESE, AM (184ct) Slices 1.0																								
10.00 @ 3 slice	134.99	6.75	45.00	599.97	10.50	70.00	1.50	7.50	37.50	0.00	-*	299.98	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.99	-*	0.00
M53381 CHEESE, CH Slices 1.0																								
9.00 @ 2 slice	110.01	5.00	40.91	180.01	9.00	73.64	1.00	6.00	30.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	199.01	-*	0.00
M53385 CHEESE, SW Slices 1.0																								
6.00 @ 2 slice	110.01	5.00	40.91	50.00	9.00	73.64	0.00	8.00	25.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	249.01	-*	0.00
M50999 CHEESE, JK Slices 1.0																								
30.00 @ 2 slice	100.00	5.00	45.00	180.01	8.00	72.00	1.00	7.00	30.00	0.00	25.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	197.01	-*	0.00
M51003 CHEESE, PV Slices 1.0																								
14.00 @ 2 slice	100.00	5.00	45.00	250.01	7.00	63.00	1.00	7.00	20.00	0.00	40.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	212.01	-*	0.00
M51017 VEG GARN: Rom Leaf 1ea																								
15.00 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C																								
10.00 @ 1/8 cup	5.10	0.01	1.40	1.42	0.06	10.00	1.10	0.25	0.00	0.34	67.18	236.14	0.00	0.15	2.24	3.88	0.01	0.01	0.17	0.02	0.00	2.83	6.80	0.08
M51013 VEG: ONIONS, Red Slice 1ea																								
8.00 @ 1 slice	2.83	0.00	0.94	0.28	0.01	2.25	0.66	0.08	0.00	0.12	10.35	0.14	0.00	0.00	0.03	0.52	0.00	0.00	0.01	0.01	0.00	1.63	2.06	0.01
M52162 VEG: SPINACH, FRESH LEAVES 1/4C																								
8.00 @ 1/4 cup	3.12	0.01	2.47	10.73	0.05	15.26	0.49	0.39	0.00	0.30	75.79	1273.70	0.00	0.28	65.59	3.82	0.01	0.03	0.10	0.03	0.00	13.45	6.66	0.37
M52661 VEG: CUCUMBER, Fresh Slice1/8c																								
10.00 @ 1/8 cup	2.75	0.01	2.22	0.37	0.02	6.60	0.66	0.12	0.00	0.09	26.91	19.22	0.00	0.01	3.00	0.51	0.00	0.01	0.02	0.01	0.00	2.93	4.39	0.05
M53523 VEG: PEPPERS, Red Strips1/4c																								
10.00 @ 1/4 cup	7.78	0.01	0.78	1.00	0.08	8.71	1.51	0.25	0.00	0.53	52.96	785.87	0.00	0.40	1.23	32.05	0.01	0.02	0.25	0.07	0.00	1.76	6.53	0.11
M50891 COND_OLIVES, BLACK SLICED TBSP																								
10.00 @ 1 tablespoon	14.04	0.17	10.96	58.74	1.27	81.48	0.52	0.13	0.00	0.31	-*	5.23	-*	-*	-*	0.21	-*	-*	-*	-*	-*	7.97	-*	0.18

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M50176 COND_Pickle, Dill Slice 2ea

10.00 @ 2 slice	1.62	0.01	4.72	162.08	0.05	25.17	0.24	0.06	0.00	0.14	-*	0.00	-*	-*	-*	0.21	-*	-*	-*	-*	-*	8.65	-*	0.05
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M66605 BRD: TORTILLA FLOUR 10" WG

86.00 @ 1 each	180.00	1.50	7.50	250.00	4.50	22.50	29.00	5.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.44
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M66461 BRD: TORTILLA FLOUR 6" WG

54.00 @ 2 each	180.00	1.00	5.00	250.00	5.00	25.00	28.00	6.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	120.00	-*	1.44
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M54540 BRD: TORTILLA, CHIP RND WG 2BG

57.00 @ 1 serving	224.59	1.60	6.43	184.48	9.63	38.57	32.08	3.21	0.00	3.21	0.00	0.00	0.00	-*	-*	0.00	-*	-*	-*	-*	-*	48.13	-*	0.80
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M50834 RICE, Sante Fe WG 2BG

116.00 @ 1 cup	227.25	0.43	1.70	236.61	1.81	7.16	47.13	5.03	0.00	2.02	128.06	136.53*	0.00*	0.01*	0.17*	4.84*	0.00*	0.00*	0.01*	0.00*	0.00*	13.44	0.99*	0.58
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M51175 BEEF Gd, Taco Meat SC 1.0

55.00 @ 1 No 24 Scoop	78.71	1.65	18.88	56.06	4.38	50.12	1.22	8.02	25.24	0.15	122.30*	121.25	0.57*	0.08*	0.61*	1.55	0.01*	0.06*	1.81*	0.13*	0.79*	9.04	69.27*	1.00
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M52584 CHIX Strips, Fajita DkMt 1.0

8.00 @ 2 fl oz	76.93	1.01	11.78	124.77	3.56	41.66	1.34	10.09	35.00	0.09	9.12*	46.95	0.00*	0.07*	0.17*	0.02	0.00*	0.00*	0.03*	0.01*	0.00*	12.26	2.39*	0.69
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M67968 MMA: BEANS, PINTO KICKIN' 1.0

80.00 @ 1/4 cup	57.84	0.12	1.93	98.12	0.41	6.35	9.87	3.52	0.42	2.94	165.79*	37.72*	1.55*	0.00*	0.00*	0.64*	0.00*	0.00*	0.00*	0.00*	0.00*	32.66	0.00*	0.91
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M53386 CHEESE, CH Shreds 1.0

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

80.00 @ 3 fl oz	149.95	6.75	40.50	599.79	10.50	63.00	4.50	7.50	29.99	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.92	-*	0.00
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M51420 VEG GARN: Rom Shrds/Tom Dice

30.00 @ 1 serving	5.03	0.01	1.56	1.63	0.06	11.41	1.06	0.27	0.00	0.40	67.90	794.43	0.00	0.12	8.94	3.20	0.01	0.01	0.15	0.02	0.00	4.47	7.23	0.13
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M52379 VEG: ONIONS, Yellow Diced 1/8c

40.00 @ 1/8 cup	8.62	0.01	0.94	0.86	0.02	2.25	2.01	0.24	0.00	0.37	31.47	0.43	0.00	0.00	0.09	1.60	0.01	0.01	0.03	0.03	0.00	4.96	6.25	0.05
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M50892 COND_PEPPERS, JALAPENO CND TBSP

30.00 @ 1 tablespoon	3.12	0.00	0.00	240.96	0.09	27.20	0.48	0.09	0.00	0.26	19.38	-*	-*	-*	-*	1.00	-*	-*	-*	-*	-*	2.31	-*	0.19
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M50891 COND_OLIVES, BLACK SLICED TBSP

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

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

10.00 @ 1 tablespoon	0.82	0.00	0.55	1.63	0.02	20.35	0.13	0.08	0.00	0.10	18.46	239.13	0.00	0.09	10.99	0.96	0.00	0.01	0.04	0.01	0.00	2.37	1.70	0.06
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M51425 VEG: SQUASH, Zucc FrshRst 1/2c

30.00 @ 1/2 cup	13.26	0.06	3.84	2.46	0.28	18.85	2.48	0.94	0.00	0.80	202.50	829.22	0.00	0.09	3.38	9.93	0.03	0.02	0.39	0.07	0.00	16.15	29.48	0.31
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M53671 VEG: SALAD, Bean GreenItal1/2c

37.00 @ 1/2 cup	49.39	0.21	3.88	287.45	1.36	24.85	7.71	1.58	0.00	2.27	159.47*	426.07	0.00*	0.33*	35.15*	14.78	0.08*	0.07*	0.40*	0.05*	0.00*	36.06	27.93*	0.92
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M51297 VEG: SALAD, Side GardChop 1c

48.00 @ 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
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M53419 VEG: POTATO, FF CTINAGEN7 1/2C

408.00 @ 1/2 cup	119.99	1.33	10.00	133.32	4.67	35.00	17.33	2.00	0.00	2.00	259.98	0.00	-*	-*	-*	3.20	-*	-*	-*	-*	-*	0.00	-*	0.48
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M51731 VEG: POTATO SWT, FF CRINKLE 1/2C

12.00 @ 1/2 cup	137.66	0.53	3.46	180.02	4.77	31.15	23.30	1.06	0.00	3.18	243.56	3176.86	-*	-*	-*	6.35	-*	-*	-*	-*	-*	21.18	-*	0.38
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M50549 FRUIT: WATERMELON, Fresh 1/2c

100.00 @ 1/2 cup	27.28	0.01	0.48	0.91	0.14	4.50	6.87	0.55	0.00	0.36	101.86	517.50	0.00	0.05	0.09	7.37	0.03	0.02	0.16	0.04	0.00	6.37	10.00	0.22
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M53549 FRUIT: APPLESAUCE,Unswt AP1/2c

92.00 @ 1/2 cup	52.77	0.00	0.00	10.55	0.00	0.00	13.72	0.00	0.00	2.11	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50979 JUICE SS, Apple 100% 4oz Cart

134.00 @ 1 each	60.00	0.00	0.00	15.00	0.00	0.00	14.00	0.00	0.00	0.00	85.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M53064 DESRT: COOKIE ChocChp 1.0oz WG

219.00 @ 1 cookie	110.00	1.00	8.18	85.00	3.50	28.64	18.00	1.00	5.00	1.00	60.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50

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

202.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
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M50855 COND PC Ketchup 9g Heinz

290.00 @ 1 each	10.00	0.00	0.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M50055 COND PC Mayonnaise 12g

70.00 @ 1 each	80.00	1.50	16.87	75.00	8.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50284 COND PC Mustard 6g

11.00 @ 1 each	0.00	0.00	-	65.00	0.00	-	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M53222 COND PC Margarine 5g

89.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50624 COND PC Drsg Ranch 12g

75.00 @ 1 each	50.00	0.00	0.00	100.00	5.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50623 COND PC Drsg Italian 12g

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

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

35.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50287 COND PC Sauce, BBQ 12g

65.00 @ 1 each	15.00	0.00	0.00	160.00	0.00	0.00	4.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.60	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50060 COND_Mayo W

48.00 @ 1 tablespoon	33.07	0.47	12.86	94.49	3.31	90.00	0.94	0.00	4.72	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M51391 COND_Mayo, Chipotle W

48.00 @ 1 tablespoon	26.19	0.35	12.18	91.54	2.49	85.73	0.97	0.01	3.54	0.01	1.00*	91.64	-*	-*	-*	0.40	-*	-*	-*	-*	-*	0.00	-*	0.02
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M50291 COND_Mustard, Yellow

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

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

48.00 @ 1 tablespoon	55.00	0.75	12.27	139.99	5.00	81.82	0.50	0.50	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	10.00	-*	0.00
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M50292 COND_Sauce, BBQ Original AP

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

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

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

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

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

48.00 @ 1 tablespoon	30.00	1.75	52.50	25.00	3.00	90.00	1.00	0.50	10.00	0.00	-*	99.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.00
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Average	1073.3	13.56	11.37	1779.91	41.61	34.89	123.1	50.81	92.92	11.78	473.67*	2128.54*	.28*	.14*	15.02*	16.78*	.03*	.03*	.4*	.05*	.08*	592.9	20.39*	6.09
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-12 **Period:** Breakfast **Week:** 1 **Day:** Friday **Count Type:** Forecasted **Total No. of Customers:** 33

Weekly Std.	SFA		Na (mg)	Fat		CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)	
	CAL	% of CAL		% of CAL	% of CAL																			
450.00-500.00		10.00	540.00																					

M50440 CEREAL BWL, CINN TST CRUNCH WG

3.00 @ 1 bowl	110.00	0.50	4.09	160.00	3.00	24.55	22.00	1.00	0.00	2.00	50.05	400.00	-*	-*	-*	4.80	-*	-*	-*	-*	-*	80.00	-*	3.60
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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
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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
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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
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M52725 BRD: BAR, Cereal CocoPuf WG IW

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

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

3.00 @ 1 muffin	190.00	2.00	9.47	130.00	6.00	28.42	31.00	3.00	40.00	2.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.72
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M51268 BRD: MUF AP, CHOC CHOC CHIP 2OZ IW WG (1BG)

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

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

3.00 @ 1 package	180.00	1.00	5.00	190.00	2.50	12.50	37.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51684 BRD: POPTARTS, Fudge 1.76oz WG

3.00 @ 1 package	180.00	1.00	5.00	190.00	3.00	15.00	38.00	3.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M51994 CHEESE, COLBY JK Stick 1ea 1.0

3.00 @ 1 stick	90.00	4.00	40.00	200.01	6.00	60.00	0.00	7.00	20.00	0.00	0.00	200.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.01	-*	0.00
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M50792 YOGURT SS, Trix Strawb/Ban 4oz

1.00 @ 1 each	80.00	0.00	0.00	60.00	0.50	5.63	15.00	4.00	5.00	0.00	140.00	500.04	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.01	-*	0.00
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M51237 BRD: BREAD WG, Tst Marg 1sl

3.00 @ 1 slice	110.00	1.33	10.91	160.00	4.33	35.45	15.00	3.00	0.00	1.00	1.33*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M50670 EGG: Hard Boiled FC AP 1.5

2.00 @ 1 each	80.00	1.50	16.88	60.00	5.00	56.25	1.00	6.00	185.00	0.00	-*	300.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.72
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M52975 BRD: WAFFLE, RS SS WG (3.25BG)

3.00 @ 1 each	240.06	0.00	0.00	506.14	2.86	10.71	50.30	6.86	0.00	6.86	1.05*	0.00	0.00*	0.00*	0.00*	0.00	0.00*	0.00*	0.00*	0.00*	0.00*	288.94	0.00*	3.09
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M52657 FRUIT: BLUEBERRIES, Fz 1/8c

3.00 @ 1/8 cup	8.89	0.01	0.94	0.17	0.11	11.29	2.12	0.07	0.00	0.47	9.41	8.01	0.00	0.08	2.86	0.44	0.01	0.01	0.09	0.01	0.00	1.39	1.92	0.03
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M53629 FRUIT: STRAWBERRIES, Frsh 1/8c

3.00 @ 1/8 cup	6.14	0.00	0.42	0.19	0.06	8.44	1.47	0.13	0.00	0.38	29.37	2.30	0.00	0.06	0.42	11.29	0.00	0.00	0.07	0.01	0.00	3.07	4.61	0.08
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M52817 DESRT: TOPPING, CHOCOLATE CHIPS SEMISWT (TBSP)

3.00 @ 1 tablespoon	51.03	1.89	33.28	1.17	3.19	56.25	6.79	0.45	0.00	0.63	38.80	0.00	0.00	0.03	0.60	0.00	0.01	0.01	0.05	0.00	0.00	3.40	14.03	0.33
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M52816 DESRT: TOPPING, Whipd NonDairy

3.00 @ 1 tablespoon	13.47	1.00	66.56	0.81	1.00	67.06	1.06	0.05	0.01	0.01	-*	0.20	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.15	-*	0.00
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M50543 FRUIT: BANANA (100-120ct) Whl

24.00 @ 1 each	93.95	0.12	1.13	1.06	0.35	3.34	24.11	1.15	0.00	2.74	377.91	67.56	0.00	0.11	0.53	9.18	0.03	0.08	0.70	0.39	0.00	5.28	23.22	0.27
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M52268 FRUIT: PEACHES Dice w/Jc 1/2c

12.00 @ 1/2 cup	50.83	0.00	0.00	10.17	0.00	0.00	12.20	0.00	0.00	0.00	182.98	304.97	-*	-*	-*	1.22	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50979 JUICE SS, Apple 100% 4oz Cart

12.00 @ 1 each	60.00	0.00	0.00	15.00	0.00	0.00	14.00	0.00	0.00	0.00	85.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50

12.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
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M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50

6.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
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M53222 COND PC Margarine 5g

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

4.00 @ 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
M50854 COND PC Jelly, #4 Smuckers																								
4.00 @ 1 each	35.00	0.00	0.00	5.00	0.00	0.00	9.00	0.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00
M50056 COND PC Sauce, Taco 9g																								
2.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00
M50058 COND PC Syrup 1.4oz Smuckers																								
2.00 @ 1 each	110.00	0.00	0.00	25.00	0.00	0.00	29.00	0.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00
M66157 COND_SALSA, BLNDR SC 1/8C																								
1.00 @ 1/8 cup	9.65	0.01	1.33	45.21	0.10	9.06	2.10	0.42	0.00	0.59	27.10*	148.65*	0.00*	0.05*	6.02*	4.65	0.01*	0.01*	0.03*	0.02*	0.00*	16.79	4.05*	0.19
M50087 COND_Salsa, Pico SC 1/8c																								
1.00 @ 1/8 cup	6.68	0.01	1.17	37.20	0.07	9.84	1.46	0.29	0.00	0.40	69.99	231.76*	0.00*	0.15*	2.94*	4.04	0.01*	0.01*	0.16*	0.03*	0.00*	4.19	7.40*	0.11
M53295 COND_Sour Cream AP																								
1.00 @ 1 tablespoon	30.00	1.75	52.50	25.00	3.00	90.00	1.00	0.50	10.00	0.00	-*	99.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.00
Average	393.03	2.33	5.33	339.41	6.54	14.97	75.97	9.59	25.3	5.33	407.66*	887.7*	0*	.1*	1.01*	11.62	.03*	.06*	.54*	.29*	0*	319.96	19.11*	3.24

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 9-12 **Period:** Lunch **Week:** 1 **Day:** Friday **Count Type:** Forecasted **Total No. of Customers:** 578

Weekly Std.	SFA		Na (mg)	Fat		CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)
	CAL	(g)		% of CAL	(g)																		
750.00-850.00		10.00	1420.00																				

M55140 ENT: BOWL, RICE CHIX TENDER THAI SUNBTR WG 2.25 MWWW

30.00 @ 1 bowl	415.98	3.46	7.49	602.05	17.70	38.29	38.86	24.20	47.43	2.91	105.09*	3.96*	0.00*	0.00*	0.01*	0.10*	0.00*	0.00*	0.01*	0.00*	0.00*	44.32	0.44*	2.21
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M50831 SALAD, Egg Chef SC W 2.0

20.00 @ 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
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M51680 BRD: ROLL DG, WG 2.5oz

20.00 @ 1 each	170.00	0.50	2.65	135.00	3.00	15.88	28.00	7.00	0.00	3.40	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	12.70	-*	0.85
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M52043 PIZZA HUT PIZZA 6" EXPRESS CHZ SS 2.25

55.00 @ 1 pizza	374.18	4.99	12.01	685.27	13.41	32.25	38.44	24.92	24.70	4.27	-*	692.07	-*	-*	-*	5.36	-*	-*	-*	-*	-*	410.71	-*	2.57
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M53931 PIZZA HUT PIZZA 6" EXPRESS PEPP SS 2.0

109.00 @ 1 pizza	385.19	5.31	12.42	711.32	14.98	35.01	38.49	24.17	27.17	4.35	-*	662.85	-*	-*	-*	5.43	-*	-*	-*	-*	-*	354.34	-*	2.65
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M54307 PIZZA HUT PIZZA 6" EXPRESS SSG SS 2.25

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

40.00 @ 1 pizza	400.94	4.66	10.46	805.79	13.17	29.57	42.83	27.77	38.53	4.36	-*	667.19	-*	-*	-*	5.81	-*	-*	-*	-*	-*	350.99	-*	2.67
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M54520 PIZZA HUT COND PC CHEESE GRATED 2.5G

63.00 @ 1 each	10.00	0.00	0.00	50.00	1.00	90.00	0.00	1.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M54521 PIZZA HUT COND PC PEPPER RED CRUSHED 1G

31.00 @ 1 each	5.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M52963 CHIX Popcorn, AP WG 2.0

95.00 @ 1 serving	250.19	2.72	9.78	380.72	14.14	50.87	15.23	15.23	21.76	3.26	-*	108.78	-*	-*	-*	0.00	-*	-*	-*	-*	-*	43.51	-*	1.96
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M51753 CHIX Popcorn, AP Spicy WG 2.0

100.00 @ 1 serving	247.14	2.69	9.78	365.34	13.97	50.87	16.12	13.97	21.49	2.15	-*	107.45	-*	-*	-*	0.00	-*	-*	-*	-*	-*	42.98	-*	1.93
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M54482 CHIX NUGGET, BNLS WING HONEY SRIRACHA WG (6) 2.0 MWWW

60.00 @ 6 each	284.98	2.25	7.11	374.97	13.50	42.63	21.00	22.50	52.50	1.50	-*	299.98	-*	-*	-*	1.80	-*	-*	-*	-*	-*	0.00	-*	1.62
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M51680 BRD: ROLL DG, WG 2.5oz

160.00 @ 1 each	170.00	0.50	2.65	135.00	3.00	15.88	28.00	7.00	0.00	3.40	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	12.70	-*	0.85
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M51951 HOT DOG, Plain WG 2.0 Hi

2.00 @ 1 each	320.00	8.00	22.50	890.01	18.00	50.62	28.00	11.00	35.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.80
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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
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M54308 STICKS, CRISPITO CHIXCHILI AP WG 2.0 (2EA)

25.00 @ 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
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M51189 COND_Sauce, Chz SS W (LOL) .5

20.00 @ 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
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M51228 BRD: BUN, Hamburger WG

192.00 @ 1 each	140.00	0.00	0.00	300.00	2.00	12.86	27.00	5.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.44
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M51648 BEEF Pty, AP 100% 2.0

75.00 @ 1 each	130.00	3.00	20.77	45.00	8.00	55.39	1.00	12.00	35.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M51359 CHIX FLT, BREAST GRD 2.0 MWWM

11.00 @ 1 each	100.00	1.00	9.00	310.00	4.00	36.00	1.00	15.00	40.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.72
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M51935 CHIX FLT, BREAST BRD WG 2.0 MWWM

46.00 @ 1 each	199.76	1.50	6.75	289.65	8.99	40.50	8.99	18.98	44.95	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M51936 CHIX FLT, BREAST BRD SPICY WG 2.0 MWWM

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

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

34.00 @ 2 slice	110.01	5.00	40.91	180.01	9.00	73.64	1.00	6.00	30.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	199.01	-*	0.00
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M53385 CHEESE, SW Slices 1.0

40.00 @ 2 slice	110.01	5.00	40.91	50.00	9.00	73.64	0.00	8.00	25.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	249.01	-*	0.00
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M50999 CHEESE, JK Slices 1.0

20.00 @ 2 slice	100.00	5.00	45.00	180.01	8.00	72.00	1.00	7.00	30.00	0.00	25.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	197.01	-*	0.00
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M51003 CHEESE, PV Slices 1.0

60.00 @ 2 slice	100.00	5.00	45.00	250.01	7.00	63.00	1.00	7.00	20.00	0.00	40.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	212.01	-*	0.00
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M51017 VEG GARN: Rom Leaf 1ea

60.00 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
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M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C

56.00 @ 1/8 cup	5.10	0.01	1.40	1.42	0.06	10.00	1.10	0.25	0.00	0.34	67.18	236.14	0.00	0.15	2.24	3.88	0.01	0.01	0.17	0.02	0.00	2.83	6.80	0.08
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M51013 VEG: ONIONS, Red Slice 1ea

20.00 @ 1 slice	2.83	0.00	0.94	0.28	0.01	2.25	0.66	0.08	0.00	0.12	10.35	0.14	0.00	0.00	0.03	0.52	0.00	0.00	0.01	0.01	0.00	1.63	2.06	0.01
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M50892 COND_PEPPERS, JALAPENO CND TBSP

30.00 @ 1 tablespoon	3.12	0.00	0.00	240.96	0.09	27.20	0.48	0.09	0.00	0.26	19.38	-*	-*	-*	-*	1.00	-*	-*	-*	-*	-*	2.31	-*	0.19
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M50176 COND_Pickle, Dill Slice 2ea

40.00 @ 2 slice	1.62	0.01	4.72	162.08	0.05	25.17	0.24	0.06	0.00	0.14	-*	0.00	-*	-*	-*	0.21	-*	-*	-*	-*	-*	8.65	-*	0.05
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M50929 SUB 6" FZ, CHam CH WG 2.0

8.00 @ 1 sandwich	354.93	5.27	13.36	648.69	14.39	36.49	33.54	21.60	75.00	3.94	147.21*	2705.43	0.00*	0.19*	31.30*	5.03	0.03*	0.02*	0.26*	0.04*	0.00*	125.21	15.31*	2.34
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M50962 SDW BD, SBJ WG 2.0

8.00 @ 1 sandwich	658.38	3.99	5.45	579.16	35.89	49.06	69.87	19.95	0.00	5.99	378.78*	0.00	0.00*	-*	-*	0.00	-*	-*	-*	-*	-*	59.81	-*	5.35
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M52708 BRD: ROLL DG, Sub 6" WG

4.00 @ 1 roll	170.00	0.50	2.65	180.00	3.00	15.88	28.00	6.00	0.00	3.00	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	13.52	-*	1.45
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M52782 BRD: FLATBREAD 6" X 6" 2OZ WG (2BG)

23.00 @ 1 each	180.00	1.00	5.00	310.00	5.00	25.00	28.00	5.00	0.00	2.69	-*	0.07	-*	-*	-*	0.07	-*	-*	-*	-*	-*	22.88	-*	0.83
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M54775 BRD: CROISSANT, SLICED WG

25.00 @ 1 each	243.91	6.47	23.87	253.40	12.05	44.44	29.25	5.44	32.35	0.91	15.14	313.46	0.31	0.00	0.00	2.82	0.25	1.93	0.85	0.00	0.01	15.66	3.96	1.63
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M53393 TKY, Breast Sliced 1.0

15.00 @ 1 serving	60.00	0.50	7.50	220.00	2.00	30.00	2.00	9.00	25.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.36
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M53569 CHIX, BLACK FOREST HAM SLICED 1.0

3.00 @ 1 serving	80.00	1.50	16.88	250.00	4.50	50.63	2.00	8.00	40.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.36
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M51976 CHIX Dcd Deli Salad W 1.0

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

7.00 @ 1 No 16 Scoop	76.63	0.94	10.98	129.00	4.42	51.89	1.48	6.99	24.65	0.18	27.40*	47.33	0.00*	0.03*	2.98*	0.37	0.00*	0.01*	0.03*	0.01*	0.00*	4.41	2.64*	0.30
M51005 CHEESE, AM (184ct) Slices 1.0																								
11.00 @ 3 slice	134.99	6.75	45.00	599.97	10.50	70.00	1.50	7.50	37.50	0.00	-*	299.98	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.99	-*	0.00
M53381 CHEESE, CH Slices 1.0																								
5.00 @ 2 slice	110.01	5.00	40.91	180.01	9.00	73.64	1.00	6.00	30.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	199.01	-*	0.00
M53385 CHEESE, SW Slices 1.0																								
27.00 @ 2 slice	110.01	5.00	40.91	50.00	9.00	73.64	0.00	8.00	25.00	0.00	20.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	249.01	-*	0.00
M50999 CHEESE, JK Slices 1.0																								
9.00 @ 2 slice	100.00	5.00	45.00	180.01	8.00	72.00	1.00	7.00	30.00	0.00	25.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	197.01	-*	0.00
M51003 CHEESE, PV Slices 1.0																								
10.00 @ 2 slice	100.00	5.00	45.00	250.01	7.00	63.00	1.00	7.00	20.00	0.00	40.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	212.01	-*	0.00
M51017 VEG GARN: Rom Leaf 1ea																								
28.00 @ 1 each	2.41	0.01	2.06	1.13	0.04	15.88	0.47	0.17	0.00	0.30	35.01	1234.63	0.00	0.02	14.53	0.57	0.01	0.01	0.04	0.01	0.00	4.68	4.25	0.14
M51013 VEG: ONIONS, Red Slice 1ea																								
15.00 @ 1 slice	2.83	0.00	0.94	0.28	0.01	2.25	0.66	0.08	0.00	0.12	10.35	0.14	0.00	0.00	0.03	0.52	0.00	0.00	0.01	0.01	0.00	1.63	2.06	0.01
M52162 VEG: SPINACH, FRESH LEAVES 1/4C																								
12.00 @ 1/4 cup	3.12	0.01	2.47	10.73	0.05	15.26	0.49	0.39	0.00	0.30	75.79	1273.70	0.00	0.28	65.59	3.82	0.01	0.03	0.10	0.03	0.00	13.45	6.66	0.37
M52661 VEG: CUCUMBER, Fresh Slice1/8c																								
20.00 @ 1/8 cup	2.75	0.01	2.22	0.37	0.02	6.60	0.66	0.12	0.00	0.09	26.91	19.22	0.00	0.01	3.00	0.51	0.00	0.01	0.02	0.01	0.00	2.93	4.39	0.05
M53523 VEG: PEPPERS, Red Strips1/4c																								
12.00 @ 1/4 cup	7.78	0.01	0.78	1.00	0.08	8.71	1.51	0.25	0.00	0.53	52.96	785.87	0.00	0.40	1.23	32.05	0.01	0.02	0.25	0.07	0.00	1.76	6.53	0.11
M50891 COND_OLIVES, BLACK SLICED TBSP																								
12.00 @ 1 tablespoon	14.04	0.17	10.96	58.74	1.27	81.48	0.52	0.13	0.00	0.31	-*	5.23	-*	-*	-*	0.21	-*	-*	-*	-*	-*	7.97	-*	0.18
M50176 COND_Pickle, Dill Slice 2ea																								
12.00 @ 2 slice	1.62	0.01	4.72	162.08	0.05	25.17	0.24	0.06	0.00	0.14	-*	0.00	-*	-*	-*	0.21	-*	-*	-*	-*	-*	8.65	-*	0.05
M66605 BRD: TORTILLA FLOUR 10" WG																								
60.00 @ 1 each	180.00	1.50	7.50	250.00	4.50	22.50	29.00	5.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.44

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M66461 BRD: TORTILLA FLOUR 6" WG

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

44.00 @ 1 serving	224.59	1.60	6.43	184.48	9.63	38.57	32.08	3.21	0.00	3.21	0.00	0.00	0.00	-*	-*	0.00	-*	-*	-*	-*	-*	48.13	-*	0.80
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M50834 RICE, Sante Fe WG 2BG

25.00 @ 1 cup	227.25	0.43	1.70	236.61	1.81	7.16	47.13	5.03	0.00	2.02	128.06	136.53*	0.00*	0.01*	0.17*	4.84*	0.00*	0.00*	0.01*	0.00*	0.00*	13.44	0.99*	0.58
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M51175 BEEF Gd, Taco Meat SC 1.0

90.00 @ 1 No 24 Scoop	78.71	1.65	18.88	56.06	4.38	50.12	1.22	8.02	25.24	0.15	122.30*	121.25	0.57*	0.08*	0.61*	1.55	0.01*	0.06*	1.81*	0.13*	0.79*	9.04	69.27*	1.00
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M52584 CHIX Strips, Fajita DkMt 1.0

60.00 @ 2 fl oz	76.93	1.01	11.78	124.77	3.56	41.66	1.34	10.09	35.00	0.09	9.12*	46.95	0.00*	0.07*	0.17*	0.02	0.00*	0.00*	0.03*	0.01*	0.00*	12.26	2.39*	0.69
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M67968 MMA: BEANS, PINTO KICKIN' 1.0

6.00 @ 1/4 cup	57.84	0.12	1.93	98.12	0.41	6.35	9.87	3.52	0.42	2.94	165.79*	37.72*	1.55*	0.00*	0.00*	0.64*	0.00*	0.00*	0.00*	0.00*	0.00*	32.66	0.00*	0.91
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M53386 CHEESE, CH Shreds 1.0

40.00 @ 2 fl oz	110.00	6.00	49.09	189.99	9.00	73.64	1.00	7.00	30.00	0.00	0.00	280.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	201.99	-*	0.19
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M50921 COND_Sauce, Chz SS W (LOL) 1.0

70.00 @ 3 fl oz	149.95	6.75	40.50	599.79	10.50	63.00	4.50	7.50	29.99	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	224.92	-*	0.00
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M51420 VEG GARN: Rom Shrds/Tom Dice

60.00 @ 1 serving	5.03	0.01	1.56	1.63	0.06	11.41	1.06	0.27	0.00	0.40	67.90	794.43	0.00	0.12	8.94	3.20	0.01	0.01	0.15	0.02	0.00	4.47	7.23	0.13
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M52379 VEG: ONIONS, Yellow Diced 1/8c

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

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

25.00 @ 1 tablespoon	14.04	0.17	10.96	58.74	1.27	81.48	0.52	0.13	0.00	0.31	-*	5.23	-*	-*	-*	0.21	-*	-*	-*	-*	-*	7.97	-*	0.18
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M55430 COND_HERB, CILANTRO

12.00 @ 1 tablespoon	0.82	0.00	0.55	1.63	0.02	20.35	0.13	0.08	0.00	0.10	18.46	239.13	0.00	0.09	10.99	0.96	0.00	0.01	0.04	0.01	0.00	2.37	1.70	0.06
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M65995 VEG: CARROTS, ORANGE GINGER GLZ 1/2C

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

68.00 @ 1/2 cup	93.43	0.11	1.07	158.73	0.61	5.84	20.99	0.53	0.00	2.92	171.36*	14816.06	0.00*	0.88*	11.91*	2.01	0.03*	0.03*	0.39*	0.08*	0.00*	30.92	27.55*	0.51
M50350 VEG: CUCUMBER, Fresh Slice1/2c																								
80.00 @ 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																								
45.00 @ 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																								
384.00 @ 1/2 cup	119.99	1.33	10.00	133.32	4.67	35.00	17.33	2.00	0.00	2.00	259.98	0.00	-*	-*	-*	3.20	-*	-*	-*	-*	-*	0.00	-*	0.48
M51731 VEG: POTATO SWT, FF CRINKLE 1/2C																								
13.00 @ 1/2 cup	137.66	0.53	3.46	180.02	4.77	31.15	23.30	1.06	0.00	3.18	243.56	3176.86	-*	-*	-*	6.35	-*	-*	-*	-*	-*	21.18	-*	0.38
M50543 FRUIT: BANANA (100-120ct) Whl																								
92.00 @ 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
M52811 FRUIT: CRAISINS, SS STRAWBERRY 1.16OZ																								
64.00 @ 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																								
144.00 @ 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																								
64.00 @ 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																								
211.00 @ 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																								
280.00 @ 1 each	10.00	0.00	0.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50055 COND PC Mayonnaise 12g																								
75.00 @ 1 each	80.00	1.50	16.87	75.00	8.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50284 COND PC Mustard 6g																								
14.00 @ 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																								
84.00 @ 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																								

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

70.00 @ 1 each	50.00	0.00	0.00	100.00	5.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50623 COND PC Drsg Italian 12g																								
7.00 @ 1 each	30.00	0.00	0.00	130.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M53116 COND PC Drsg Honey Mustard 12g																								
48.00 @ 1 each	15.00	0.00	0.00	65.00	0.00	0.00	4.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50056 COND PC Sauce, Taco 9g																								
46.00 @ 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																								
70.00 @ 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
M50060 COND_Mayo W																								
48.00 @ 1 tablespoon	33.07	0.47	12.86	94.49	3.31	90.00	0.94	0.00	4.72	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M51391 COND_Mayo, Chipotle W																								
48.00 @ 1 tablespoon	26.19	0.35	12.18	91.54	2.49	85.73	0.97	0.01	3.54	0.01	1.00*	91.64	-*	-*	-*	0.40	-*	-*	-*	-*	-*	0.00	-*	0.02
M50291 COND_Mustard, Yellow																								
48.00 @ 1 tablespoon	9.00	0.01	1.50	181.50	0.37	37.20	0.93	0.47	0.00	0.43	13.36	0.67	-*	-*	-*	0.13	-*	-*	-*	-*	-*	7.51	-*	0.19
M50692 COND_Dressing, DijonHnyMustard																								
48.00 @ 1 tablespoon	65.00	0.75	10.38	90.00	5.50	76.15	3.50	0.00	7.50	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50622 COND_Dressing, Ranch Lite																								
48.00 @ 1 tablespoon	55.00	0.75	12.27	139.99	5.00	81.82	0.50	0.50	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	10.00	-*	0.00
M50292 COND_Sauce, BBQ Original AP																								
48.00 @ 1 tablespoon	35.00	0.00	0.00	144.99	0.00	0.00	9.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	1.80	-*	-*	-*	-*	-*	0.00	-*	0.18
M50063 COND_Sauce, Buffalo Wing AP																								
48.00 @ 1 tablespoon	4.38	0.02	4.79	363.06	0.22	45.51	0.48	0.11	0.17	0.12	21.32	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	2.22	-*	0.07
M50087 COND_Salsa, Pico SC 1/8c																								
48.00 @ 1/8 cup	6.68	0.01	1.17	37.20	0.07	9.84	1.46	0.29	0.00	0.40	69.99	231.76*	0.00*	0.15*	2.94*	4.04	0.01*	0.01*	0.16*	0.03*	0.00*	4.19	7.40*	0.11

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 3 - week 1

Avg.Method: Weighted (USDA Default)

M66157 COND_SALSA, BLNDR SC 1/8C

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

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

40.00 @ 1 tablespoon	30.00	1.75	52.50	25.00	3.00	90.00	1.00	0.50	10.00	0.00	-*	99.99	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.00
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Average	949.3	12.08	11.45	1615.25	38.32	36.33	103.24	47.5	90.13	9.84	388.69*	3739.89*	.12*	.24*	15.69*	23.6*	.04*	.12*	.62*	.12*	.12*	563.17	28.06*	5.03
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