



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 2 - week 4

Avg.Method: Weighted (USDA Default)

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

| Weekly Std. | 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 | | | | | | | | | | | | | | | | | | | | | |

M54301 BRD: DONUT, GLAZE CHOC WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|-------|-------|-------|------|------|------|--------|------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|--------|------|
| 23.79 @ 1 each | 331.34 | 7.19 | 19.53 | 300.85 | 16.32 | 44.34 | 43.15 | 5.46 | 0.00 | 3.68 | 36.28* | 9.50 | 0.00* | 0.00* | 0.06* | 0.00 | 0.00* | 0.01* | 0.05* | 0.00* | 0.00* | 17.22 | 17.34* | 1.03 |
|----------------|--------|------|-------|--------|-------|-------|-------|------|------|------|--------|------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|--------|------|

M51320 CEREAL BWL, Rice Krispies WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|------|-------|------|------|------|----|---------|----|----|----|-------|----|----|----|----|----|------|----|------|
| 0.39 @ 1 bowl | 100.00 | 0.00 | 0.00 | 170.00 | 0.50 | 4.50 | 23.00 | 2.00 | 0.00 | 1.00 | -* | 1000.03 | -* | -* | -* | 12.00 | -* | -* | -* | -* | -* | 0.00 | -* | 8.10 |
|---------------|--------|------|------|--------|------|------|-------|------|------|------|----|---------|----|----|----|-------|----|----|----|----|----|------|----|------|

M50208 CEREAL BWL, CINN TST CRUNCH RS WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 1.95 @ 1 bowl | 110.00 | 0.50 | 4.09 | 160.00 | 3.00 | 24.54 | 22.00 | 1.00 | 0.00 | 3.00 | -* | 400.01 | -* | -* | -* | 4.80 | -* | -* | -* | -* | -* | 200.01 | -* | 3.60 |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M50442 CEREAL BWL, Cocoa Puffs RS WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 1.56 @ 1 bowl | 110.05 | 0.00 | 0.00 | 160.08 | 1.50 | 12.27 | 25.01 | 2.00 | 0.00 | 2.00 | -* | 500.25 | -* | -* | -* | 6.00 | -* | -* | -* | -* | -* | 100.05 | -* | 4.50 |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M50524 CEREAL BWL, Lucky Charms WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 1.56 @ 1 bowl | 110.00 | 0.00 | 0.00 | 180.00 | 1.00 | 8.18 | 23.00 | 2.00 | 0.00 | 2.00 | -* | 500.01 | -* | -* | -* | 6.00 | -* | -* | -* | -* | -* | 100.00 | -* | 4.50 |
|---------------|--------|------|------|--------|------|------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M50525 CEREAL BWL, Trix RS WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 0.78 @ 1 bowl | 110.00 | 0.00 | 0.00 | 140.00 | 1.00 | 8.18 | 24.00 | 1.00 | 0.00 | 1.00 | -* | 400.01 | -* | -* | -* | 4.80 | -* | -* | -* | -* | -* | 80.00 | -* | 4.50 |
|---------------|--------|------|------|--------|------|------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

M52725 BRD: BAR, Cereal CocoPuf WG IW

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 0.39 @ 1 each | 150.00 | 0.00 | 0.00 | 100.00 | 3.00 | 18.00 | 30.00 | 3.00 | 0.00 | 3.00 | -* | 100.00 | -* | -* | -* | 1.20 | -* | -* | -* | -* | -* | 200.00 | -* | 1.80 |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M52724 BRD: BAR, Cereal CinnTst WG IW

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 0.39 @ 1 each | 150.00 | 0.00 | 0.00 | 115.00 | 3.50 | 21.00 | 30.00 | 2.00 | 0.00 | 3.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 200.00 | -* | 1.80 |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 0.78 @ 1 muffin | 190.00 | 2.00 | 9.47 | 130.00 | 6.00 | 28.42 | 31.00 | 3.00 | 40.00 | 2.00 | -* | 100.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 20.00 | -* | 0.72 |
|-----------------|--------|------|------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|------|-------|-------|------|-------|------|--------|--------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 0.78 @ 1 muffin | 200.00 | 2.00 | 9.00 | 135.00 | 6.00 | 27.00 | 32.00 | 4.00 | 40.00 | 3.00 | 180.00 | 100.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 40.00 | -* | 1.44 |
|-----------------|--------|------|------|--------|------|-------|-------|------|-------|------|--------|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

M51848 BRD: POPTARTS, Straw 1.76oz WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 1.95 @ 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 |
|------------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M51849 BRD: POPTARTS, Cinn 1.76oz WG

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 0.78 @ 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 |
|------------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M51684 BRD: POPTARTS, Fudge 1.76oz WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 0.78 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|-------|--------|------|-------|------|------|-------|------|------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 3.90 @ 1 stick | 90.00 | 4.00 | 40.00 | 200.01 | 6.00 | 60.00 | 0.00 | 7.00 | 20.00 | 0.00 | 0.00 | 200.01 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 200.01 | -* | 0.00 |
|----------------|-------|------|-------|--------|------|-------|------|------|-------|------|------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M50792 YOGURT SS, Trix Strawb/Ban 4oz

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|------|-------|------|------|-------|------|------|------|--------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 1.17 @ 1 each | 80.00 | 0.00 | 0.00 | 60.00 | 0.50 | 5.63 | 15.00 | 4.00 | 5.00 | 0.00 | 140.00 | 500.04 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 100.01 | -* | 0.00 |
|---------------|-------|------|------|-------|------|------|-------|------|------|------|--------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M51237 BRD: BREAD WG, Tst Marg 1sl

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|------|-------|-------|------|------|------|-------|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 6.24 @ 1 slice | 110.00 | 1.33 | 10.91 | 160.00 | 4.33 | 35.45 | 15.00 | 3.00 | 0.00 | 1.00 | 1.33* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 1.08 |
|----------------|--------|------|-------|--------|------|-------|-------|------|------|------|-------|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50670 EGG: Hard Boiled FC AP 1.5

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|-------|-------|------|-------|------|------|--------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 0.78 @ 1 each | 80.00 | 1.50 | 16.88 | 60.00 | 5.00 | 56.25 | 1.00 | 6.00 | 185.00 | 0.00 | -* | 300.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 20.00 | -* | 0.72 |
|---------------|-------|------|-------|-------|------|-------|------|------|--------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

M52975 BRD: WAFFLE, RS SS WG (3.25BG)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|-------|------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-------|------|
| 3.90 @ 1 each | 240.06 | 0.00 | 0.00 | 506.14 | 2.86 | 10.71 | 50.30 | 6.86 | 0.00 | 6.86 | 1.05* | 0.00 | 0.00* | 0.00* | 0.00* | 0.00 | 0.00* | 0.00* | 0.00* | 0.00* | 0.00* | 288.94 | 0.00* | 3.09 |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|-------|------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-------|------|

M52657 FRUIT: BLUEBERRIES, Fz 1/8c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 0.39 @ 1/8 cup | 8.89 | 0.01 | 0.94 | 0.17 | 0.11 | 11.29 | 2.12 | 0.07 | 0.00 | 0.47 | 9.41 | 8.01 | 0.00 | 0.08 | 2.86 | 0.44 | 0.01 | 0.01 | 0.09 | 0.01 | 0.00 | 1.39 | 1.92 | 0.03 |
|----------------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|

M53629 FRUIT: STRAWBERRIES, Frsh 1/8c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|------|-------|------|------|------|------|------|------|------|------|
| 0.39 @ 1/8 cup | 6.14 | 0.00 | 0.42 | 0.19 | 0.06 | 8.44 | 1.47 | 0.13 | 0.00 | 0.38 | 29.37 | 2.30 | 0.00 | 0.06 | 0.42 | 11.29 | 0.00 | 0.00 | 0.07 | 0.01 | 0.00 | 3.07 | 4.61 | 0.08 |
|----------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|------|-------|------|------|------|------|------|------|------|------|

M52817 DESRT: TOPPING, CHOCOLATE CHIPS SEMISWT (TBSP)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|-------|------|-------|------|------|-------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|-------|------|
| 2.34 @ 1 tablespoon | 51.03 | 1.89 | 33.28 | 1.17 | 3.19 | 56.25 | 6.79 | 0.45 | 0.00 | 0.63 | 38.80 | 0.00 | 0.00 | 0.03 | 0.60 | 0.00 | 0.01 | 0.01 | 0.05 | 0.00 | 0.00 | 3.40 | 14.03 | 0.33 |
|------------------------|-------|------|-------|------|------|-------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|-------|------|

M52816 DESRT: TOPPING, Whipd NonDairy

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|-------|------|-------|------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 3.12 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|------|------|------|------|-------|------|------|------|--------|-------|------|------|------|------|------|------|------|------|------|------|-------|------|
| 7.80 @ 1 each | 62.21 | 0.03 | 0.48 | 1.20 | 0.20 | 2.94 | 16.52 | 0.31 | 0.00 | 2.87 | 128.00 | 64.60 | 0.00 | 0.22 | 2.63 | 5.50 | 0.02 | 0.03 | 0.11 | 0.05 | 0.00 | 7.18 | 13.16 | 0.14 |
|---------------|-------|------|------|------|------|------|-------|------|------|------|--------|-------|------|------|------|------|------|------|------|------|------|------|-------|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|------|-------|------|------|-------|------|------|------|-------|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 7.80 @ 1/2 cup | 60.66 | 0.00 | 0.00 | 10.11 | 0.00 | 0.00 | 14.15 | 0.00 | 0.00 | 2.02 | 80.89 | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|----------------|-------|------|------|-------|------|------|-------|------|------|------|-------|------|----|----|----|------|----|----|----|----|----|------|----|------|

M53365 JUICE SS, Grape100% 4oz Cart

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|------|-------|------|------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 23.40 @ 1 each | 80.00 | 0.00 | 0.00 | 15.00 | 0.00 | 0.00 | 18.00 | 1.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|----------------|-------|------|------|-------|------|------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 7.80 @ 1 carton | 110.00 | 1.50 | 12.28 | 130.00 | 2.50 | 20.46 | 13.00 | 8.00 | 10.00 | 0.00 | -* | 500.00 | -* | -* | -* | 2.40 | -* | -* | -* | -* | -* | 300.00 | -* | 0.00 |
|-----------------|--------|------|-------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|------|--------|------|------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 23.40 @ 1 carton | 120.00 | 0.00 | 0.00 | 180.00 | 0.00 | 0.00 | 20.00 | 8.00 | 5.00 | 0.00 | -* | 500.00 | -* | -* | -* | 1.20 | -* | -* | -* | -* | -* | 300.00 | -* | 0.00 |
|------------------|--------|------|------|--------|------|------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M53222 COND PC Margarine 5g

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|-------|-------|------|-------|------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|
| 7.80 @ 1 each | 30.00 | 1.00 | 30.00 | 30.00 | 3.00 | 90.00 | 0.00 | 0.00 | 0.00 | 0.00 | -* | 500.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|---------------|-------|------|-------|-------|------|-------|------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|

M50854 COND PC Jelly, #4 Smuckers

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|------|------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 3.90 @ 1 each | 35.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 9.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|---------------|-------|------|------|------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50056 COND PC Sauce, Taco 9g

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|------|------|------|-------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 0.39 @ 1 each | 5.00 | 0.00 | 0.00 | 55.00 | 0.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|---------------|------|------|------|-------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50058 COND PC Syrup 1.4oz Smuckers

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|-------|------|------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 5.85 @ 1 each | 110.00 | 0.00 | 0.00 | 25.00 | 0.00 | 0.00 | 29.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|---------------|--------|------|------|-------|------|------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|-------|-------|--------|-------|-------|------|---------|--------|----|------|------|------|------|------|------|------|----|--------|--------|------|
| Average | 669.91 | 7.97 | 10.7 | 657.74 | 18.67 | 25.08 | 108.31 | 17.72 | 16.74 | 6.57 | 100.51* | 925.04 | 0* | .06* | .85* | 4.53 | .01* | .02* | .08* | .02* | 0* | 454.96 | 18.98* | 2.86 |
|----------------|--------|------|------|--------|-------|-------|--------|-------|-------|------|---------|--------|----|------|------|------|------|------|------|------|----|--------|--------|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

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

| Weekly Std. | 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 | | | | | | | | | | | | | | | | | | | | | |

M50020 BURG, BEEF AM BACON AP 100% WG 2.25

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 144.04 @ 1 each | 341.16 | 5.93 | 15.64 | 616.15 | 15.49 | 40.86 | 28.66 | 21.44 | 53.52 | 2.00 | -* | 100.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 115.00 | -* | 2.58 |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M52353 SALAD, ChixDod Plattr SC W 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|-------|--------|------|-------|------|-------|-------|------|---------|---------|-------|-------|--------|------|-------|-------|-------|-------|-------|-------|--------|------|
| 5.54 @ 1 each | 166.51 | 1.89 | 10.22 | 270.12 | 8.99 | 48.58 | 5.80 | 14.66 | 49.29 | 1.62 | 201.38* | 5071.19 | 0.00* | 0.18* | 49.57* | 8.19 | 0.04* | 0.05* | 0.32* | 0.08* | 0.00* | 28.67 | 22.77* | 1.08 |
|---------------|--------|------|-------|--------|------|-------|------|-------|-------|------|---------|---------|-------|-------|--------|------|-------|-------|-------|-------|-------|-------|--------|------|

M51680 BRD: ROLL DG, WG 2.5oz

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 5.54 @ 1 each | 170.00 | 0.50 | 2.65 | 135.00 | 3.00 | 15.88 | 28.00 | 7.00 | 0.00 | 3.40 | -* | 0.01 | -* | -* | -* | 0.01 | -* | -* | -* | -* | -* | 12.70 | -* | 0.85 |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|

M52043 PIZZA HUT PIZZA 6" EXPRESS CHZ SS 2.25

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 22.16 @ 1 pizza | 374.18 | 4.99 | 12.01 | 685.27 | 13.41 | 32.25 | 38.44 | 24.92 | 24.70 | 4.27 | -* | 692.07 | -* | -* | -* | 5.36 | -* | -* | -* | -* | -* | 410.71 | -* | 2.57 |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M53931 PIZZA HUT PIZZA 6" EXPRESS PEPP SS 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 27.70 @ 1 pizza | 385.19 | 5.31 | 12.42 | 711.32 | 14.98 | 35.01 | 38.49 | 24.17 | 27.17 | 4.35 | -* | 662.85 | -* | -* | -* | 5.43 | -* | -* | -* | -* | -* | 354.34 | -* | 2.65 |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M54307 PIZZA HUT PIZZA 6" EXPRESS SSG SS 2.25

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 27.70 @ 1 pizza | 439.08 | 7.15 | 14.66 | 836.54 | 20.45 | 41.92 | 38.35 | 25.40 | 37.42 | 4.27 | -* | 689.00 | -* | -* | -* | 5.36 | -* | -* | -* | -* | -* | 356.37 | -* | 2.86 |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M54310 PIZZA HUT PIZZA 6" EXPRESS BBQ CHIX SS 2.25

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 11.08 @ 1 pizza | 400.94 | 4.66 | 10.46 | 805.79 | 13.17 | 29.57 | 42.83 | 27.77 | 38.53 | 4.36 | -* | 667.19 | -* | -* | -* | 5.81 | -* | -* | -* | -* | -* | 350.99 | -* | 2.67 |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M54520 PIZZA HUT COND PC CHEESE GRATED 2.5G

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 55.40 @ 1 each | 10.00 | 0.00 | 0.00 | 50.00 | 1.00 | 90.00 | 0.00 | 1.00 | 5.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|----------------|-------|------|------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M54521 PIZZA HUT COND PC PEPPER RED CRUSHED 1G

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 55.40 @ 1 each | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|----------------|------|------|------|------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M52963 CHIX Popcorn, AP WG 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 16.62 @ 1 serving | 250.19 | 2.72 | 9.78 | 380.72 | 14.14 | 50.87 | 15.23 | 15.23 | 21.76 | 3.26 | -* | 108.78 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 43.51 | -* | 1.96 |
|-------------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

M51753 CHIX Popcorn, AP Spicy WG 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 22.16 @ 1 serving | 247.14 | 2.69 | 9.78 | 365.34 | 13.97 | 50.87 | 16.12 | 13.97 | 21.49 | 2.15 | -* | 107.45 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 42.98 | -* | 1.93 |
|-------------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

M54482 CHIX NUGGET, BNLS WING HONEY SRIRACHA WG (6) 2.0 MWWW

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|
| 16.62 @ 6 each | 284.98 | 2.25 | 7.11 | 374.97 | 13.50 | 42.63 | 21.00 | 22.50 | 52.50 | 1.50 | -* | 299.98 | -* | -* | -* | 1.80 | -* | -* | -* | -* | -* | 0.00 | -* | 1.62 |
|----------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

M51680 BRD: ROLL DG, WG 2.5oz

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 49.86 @ 1 each | 170.00 | 0.50 | 2.65 | 135.00 | 3.00 | 15.88 | 28.00 | 7.00 | 0.00 | 3.40 | -* | 0.01 | -* | -* | -* | 0.01 | -* | -* | -* | -* | -* | 12.70 | -* | 0.85 |
|----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|

M51951 HOT DOG, Plain WG 2.0 Hi

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 11.08 @ 1 each | 320.00 | 8.00 | 22.50 | 890.01 | 18.00 | 50.62 | 28.00 | 11.00 | 35.00 | 2.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 40.00 | -* | 1.80 |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|

M55774 STICKS, MAX SNAX PIZZA W/MARINARA AP WG 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|-------|---------|----|----|----|-------|----|----|----|----|----|--------|----|------|
| 11.08 @ 2 each | 319.87 | 3.00 | 8.44 | 609.89 | 10.00 | 28.13 | 39.98 | 20.00 | 10.00 | 4.00 | 0.00* | 498.95* | -* | -* | -* | 8.98* | -* | -* | -* | -* | -* | 459.92 | -* | 2.68 |
|----------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|-------|---------|----|----|----|-------|----|----|----|----|----|--------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|---------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 16.62 @ 2 each | 540.00 | 6.00 | 10.00 | 740.00 | 28.00 | 46.67 | 46.00 | 24.00 | 50.00 | 6.00 | -* | 1500.01 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 80.00 | -* | 3.60 |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|---------|----|----|----|------|----|----|----|----|----|-------|----|------|

M51189 COND_Sauce, Chz SS W (LOL) .5

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|-------|--------|------|-------|------|------|-------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 16.62 @ 2 fl oz | 99.97 | 4.50 | 40.50 | 399.86 | 7.00 | 63.00 | 3.00 | 5.00 | 19.99 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 149.95 | -* | 0.00 |
|-----------------|-------|------|-------|--------|------|-------|------|------|-------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|

M51228 BRD: BUN, Hamburger WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 55.40 @ 1 each | 140.00 | 0.00 | 0.00 | 300.00 | 2.00 | 12.86 | 27.00 | 5.00 | 0.00 | 2.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 40.00 | -* | 1.44 |
|----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|

M51648 BEEF Pty, AP 100% 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|-------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 27.70 @ 1 each | 130.00 | 3.00 | 20.77 | 45.00 | 8.00 | 55.39 | 1.00 | 12.00 | 35.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 1.08 |
|----------------|--------|------|-------|-------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M51359 CHIX FLT, BREAST GRD 2.0 MWWW

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 5.54 @ 1 each | 100.00 | 1.00 | 9.00 | 310.00 | 4.00 | 36.00 | 1.00 | 15.00 | 40.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.72 |
|---------------|--------|------|------|--------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M51935 CHIX FLT, BREAST BRD WG 2.0 MWWW

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 11.08 @ 1 each | 199.76 | 1.50 | 6.75 | 289.65 | 8.99 | 40.50 | 8.99 | 18.98 | 44.95 | 3.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 1.08 |
|----------------|--------|------|------|--------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M51936 CHIX FLT, BREAST BRD SPICY WG 2.0 MWWW

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 11.08 @ 1 each | 199.86 | 2.00 | 9.00 | 329.76 | 9.99 | 45.00 | 8.99 | 18.99 | 44.97 | 1.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 1.44 |
|----------------|--------|------|------|--------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M51005 CHEESE, AM (184ct) Slices 1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|-------|-------|------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 11.08 @ 3 slice | 134.99 | 6.75 | 45.00 | 599.97 | 10.50 | 70.00 | 1.50 | 7.50 | 37.50 | 0.00 | -* | 299.98 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 224.99 | -* | 0.00 |
|-----------------|--------|------|-------|--------|-------|-------|------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M53381 CHEESE, CH Slices 1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 11.08 @ 2 slice | 110.01 | 5.00 | 40.91 | 180.01 | 9.00 | 73.64 | 1.00 | 6.00 | 30.00 | 0.00 | 20.00 | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 199.01 | -* | 0.00 |
|-----------------|--------|------|-------|--------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|----|--------|----|------|

M53385 CHEESE, SW Slices 1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|-------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 5.54 @ 2 slice | 110.01 | 5.00 | 40.91 | 50.00 | 9.00 | 73.64 | 0.00 | 8.00 | 25.00 | 0.00 | 20.00 | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 249.01 | -* | 0.00 |
|----------------|--------|------|-------|-------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|----|--------|----|------|

M50999 CHEESE, JK Slices 1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 5.54 @ 2 slice | 100.00 | 5.00 | 45.00 | 180.01 | 8.00 | 72.00 | 1.00 | 7.00 | 30.00 | 0.00 | 25.00 | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 197.01 | -* | 0.00 |
|----------------|--------|------|-------|--------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|----|--------|----|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

M51003 CHEESE, PV Slices 1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 5.54 @ 2 slice | 100.00 | 5.00 | 45.00 | 250.01 | 7.00 | 63.00 | 1.00 | 7.00 | 20.00 | 0.00 | 40.00 | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 212.01 | -* | 0.00 |
|----------------|--------|------|-------|--------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|----|--------|----|------|

M51017 VEG GARN: Rom Leaf 1ea

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|-------|------|------|------|------|-------|---------|------|------|-------|------|------|------|------|------|------|------|------|------|
| 16.62 @ 1 each | 2.41 | 0.01 | 2.06 | 1.13 | 0.04 | 15.88 | 0.47 | 0.17 | 0.00 | 0.30 | 35.01 | 1234.63 | 0.00 | 0.02 | 14.53 | 0.57 | 0.01 | 0.01 | 0.04 | 0.01 | 0.00 | 4.68 | 4.25 | 0.14 |
|----------------|------|------|------|------|------|-------|------|------|------|------|-------|---------|------|------|-------|------|------|------|------|------|------|------|------|------|

M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|------|------|------|------|------|-------|------|------|------|------|-------|--------|------|------|------|------|------|------|------|------|------|------|------|------|
| 16.62 @ 1/8 cup | 5.10 | 0.01 | 1.40 | 1.42 | 0.06 | 10.00 | 1.10 | 0.25 | 0.00 | 0.34 | 67.18 | 236.14 | 0.00 | 0.15 | 2.24 | 3.88 | 0.01 | 0.01 | 0.17 | 0.02 | 0.00 | 2.83 | 6.80 | 0.08 |
|-----------------|------|------|------|------|------|-------|------|------|------|------|-------|--------|------|------|------|------|------|------|------|------|------|------|------|------|

M51013 VEG: ONIONS, Red Slice 1ea

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 11.08 @ 1 slice | 2.83 | 0.00 | 0.94 | 0.28 | 0.01 | 2.25 | 0.66 | 0.08 | 0.00 | 0.12 | 10.35 | 0.14 | 0.00 | 0.00 | 0.03 | 0.52 | 0.00 | 0.00 | 0.01 | 0.01 | 0.00 | 1.63 | 2.06 | 0.01 |
|-----------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|

M50892 COND_PEPPERS, JALAPENO CND TBSP

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------|------|------|------|--------|------|-------|------|------|------|------|-------|----|----|----|----|------|----|----|----|----|----|------|----|------|
| 11.08 @ 1 tablespoon | 3.12 | 0.00 | 0.00 | 240.96 | 0.09 | 27.20 | 0.48 | 0.09 | 0.00 | 0.26 | 19.38 | -* | -* | -* | -* | 1.00 | -* | -* | -* | -* | -* | 2.31 | -* | 0.19 |
|----------------------|------|------|------|--------|------|-------|------|------|------|------|-------|----|----|----|----|------|----|----|----|----|----|------|----|------|

M50176 COND_Pickle, Dill Slice 2ea

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|------|------|------|--------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 27.70 @ 2 slice | 1.62 | 0.01 | 4.72 | 162.08 | 0.05 | 25.17 | 0.24 | 0.06 | 0.00 | 0.14 | -* | 0.00 | -* | -* | -* | 0.21 | -* | -* | -* | -* | -* | 8.65 | -* | 0.05 |
|-----------------|------|------|------|--------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M51528 SUB 6" FZ, Tky CH WG 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|---------|---------|-------|-------|--------|------|-------|-------|-------|-------|-------|--------|--------|------|
| 11.08 @ 1 sandwich | 349.93 | 6.02 | 15.48 | 583.70 | 14.14 | 36.37 | 33.04 | 21.60 | 55.00 | 3.94 | 157.21* | 2705.43 | 0.00* | 0.19* | 31.30* | 5.03 | 0.03* | 0.02* | 0.26* | 0.04* | 0.00* | 244.72 | 15.31* | 2.16 |
|--------------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|---------|---------|-------|-------|--------|------|-------|-------|-------|-------|-------|--------|--------|------|

M50962 SDW BD, SBJ WG 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|--------|------|------|--------|-------|-------|-------|-------|------|------|---------|------|-------|----|----|------|----|----|----|----|----|-------|----|------|
| 5.54 @ 1 sandwich | 658.38 | 3.99 | 5.45 | 579.16 | 35.89 | 49.06 | 69.87 | 19.95 | 0.00 | 5.99 | 378.78* | 0.00 | 0.00* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 59.81 | -* | 5.35 |
|-------------------|--------|------|------|--------|-------|-------|-------|-------|------|------|---------|------|-------|----|----|------|----|----|----|----|----|-------|----|------|

M53347 SDW BD, SB WG 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|--------|------|------|--------|-------|-------|-------|-------|------|------|---------|------|-------|----|----|------|----|----|----|----|----|-------|----|------|
| 5.54 @ 1 sandwich | 558.71 | 3.99 | 6.42 | 579.16 | 35.89 | 57.81 | 43.95 | 19.95 | 0.00 | 5.99 | 378.78* | 0.00 | 0.00* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 59.81 | -* | 5.35 |
|-------------------|--------|------|------|--------|-------|-------|-------|-------|------|------|---------|------|-------|----|----|------|----|----|----|----|----|-------|----|------|

M52708 BRD: ROLL DG, Sub 6" WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 22.16 @ 1 roll | 170.00 | 0.50 | 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)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 16.62 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|-------|-------|-------|------|-------|------|-------|--------|------|------|------|------|------|------|------|------|------|-------|------|------|
| 16.62 @ 1 each | 243.91 | 6.47 | 23.87 | 253.40 | 12.05 | 44.44 | 29.25 | 5.44 | 32.35 | 0.91 | 15.14 | 313.46 | 0.31 | 0.00 | 0.00 | 2.82 | 0.25 | 1.93 | 0.85 | 0.00 | 0.01 | 15.66 | 3.96 | 1.63 |
|----------------|--------|------|-------|--------|-------|-------|-------|------|-------|------|-------|--------|------|------|------|------|------|------|------|------|------|-------|------|------|

M53393 TKY, Breast Sliced 1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|-------|------|------|--------|------|-------|------|------|-------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 33.24 @ 1 serving | 60.00 | 0.50 | 7.50 | 220.00 | 2.00 | 30.00 | 2.00 | 9.00 | 25.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 20.00 | -* | 0.36 |
|-------------------|-------|------|------|--------|------|-------|------|------|-------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|

M53569 CHIX, BLACK FOREST HAM SLICED 1.0

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--------|------|-------|--------|-------|-------|------|------|-------|------|--------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|-------|------|
| 11.08 @ 1 serving | 80.00 | 1.50 | 16.88 | 250.00 | 4.50 | 50.63 | 2.00 | 8.00 | 40.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | 0.00 | -* | 0.36 | |
| M51976 CHIX Dcd Deli Salad W 1.0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 11.08 @ 1 No 16 Scoop | 76.63 | 0.94 | 10.98 | 129.00 | 4.42 | 51.89 | 1.48 | 6.99 | 24.65 | 0.18 | 27.40* | 47.33 | 0.00* | 0.03* | 2.98* | 0.37 | 0.00* | 0.01* | 0.03* | 0.01* | 0.00* | 4.41 | 2.64* | 0.30 |
| M51005 CHEESE, AM (184ct) Slices 1.0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 11.08 @ 3 slice | 134.99 | 6.75 | 45.00 | 599.97 | 10.50 | 70.00 | 1.50 | 7.50 | 37.50 | 0.00 | -* | 299.98 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 224.99 | -* | 0.00 |
| M53381 CHEESE, CH Slices 1.0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 11.08 @ 2 slice | 110.01 | 5.00 | 40.91 | 180.01 | 9.00 | 73.64 | 1.00 | 6.00 | 30.00 | 0.00 | 20.00 | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 199.01 | -* | 0.00 |
| M53385 CHEESE, SW Slices 1.0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 5.54 @ 2 slice | 110.01 | 5.00 | 40.91 | 50.00 | 9.00 | 73.64 | 0.00 | 8.00 | 25.00 | 0.00 | 20.00 | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 249.01 | -* | 0.00 |
| M50999 CHEESE, JK Slices 1.0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 5.54 @ 2 slice | 100.00 | 5.00 | 45.00 | 180.01 | 8.00 | 72.00 | 1.00 | 7.00 | 30.00 | 0.00 | 25.00 | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 197.01 | -* | 0.00 |
| M51003 CHEESE, PV Slices 1.0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 5.54 @ 2 slice | 100.00 | 5.00 | 45.00 | 250.01 | 7.00 | 63.00 | 1.00 | 7.00 | 20.00 | 0.00 | 40.00 | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 212.01 | -* | 0.00 |
| M51017 VEG GARN: Rom Leaf 1ea | | | | | | | | | | | | | | | | | | | | | | | | |
| 22.16 @ 1 each | 2.41 | 0.01 | 2.06 | 1.13 | 0.04 | 15.88 | 0.47 | 0.17 | 0.00 | 0.30 | 35.01 | 1234.63 | 0.00 | 0.02 | 14.53 | 0.57 | 0.01 | 0.01 | 0.04 | 0.01 | 0.00 | 4.68 | 4.25 | 0.14 |
| M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C | | | | | | | | | | | | | | | | | | | | | | | | |
| 22.16 @ 1/8 cup | 5.10 | 0.01 | 1.40 | 1.42 | 0.06 | 10.00 | 1.10 | 0.25 | 0.00 | 0.34 | 67.18 | 236.14 | 0.00 | 0.15 | 2.24 | 3.88 | 0.01 | 0.01 | 0.17 | 0.02 | 0.00 | 2.83 | 6.80 | 0.08 |
| M51013 VEG: ONIONS, Red Slice 1ea | | | | | | | | | | | | | | | | | | | | | | | | |
| 11.08 @ 1 slice | 2.83 | 0.00 | 0.94 | 0.28 | 0.01 | 2.25 | 0.66 | 0.08 | 0.00 | 0.12 | 10.35 | 0.14 | 0.00 | 0.00 | 0.03 | 0.52 | 0.00 | 0.00 | 0.01 | 0.01 | 0.00 | 1.63 | 2.06 | 0.01 |
| M52162 VEG: SPINACH, FRESH LEAVES 1/4C | | | | | | | | | | | | | | | | | | | | | | | | |
| 11.08 @ 1/4 cup | 3.12 | 0.01 | 2.47 | 10.73 | 0.05 | 15.26 | 0.49 | 0.39 | 0.00 | 0.30 | 75.79 | 1273.70 | 0.00 | 0.28 | 65.59 | 3.82 | 0.01 | 0.03 | 0.10 | 0.03 | 0.00 | 13.45 | 6.66 | 0.37 |
| M52661 VEG: CUCUMBER, Fresh Slice1/8c | | | | | | | | | | | | | | | | | | | | | | | | |
| 11.08 @ 1/8 cup | 2.75 | 0.01 | 2.22 | 0.37 | 0.02 | 6.60 | 0.66 | 0.12 | 0.00 | 0.09 | 26.91 | 19.22 | 0.00 | 0.01 | 3.00 | 0.51 | 0.00 | 0.01 | 0.02 | 0.01 | 0.00 | 2.93 | 4.39 | 0.05 |
| M53523 VEG: PEPPERS, Red Strips1/4c | | | | | | | | | | | | | | | | | | | | | | | | |
| 11.08 @ 1/4 cup | 7.78 | 0.01 | 0.78 | 1.00 | 0.08 | 8.71 | 1.51 | 0.25 | 0.00 | 0.53 | 52.96 | 785.87 | 0.00 | 0.40 | 1.23 | 32.05 | 0.01 | 0.02 | 0.25 | 0.07 | 0.00 | 1.76 | 6.53 | 0.11 |
| M50891 COND_OLIVES, BLACK SLICED TBSP | | | | | | | | | | | | | | | | | | | | | | | | |
| 5.54 @ 1 tablespoon | 14.04 | 0.17 | 10.96 | 58.74 | 1.27 | 81.48 | 0.52 | 0.13 | 0.00 | 0.31 | -* | 5.23 | -* | -* | -* | 0.21 | -* | -* | -* | -* | -* | 7.97 | -* | 0.18 |

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

M50176 COND_Pickle, Dill Slice 2ea

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|------|------|------|--------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 22.16 @ 2 slice | 1.62 | 0.01 | 4.72 | 162.08 | 0.05 | 25.17 | 0.24 | 0.06 | 0.00 | 0.14 | -* | 0.00 | -* | -* | -* | 0.21 | -* | -* | -* | -* | -* | 8.65 | -* | 0.05 |
|-----------------|------|------|------|--------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M66605 BRD: TORTILLA FLOUR 10" WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 16.62 @ 1 each | 180.00 | 1.50 | 7.50 | 250.00 | 4.50 | 22.50 | 29.00 | 5.00 | 0.00 | 3.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 100.00 | -* | 1.44 |
|----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|

M66461 BRD: TORTILLA FLOUR 6" WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 22.16 @ 2 each | 180.00 | 1.00 | 5.00 | 250.00 | 5.00 | 25.00 | 28.00 | 6.00 | 0.00 | 2.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 120.00 | -* | 1.44 |
|----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|

M54540 BRD: TORTILLA, CHIP RND WG 2BG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|--------|------|------|--------|------|-------|-------|------|------|------|------|------|------|----|----|------|----|----|----|----|----|-------|----|------|
| 33.24 @ 1 serving | 224.59 | 1.60 | 6.43 | 184.48 | 9.63 | 38.57 | 32.08 | 3.21 | 0.00 | 3.21 | 0.00 | 0.00 | 0.00 | -* | -* | 0.00 | -* | -* | -* | -* | -* | 48.13 | -* | 0.80 |
|-------------------|--------|------|------|--------|------|-------|-------|------|------|------|------|------|------|----|----|------|----|----|----|----|----|-------|----|------|

M50834 RICE, Sante Fe WG 2BG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|------|-------|------|------|------|--------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| 11.08 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------------|-------|------|-------|-------|------|-------|------|------|-------|------|---------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|--------|------|
| 38.78 @ 1 No 24 Scoop | 78.71 | 1.65 | 18.88 | 56.06 | 4.38 | 50.12 | 1.22 | 8.02 | 25.24 | 0.15 | 122.30* | 121.25 | 0.57* | 0.08* | 0.61* | 1.55 | 0.01* | 0.06* | 1.81* | 0.13* | 0.79* | 9.04 | 69.27* | 1.00 |
|-----------------------|-------|------|-------|-------|------|-------|------|------|-------|------|---------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|--------|------|

M52584 CHIX Strips, Fajita DkMt 1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|-------|--------|------|-------|------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|------|
| 33.24 @ 2 fl oz | 76.93 | 1.01 | 11.78 | 124.77 | 3.56 | 41.66 | 1.34 | 10.09 | 35.00 | 0.09 | 9.12* | 46.95 | 0.00* | 0.07* | 0.17* | 0.02 | 0.00* | 0.00* | 0.03* | 0.01* | 0.00* | 12.26 | 2.39* | 0.69 |
|-----------------|-------|------|-------|--------|------|-------|------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|------|

M52292 FILLING, Refried Beans Seas1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------------|-------|------|------|--------|------|-------|-------|------|------|------|--------|-------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| 11.08 @ 1 No 16 Scoop | 72.46 | 0.01 | 0.13 | 256.48 | 0.94 | 11.68 | 12.17 | 3.61 | 0.00 | 3.67 | 231.49 | 71.39 | 0.00 | 0.12* | 1.18* | 0.02* | 0.00* | 0.00* | 0.04* | 0.01* | 0.00* | 19.72 | 3.18* | 0.78 |
|-----------------------|-------|------|------|--------|------|-------|-------|------|------|------|--------|-------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|

M53386 CHEESE, CH Shreds 1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|------|-------|------|------|-------|------|------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 38.78 @ 2 fl oz | 110.00 | 6.00 | 49.09 | 189.99 | 9.00 | 73.64 | 1.00 | 7.00 | 30.00 | 0.00 | 0.00 | 280.99 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 201.99 | -* | 0.19 |
|-----------------|--------|------|-------|--------|------|-------|------|------|-------|------|------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M50921 COND_Sauce, Chz SS W (LOL) 1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|-------|-------|------|------|-------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 44.32 @ 3 fl oz | 149.95 | 6.75 | 40.50 | 599.79 | 10.50 | 63.00 | 4.50 | 7.50 | 29.99 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 224.92 | -* | 0.00 |
|-----------------|--------|------|-------|--------|-------|-------|------|------|-------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|

M51420 VEG GARN: Rom Shrds/Tom Dice

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|------|------|------|------|------|-------|------|------|------|------|-------|--------|------|------|------|------|------|------|------|------|------|------|------|------|
| 16.62 @ 1 serving | 5.03 | 0.01 | 1.56 | 1.63 | 0.06 | 11.41 | 1.06 | 0.27 | 0.00 | 0.40 | 67.90 | 794.43 | 0.00 | 0.12 | 8.94 | 3.20 | 0.01 | 0.01 | 0.15 | 0.02 | 0.00 | 4.47 | 7.23 | 0.13 |
|-------------------|------|------|------|------|------|-------|------|------|------|------|-------|--------|------|------|------|------|------|------|------|------|------|------|------|------|

M52379 VEG: ONIONS, Yellow Diced 1/8c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 16.62 @ 1/8 cup | 8.62 | 0.01 | 0.94 | 0.86 | 0.02 | 2.25 | 2.01 | 0.24 | 0.00 | 0.37 | 31.47 | 0.43 | 0.00 | 0.00 | 0.09 | 1.60 | 0.01 | 0.01 | 0.03 | 0.03 | 0.00 | 4.96 | 6.25 | 0.05 |
|-----------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|

M50892 COND_PEPPERS, JALAPENO CND TBSP

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------|------|------|------|--------|------|-------|------|------|------|------|-------|----|----|----|----|------|----|----|----|----|----|------|----|------|
| 16.62 @ 1 tablespoon | 3.12 | 0.00 | 0.00 | 240.96 | 0.09 | 27.20 | 0.48 | 0.09 | 0.00 | 0.26 | 19.38 | -* | -* | -* | -* | 1.00 | -* | -* | -* | -* | -* | 2.31 | -* | 0.19 |
|----------------------|------|------|------|--------|------|-------|------|------|------|------|-------|----|----|----|----|------|----|----|----|----|----|------|----|------|

M50891 COND_OLIVES, BLACK SLICED TBSP

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

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

M55430 COND_HERB, CILANTRO

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------|------|------|------|------|------|-------|------|------|------|------|-------|--------|------|------|-------|------|------|------|------|------|------|------|------|------|
| 16.62 @ 1 tablespoon | 0.82 | 0.00 | 0.55 | 1.63 | 0.02 | 20.35 | 0.13 | 0.08 | 0.00 | 0.10 | 18.46 | 239.13 | 0.00 | 0.09 | 10.99 | 0.96 | 0.00 | 0.01 | 0.04 | 0.01 | 0.00 | 2.37 | 1.70 | 0.06 |
|-------------------------|------|------|------|------|------|-------|------|------|------|------|-------|--------|------|------|-------|------|------|------|------|------|------|------|------|------|

M68017 VEG: BEANS, BKD VEG AP 1/2C

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|------|------|-------|-------|------|------|--------|------|------|----|----|------|------|------|------|------|------|-------|--------|------|
| 83.10 @ 1/2 cup | 220.25 | 0.09 | 0.38 | 509.42 | 0.89 | 3.64 | 43.08 | 11.52 | 0.00 | 7.87 | 623.89 | 0.10 | 0.00 | -* | -* | 0.03 | 0.39 | 0.08 | 1.15 | 0.22 | 0.00 | 87.30 | 211.63 | 2.92 |
|-----------------|--------|------|------|--------|------|------|-------|-------|------|------|--------|------|------|----|----|------|------|------|------|------|------|-------|--------|------|

M51243 VEG: SALAD, Potato W 1/2c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|------|--------|------|-------|-------|------|------|------|---------|--------|-------|-------|--------|------|-------|-------|-------|-------|-------|-------|--------|------|
| 83.10 @ 1/2 cup | 93.76 | 0.66 | 6.30 | 142.39 | 4.54 | 43.55 | 12.41 | 1.10 | 6.30 | 1.35 | 225.70* | 122.22 | 0.00* | 0.09* | 11.31* | 7.61 | 0.06* | 0.02* | 0.76* | 0.16* | 0.00* | 13.75 | 27.09* | 0.26 |
|-----------------|-------|------|------|--------|------|-------|-------|------|------|------|---------|--------|-------|-------|--------|------|-------|-------|-------|-------|-------|-------|--------|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|------|-------|------|-------|------|------|------|------|--------|---------|------|------|--------|-------|------|------|------|------|------|-------|-------|------|
| 55.40 @ 1 cup | 15.79 | 0.03 | 1.56 | 23.17 | 0.22 | 12.65 | 3.13 | 1.14 | 0.00 | 1.39 | 228.54 | 4195.84 | 0.00 | 0.63 | 150.99 | 20.02 | 0.04 | 0.07 | 0.33 | 0.08 | 0.00 | 36.30 | 23.73 | 1.00 |
|---------------|-------|------|------|-------|------|-------|------|------|------|------|--------|---------|------|------|--------|-------|------|------|------|------|------|-------|-------|------|

M53419 VEG: POTATO, FF CTINAGEN7 1/2C

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|-------|--------|------|-------|-------|------|------|------|--------|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 110.80 @ 1/2 cup | 119.99 | 1.33 | 10.00 | 133.32 | 4.67 | 35.00 | 17.33 | 2.00 | 0.00 | 2.00 | 259.98 | 0.00 | -* | -* | -* | 3.20 | -* | -* | -* | -* | -* | 0.00 | -* | 0.48 |
|------------------|--------|------|-------|--------|------|-------|-------|------|------|------|--------|------|----|----|----|------|----|----|----|----|----|------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|------|-------|-------|------|------|------|--------|---------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 27.70 @ 1/2 cup | 137.66 | 0.53 | 3.46 | 180.02 | 4.77 | 31.15 | 23.30 | 1.06 | 0.00 | 3.18 | 243.56 | 3176.86 | -* | -* | -* | 6.35 | -* | -* | -* | -* | -* | 21.18 | -* | 0.38 |
|-----------------|--------|------|------|--------|------|-------|-------|------|------|------|--------|---------|----|----|----|------|----|----|----|----|----|-------|----|------|

M52217 FRUIT: APPLE, 138ct Whole 1c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|------|------|------|------|-------|------|------|------|--------|-------|------|------|------|------|------|------|------|------|------|------|-------|------|
| 83.10 @ 1 each | 62.21 | 0.03 | 0.48 | 1.20 | 0.20 | 2.94 | 16.52 | 0.31 | 0.00 | 2.87 | 128.00 | 64.60 | 0.00 | 0.22 | 2.63 | 5.50 | 0.02 | 0.03 | 0.11 | 0.05 | 0.00 | 7.18 | 13.16 | 0.14 |
|----------------|-------|------|------|------|------|------|-------|------|------|------|--------|-------|------|------|------|------|------|------|------|------|------|------|-------|------|

M50178 FRUIT: PINEAPPLE Tbits w/Jc1/2c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|-------|------|------|------|------|------|-------|------|------|------|--------|----|----|----|----|-------|----|----|----|----|----|-------|----|------|
| 110.80 @ 1/2 cup | 78.55 | 0.01 | 0.14 | 1.20 | 0.10 | 1.10 | 18.92 | 0.51 | 0.00 | 0.96 | 146.98 | -* | -* | -* | -* | 11.45 | -* | -* | -* | -* | -* | 16.87 | -* | 0.34 |
|------------------|-------|------|------|------|------|------|-------|------|------|------|--------|----|----|----|----|-------|----|----|----|----|----|-------|----|------|

M50982 JUICE SS, ORANGE 100% 4 FLOZ

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|------|-------|------|------|-------|------|------|------|----|------|----|----|----|-------|----|----|----|----|----|------|----|------|
| 221.60 @ 1 each | 51.44 | 0.00 | 0.00 | 15.43 | 0.00 | 0.00 | 12.35 | 1.03 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 43.21 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|-----------------|-------|------|------|-------|------|------|-------|------|------|------|----|------|----|----|----|-------|----|----|----|----|----|------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|--------|------|-------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 110.80 @ 1 carton | 110.00 | 1.50 | 12.28 | 130.00 | 2.50 | 20.46 | 13.00 | 8.00 | 10.00 | 0.00 | -* | 500.00 | -* | -* | -* | 2.40 | -* | -* | -* | -* | -* | 300.00 | -* | 0.00 |
|-------------------|--------|------|-------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|--------|------|------|--------|------|------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 277.00 @ 1 carton | 120.00 | 0.00 | 0.00 | 180.00 | 0.00 | 0.00 | 20.00 | 8.00 | 5.00 | 0.00 | -* | 500.00 | -* | -* | -* | 1.20 | -* | -* | -* | -* | -* | 300.00 | -* | 0.00 |
|-------------------|--------|------|------|--------|------|------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M50855 COND PC Ketchup 9g Heinz

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|------|-------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 554.00 @ 1 each | 10.00 | 0.00 | 0.00 | 85.00 | 0.00 | 0.00 | 3.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|-----------------|-------|------|------|-------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50055 COND PC Mayonnaise 12g

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|-------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 55.40 @ 1 each | 80.00 | 1.50 | 16.87 | 75.00 | 8.00 | 90.00 | 1.00 | 0.00 | 5.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|----------------|-------|------|-------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

M50284 COND PC Mustard 6g

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|------|------|---|-------|------|---|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 27.70 @ 1 each | 0.00 | 0.00 | - | 65.00 | 0.00 | - | 1.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|----------------|------|------|---|-------|------|---|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M53222 COND PC Margarine 5g

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|-------|-------|------|-------|------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|
| 277.00 @ 1 each | 30.00 | 1.00 | 30.00 | 30.00 | 3.00 | 90.00 | 0.00 | 0.00 | 0.00 | 0.00 | -* | 500.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|-----------------|-------|------|-------|-------|------|-------|------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|

M50624 COND PC Drsg Ranch 12g

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|------|--------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 277.00 @ 1 each | 50.00 | 0.00 | 0.00 | 100.00 | 5.00 | 90.00 | 1.00 | 0.00 | 5.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|-----------------|-------|------|------|--------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50623 COND PC Drsg Italian 12g

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|------|--------|------|-------|------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|
| 5.54 @ 1 each | 30.00 | 0.00 | 0.00 | 130.00 | 3.00 | 90.00 | 0.00 | 0.00 | 0.00 | 0.00 | -* | 100.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|---------------|-------|------|------|--------|------|-------|------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|

M53116 COND PC Drsg Honey Mustard 12g

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|------|-------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 27.70 @ 1 each | 15.00 | 0.00 | 0.00 | 65.00 | 0.00 | 0.00 | 4.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|----------------|-------|------|------|-------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50056 COND PC Sauce, Taco 9g

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|------|------|------|-------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 27.70 @ 1 each | 5.00 | 0.00 | 0.00 | 55.00 | 0.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|----------------|------|------|------|-------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50287 COND PC Sauce, BBQ 12g

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|------|--------|------|------|------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|
| 27.70 @ 1 each | 15.00 | 0.00 | 0.00 | 160.00 | 0.00 | 0.00 | 4.00 | 0.00 | 0.00 | 0.00 | -* | 100.00 | -* | -* | -* | 0.60 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|----------------|-------|------|------|--------|------|------|------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|

M51391 COND_Mayo, Chipotle W

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

M50060 COND_Mayo W

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------|-------|------|-------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 27.70 @ 1 tablespoon | 33.07 | 0.47 | 12.86 | 94.49 | 3.31 | 90.00 | 0.94 | 0.00 | 4.72 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|-------------------------|-------|------|-------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50291 COND_Mustard, Yellow

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

M50692 COND_Dressing, DijonHnyMustard

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------|-------|------|-------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 27.70 @ 1 tablespoon | 65.00 | 0.75 | 10.38 | 90.00 | 5.50 | 76.15 | 3.50 | 0.00 | 7.50 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|-------------------------|-------|------|-------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50622 COND_Dressing, Ranch Lite

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------|-------|------|-------|--------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 55.40 @ 1 tablespoon | 55.00 | 0.75 | 12.27 | 139.99 | 5.00 | 81.82 | 0.50 | 0.50 | 5.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 10.00 | -* | 0.00 |
|-------------------------|-------|------|-------|--------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|

M50292 COND_Sauce, BBQ Original AP

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------|-------|------|------|--------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 16.62 @ 1 tablespoon | 35.00 | 0.00 | 0.00 | 144.99 | 0.00 | 0.00 | 9.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 1.80 | -* | -* | -* | -* | -* | 0.00 | -* | 0.18 |
|-------------------------|-------|------|------|--------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

M50063 COND_Sauce, Buffalo Wing AP

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------|------|------|------|--------|------|-------|------|------|------|------|-------|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 16.62 @ 1 tablespoon | 4.38 | 0.02 | 4.79 | 363.06 | 0.22 | 45.51 | 0.48 | 0.11 | 0.17 | 0.12 | 21.32 | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 2.22 | -* | 0.07 |
|-------------------------|------|------|------|--------|------|-------|------|------|------|------|-------|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50087 COND_Salsa, Pico SC 1/8c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|------|------|------|-------|------|------|------|------|------|------|-------|---------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|------|
| 554.00 @ 1/8 cup | 6.68 | 0.01 | 1.17 | 37.20 | 0.07 | 9.84 | 1.46 | 0.29 | 0.00 | 0.40 | 69.99 | 231.76* | 0.00* | 0.15* | 2.94* | 4.04 | 0.01* | 0.01* | 0.16* | 0.03* | 0.00* | 4.19 | 7.40* | 0.11 |
|------------------|------|------|------|-------|------|------|------|------|------|------|-------|---------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|------|

M66157 COND_SALSA, BLNDR SC 1/8C

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|------|------|------|-------|------|------|------|------|------|------|--------|---------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|------|
| 16.62 @ 1/8 cup | 9.65 | 0.01 | 1.33 | 45.21 | 0.10 | 9.06 | 2.10 | 0.42 | 0.00 | 0.59 | 27.10* | 148.65* | 0.00* | 0.05* | 6.02* | 4.65 | 0.01* | 0.01* | 0.03* | 0.02* | 0.00* | 16.79 | 4.05* | 0.19 |
|-----------------|------|------|------|-------|------|------|------|------|------|------|--------|---------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|------|

M53940 COND_Salsa, Verde SC 1/8c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|------|-------|------|-------|------|------|------|------|-------|---------|-------|-------|--------|------|-------|-------|-------|-------|-------|------|--------|------|
| 16.62 @ 1/8 cup | 10.75 | 0.03 | 2.54 | 25.36 | 0.23 | 19.29 | 2.13 | 0.37 | 0.00 | 0.61 | 83.93 | 260.93* | 0.00* | 0.16* | 12.93* | 3.96 | 0.02* | 0.01* | 0.40* | 0.03* | 0.00* | 8.13 | 11.81* | 0.22 |
|-----------------|-------|------|------|-------|------|-------|------|------|------|------|-------|---------|-------|-------|--------|------|-------|-------|-------|-------|-------|------|--------|------|

M53295 COND_Sour Cream AP

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------|-------|------|-------|-------|------|-------|------|------|-------|------|----|-------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 27.70 @ 1 tablespoon | 30.00 | 1.75 | 52.50 | 25.00 | 3.00 | 90.00 | 1.00 | 0.50 | 10.00 | 0.00 | -* | 99.99 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 20.00 | -* | 0.00 |
|-------------------------|-------|------|-------|-------|------|-------|------|------|-------|------|----|-------|----|----|----|------|----|----|----|----|----|-------|----|------|

M67406 BURG, BEEF JK ATOMIC W AP100% WG 2.5 FUEL 10/18

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|--------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-------|------|
| 24.00 @ 1 each | 346.20 | 5.74 | 14.92 | 581.17 | 15.70 | 40.80 | 31.21 | 20.63 | 52.36 | 2.16 | 16.69* | 82.63* | 0.00* | 0.03* | 0.09* | 0.56 | 0.00* | 0.00* | 0.01* | 0.00* | 0.00* | 140.35 | 0.35* | 2.58 |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|--------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-------|------|

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|---------|-------|-------|-------|-------|-------|------|---------|----------|------|------|--------|--------|-----|-----|------|------|------|--------|--------|------|
| Average | 721.64 | 8.41 | 10.49 | 1310.16 | 27.93 | 34.83 | 83.78 | 33.41 | 62.58 | 6.99 | 403.67* | 2105.14* | .05* | .33* | 26.28* | 34.41* | .1* | .1* | .74* | .12* | .06* | 469.01 | 58.01* | 3.71 |
|----------------|--------|------|-------|---------|-------|-------|-------|-------|-------|------|---------|----------|------|------|--------|--------|-----|-----|------|------|------|--------|--------|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-12 **Period:** Breakfast **Week:** 4 **Day:** Tuesday **Count Type:** Forecasted **Total No. of Customers:** 13

| 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 | | | | | | | | | | | | | | | | | | | | | |

M50757 MELT BGL, EggPty AM 1.75 WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------|--------|------|-------|--------|-------|-------|-------|-------|--------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 12.00 @ 1 sandwich | 300.00 | 6.00 | 18.00 | 690.00 | 14.00 | 42.00 | 22.00 | 14.00 | 120.00 | 4.00 | -* | 300.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 210.00 | -* | 2.16 |
|--------------------|--------|------|-------|--------|-------|-------|-------|-------|--------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M50442 CEREAL BWL, Cocoa Puffs RS WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 2.00 @ 1 bowl | 110.05 | 0.00 | 0.00 | 160.08 | 1.50 | 12.27 | 25.01 | 2.00 | 0.00 | 2.00 | -* | 500.25 | -* | -* | -* | 6.00 | -* | -* | -* | -* | -* | 100.05 | -* | 4.50 |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M50524 CEREAL BWL, Lucky Charms WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 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 |
|---------------|--------|------|------|--------|------|------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M52724 BRD: BAR, Cereal CinnTst WG IW

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 2.00 @ 1 each | 150.00 | 0.00 | 0.00 | 115.00 | 3.50 | 21.00 | 30.00 | 2.00 | 0.00 | 3.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 200.00 | -* | 1.80 |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 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 |
|-----------------|--------|------|------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

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 |
|-----------------|--------|------|------|--------|------|-------|-------|------|-------|------|--------|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

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 |
|------------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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 |
|------------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M51684 BRD: POPTARTS, Fudge 1.76oz WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|-------|--------|------|-------|------|------|-------|------|------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 6.00 @ 1 stick | 90.00 | 4.00 | 40.00 | 200.01 | 6.00 | 60.00 | 0.00 | 7.00 | 20.00 | 0.00 | 0.00 | 200.01 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 200.01 | -* | 0.00 |
|----------------|-------|------|-------|--------|------|-------|------|------|-------|------|------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M50792 YOGURT SS, Trix Strawb/Ban 4oz

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|------|-------|------|------|-------|------|------|------|--------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 2.00 @ 1 each | 80.00 | 0.00 | 0.00 | 60.00 | 0.50 | 5.63 | 15.00 | 4.00 | 5.00 | 0.00 | 140.00 | 500.04 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 100.01 | -* | 0.00 |
|---------------|-------|------|------|-------|------|------|-------|------|------|------|--------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M51237 BRD: BREAD WG, Tst Marg 1sl

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--------|------|-------|---------|-------|-------|--------|-------|--------|------|---------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|-------|------|
| 2.00 @ 1 slice | 110.00 | 1.33 | 10.91 | 160.00 | 4.33 | 35.45 | 15.00 | 3.00 | 0.00 | 1.00 | 1.33* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 1.08 |
| M50670 EGG: Hard Boiled FC AP 1.5 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 1 each | 80.00 | 1.50 | 16.88 | 60.00 | 5.00 | 56.25 | 1.00 | 6.00 | 185.00 | 0.00 | -* | 300.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 20.00 | -* | 0.72 |
| M52975 BRD: WAFFLE, RS SS WG (3.25BG) | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 1 each | 240.06 | 0.00 | 0.00 | 506.14 | 2.86 | 10.71 | 50.30 | 6.86 | 0.00 | 6.86 | 1.05* | 0.00 | 0.00* | 0.00* | 0.00* | 0.00 | 0.00* | 0.00* | 0.00* | 0.00* | 0.00* | 288.94 | 0.00* | 3.09 |
| M52817 DESRT: TOPPING, CHOCOLATE CHIPS SEMISWT (TBSP) | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 1 tablespoon | 51.03 | 1.89 | 33.28 | 1.17 | 3.19 | 56.25 | 6.79 | 0.45 | 0.00 | 0.63 | 38.80 | 0.00 | 0.00 | 0.03 | 0.60 | 0.00 | 0.01 | 0.01 | 0.05 | 0.00 | 0.00 | 3.40 | 14.03 | 0.33 |
| M52816 DESRT: TOPPING, Whipd NonDairy | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 1 tablespoon | 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 5.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 4.00 @ 1/2 cup | 51.73 | 0.00 | 0.00 | 6.26 | 0.03 | 0.44 | 12.19 | 0.70 | 0.00 | 0.94 | -* | 710.52 | -* | -* | -* | 37.06 | -* | -* | -* | -* | -* | 13.15 | -* | 0.43 |
| M50979 JUICE SS, Apple 100% 4oz Cart | | | | | | | | | | | | | | | | | | | | | | | | |
| 5.00 @ 1 each | 60.00 | 0.00 | 0.00 | 15.00 | 0.00 | 0.00 | 14.00 | 0.00 | 0.00 | 0.00 | 85.00 | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
| M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50 | | | | | | | | | | | | | | | | | | | | | | | | |
| 6.00 @ 1 carton | 110.00 | 1.50 | 12.28 | 130.00 | 2.50 | 20.46 | 13.00 | 8.00 | 10.00 | 0.00 | -* | 500.00 | -* | -* | -* | 2.40 | -* | -* | -* | -* | -* | 300.00 | -* | 0.00 |
| M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50 | | | | | | | | | | | | | | | | | | | | | | | | |
| 33.00 @ 1 carton | 120.00 | 0.00 | 0.00 | 180.00 | 0.00 | 0.00 | 20.00 | 8.00 | 5.00 | 0.00 | -* | 500.00 | -* | -* | -* | 1.20 | -* | -* | -* | -* | -* | 300.00 | -* | 0.00 |
| M53222 COND PC Margarine 5g | | | | | | | | | | | | | | | | | | | | | | | | |
| 2.00 @ 1 each | 30.00 | 1.00 | 30.00 | 30.00 | 3.00 | 90.00 | 0.00 | 0.00 | 0.00 | 0.00 | -* | 500.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
| M50854 COND PC Jelly, #4 Smuckers | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| M50058 COND PC Syrup 1.4oz Smuckers | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 |
| | 919.97 | 9.32 | 9.11 | 1462.87 | 21.46 | 20.99 | 125.11 | 44.52 | 158.47 | 7.3 | 116.53* | 2514.55 | 0* | .09* | .7* | 34.31 | .01* | .01* | .12* | .01* | 0* | 1315.9 | 8.17* | 4.63 |

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 9-12 **Period:** Lunch **Week:** 4 **Day:** Tuesday **Count Type:** Forecasted **Total No. of Customers:** 528

| 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 | | | | | | | | | | | | | | | | | | | | | |

M66219 ENCHILADA CASS, CHZ SC WG 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|-------|-------|--------|-------|-------|-------|-------|-------|------|--------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|-------|------|
| 30.00 @ 1/24 cut | 328.33 | 12.02 | 32.94 | 467.71 | 18.90 | 51.80 | 24.97 | 16.40 | 60.01 | 1.86 | 24.73* | 1137.52 | 0.00* | 0.11* | 0.62* | 11.99 | 0.01* | 0.01* | 0.06* | 0.03* | 0.00* | 424.61 | 6.42* | 1.33 |
|------------------|--------|-------|-------|--------|-------|-------|-------|-------|-------|------|--------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|-------|------|

M52224 RICE, Mex Spiced WG 1BG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|-------|------|------|-------|------|------|------|--------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| 24.00 @ 1/2 cup | 109.96 | 0.22 | 1.77 | 66.08 | 0.94 | 7.73 | 22.26 | 2.54 | 0.99 | 1.15 | 76.27* | 170.90* | 0.00* | 0.11* | 1.15* | 0.11* | 0.00* | 0.01* | 0.05* | 0.01* | 0.00* | 12.86 | 3.91* | 0.57 |
|-----------------|--------|------|------|-------|------|------|-------|------|------|------|--------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|

M52348 SALAD, ChixDcd CH Frt SC 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|------|-------|------|-------|-------|------|---------|---------|-------|-------|--------|-------|-------|-------|-------|-------|-------|--------|--------|------|
| 32.00 @ 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 |
|----------------|--------|------|-------|--------|------|-------|------|-------|-------|------|---------|---------|-------|-------|--------|-------|-------|-------|-------|-------|-------|--------|--------|------|

M51680 BRD: ROLL DG, WG 2.5oz

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 32.00 @ 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 |
|----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|

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 |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M53931 PIZZA HUT PIZZA 6" EXPRESS PEPP SS 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 118.00 @ 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 |
|------------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M54307 PIZZA HUT PIZZA 6" EXPRESS SSG SS 2.25

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 40.00 @ 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 |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M54310 PIZZA HUT PIZZA 6" EXPRESS BBQ CHIX SS 2.25

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 35.00 @ 1 pizza | 400.94 | 4.66 | 10.46 | 805.79 | 13.17 | 29.57 | 42.83 | 27.77 | 38.53 | 4.36 | -* | 667.19 | -* | -* | -* | 5.81 | -* | -* | -* | -* | -* | 350.99 | -* | 2.67 |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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 |
|----------------|-------|------|------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M54521 PIZZA HUT COND PC PEPPER RED CRUSHED 1G

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 53.00 @ 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 MWWW

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 112.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 80.00 @ 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 |
|-------------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

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 |
|-----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|

M54370 BURG, BLACK BEAN AP WG 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|-------|------|------|---------|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 3.00 @ 1 each | 300.00 | 1.00 | 3.00 | 710.00 | 9.00 | 27.00 | 42.00 | 19.00 | 5.00 | 7.00 | 280.00* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 80.00 | -* | 2.16 |
|---------------|--------|------|------|--------|------|-------|-------|-------|------|------|---------|------|----|----|----|------|----|----|----|----|----|-------|----|------|

M53275 MELT BD, AM WG 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|--------|-------|-------|---------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 6.00 @ 1 sandwich | 385.00 | 11.25 | 26.30 | 1320.00 | 19.50 | 45.58 | 32.50 | 18.50 | 62.50 | 2.00 | -* | 500.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 375.00 | -* | 2.16 |
|-------------------|--------|-------|-------|---------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M54555 NACHOS BFGD RND SC 2.0 (2BG)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|---------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------|------|
| 1.00 @ 1 each | 450.53 | 8.75 | 17.47 | 674.18 | 23.64 | 47.22 | 37.03 | 21.03 | 60.38 | 3.45 | 195.67* | 194.00 | 0.91* | 0.13* | 0.97* | 2.48 | 0.02* | 0.09* | 2.90* | 0.20* | 1.27* | 212.59 | 110.82* | 2.41 |
|---------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|---------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------|------|

M51228 BRD: BUN, Hamburger WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 156.00 @ 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 |
|----------------|--------|------|-------|-------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M51935 CHIX FLT, BREAST BRD WG 2.0 MWWW

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 50.00 @ 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 MWWW

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 55.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|-------|-------|------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 39.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 50.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|-------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 14.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 24.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|-------|------|------|------|------|-------|---------|------|------|-------|------|------|------|------|------|------|------|------|------|
| 52.00 @ 1 each | 2.41 | 0.01 | 2.06 | 1.13 | 0.04 | 15.88 | 0.47 | 0.17 | 0.00 | 0.30 | 35.01 | 1234.63 | 0.00 | 0.02 | 14.53 | 0.57 | 0.01 | 0.01 | 0.04 | 0.01 | 0.00 | 4.68 | 4.25 | 0.14 |
|----------------|------|------|------|------|------|-------|------|------|------|------|-------|---------|------|------|-------|------|------|------|------|------|------|------|------|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------|------|------|------|--------|------|-------|------|------|------|------|-------|----|----|----|----|------|----|----|----|----|----|------|----|------|
| 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 |
|----------------------|------|------|------|--------|------|-------|------|------|------|------|-------|----|----|----|----|------|----|----|----|----|----|------|----|------|

M50176 COND_Pickle, Dill Slice 2ea

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|------|------|------|--------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 45.00 @ 2 slice | 1.62 | 0.01 | 4.72 | 162.08 | 0.05 | 25.17 | 0.24 | 0.06 | 0.00 | 0.14 | -* | 0.00 | -* | -* | -* | 0.21 | -* | -* | -* | -* | -* | 8.65 | -* | 0.05 |
|-----------------|------|------|------|--------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M51969 SUB 6" FZ, ChxDcd Salad WG2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|---------|---------|-------|-------|--------|------|-------|-------|-------|-------|-------|-------|--------|------|
| 6.00 @ 1 sandwich | 333.20 | 2.39 | 6.45 | 441.71 | 11.98 | 32.36 | 32.99 | 20.57 | 49.29 | 4.30 | 192.02* | 2800.10 | 0.00* | 0.25* | 37.26* | 5.76 | 0.04* | 0.04* | 0.32* | 0.06* | 0.00* | 34.54 | 20.59* | 2.41 |
|-------------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|---------|---------|-------|-------|--------|------|-------|-------|-------|-------|-------|-------|--------|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 8.00 @ 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)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 1.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|-------|------|------|--------|------|-------|------|------|-------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 10.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|-------|------|-------|--------|------|-------|------|------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 1.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|-------|-------|------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 4.00 @ 3 slice | 134.99 | 6.75 | 45.00 | 599.97 | 10.50 | 70.00 | 1.50 | 7.50 | 37.50 | 0.00 | -* | 299.98 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 224.99 | -* | 0.00 |
|----------------|--------|------|-------|--------|-------|-------|------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M53381 CHEESE, CH Slices 1.0

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--------|------|-------|--------|------|-------|-------|------|-------|------|-------|---------|------|------|-------|-------|------|------|------|------|------|--------|------|------|
| 4.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 |
| M50999 CHEESE, JK Slices 1.0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 4.00 @ 2 slice | 100.00 | 5.00 | 45.00 | 180.01 | 8.00 | 72.00 | 1.00 | 7.00 | 30.00 | 0.00 | 25.00 | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 197.01 | -* | 0.00 |
| M51003 CHEESE, PV Slices 1.0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 4.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 8.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 3.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 6.00 @ 1 slice | 2.83 | 0.00 | 0.94 | 0.28 | 0.01 | 2.25 | 0.66 | 0.08 | 0.00 | 0.12 | 10.35 | 0.14 | 0.00 | 0.00 | 0.03 | 0.52 | 0.00 | 0.00 | 0.01 | 0.01 | 0.00 | 1.63 | 2.06 | 0.01 |
| M52162 VEG: SPINACH, FRESH LEAVES 1/4C | | | | | | | | | | | | | | | | | | | | | | | | |
| 6.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 6.00 @ 1/8 cup | 2.75 | 0.01 | 2.22 | 0.37 | 0.02 | 6.60 | 0.66 | 0.12 | 0.00 | 0.09 | 26.91 | 19.22 | 0.00 | 0.01 | 3.00 | 0.51 | 0.00 | 0.01 | 0.02 | 0.01 | 0.00 | 2.93 | 4.39 | 0.05 |
| M53523 VEG: PEPPERS, Red Strips1/4c | | | | | | | | | | | | | | | | | | | | | | | | |
| 4.00 @ 1/4 cup | 7.78 | 0.01 | 0.78 | 1.00 | 0.08 | 8.71 | 1.51 | 0.25 | 0.00 | 0.53 | 52.96 | 785.87 | 0.00 | 0.40 | 1.23 | 32.05 | 0.01 | 0.02 | 0.25 | 0.07 | 0.00 | 1.76 | 6.53 | 0.11 |
| M50891 COND_OLIVES, BLACK SLICED TBSP | | | | | | | | | | | | | | | | | | | | | | | | |
| 2.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 11.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 70.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 |
| M50834 RICE, Sante Fe WG 2BG | | | | | | | | | | | | | | | | | | | | | | | | |

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|------|-------|------|------|------|--------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|-------|------|-------|-------|------|-------|------|------|-------|------|---------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|--------|------|
| 100.00 @ 1 No 24 Scoop | 78.71 | 1.65 | 18.88 | 56.06 | 4.38 | 50.12 | 1.22 | 8.02 | 25.24 | 0.15 | 122.30* | 121.25 | 0.57* | 0.08* | 0.61* | 1.55 | 0.01* | 0.06* | 1.81* | 0.13* | 0.79* | 9.04 | 69.27* | 1.00 |
|------------------------|-------|------|-------|-------|------|-------|------|------|-------|------|---------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|--------|------|

M52584 CHIX Strips, Fajita DkMt 1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|-------|--------|------|-------|------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|------|
| 60.00 @ 2 fl oz | 76.93 | 1.01 | 11.78 | 124.77 | 3.56 | 41.66 | 1.34 | 10.09 | 35.00 | 0.09 | 9.12* | 46.95 | 0.00* | 0.07* | 0.17* | 0.02 | 0.00* | 0.00* | 0.03* | 0.01* | 0.00* | 12.26 | 2.39* | 0.69 |
|-----------------|-------|------|-------|--------|------|-------|------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|------|

M52292 FILLING, Refried Beans Seas1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------------|-------|------|------|--------|------|-------|-------|------|------|------|--------|-------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| 10.00 @ 1 No 16 Scoop | 72.46 | 0.01 | 0.13 | 256.48 | 0.94 | 11.68 | 12.17 | 3.61 | 0.00 | 3.67 | 231.49 | 71.39 | 0.00 | 0.12* | 1.18* | 0.02* | 0.00* | 0.00* | 0.04* | 0.01* | 0.00* | 19.72 | 3.18* | 0.78 |
|-----------------------|-------|------|------|--------|------|-------|-------|------|------|------|--------|-------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|

M53386 CHEESE, CH Shreds 1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|------|-------|------|------|-------|------|------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 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 |
|-----------------|--------|------|-------|--------|------|-------|------|------|-------|------|------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|------|------|------|------|------|-------|------|------|------|------|-------|--------|------|------|------|------|------|------|------|------|------|------|------|------|
| 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------|-------|------|-------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 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 |
|----------------------|-------|------|-------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

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 |
|----------------------|------|------|------|------|------|-------|------|------|------|------|-------|--------|------|------|-------|------|------|------|------|------|------|------|------|------|

M50091 VEG: PEPPER GRN & ON Saute1/2c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|------|------|------|------|------|------|------|------|--------|--------|------|------|------|-------|------|------|------|------|------|-------|-------|------|
| 40.00 @ 1/2 cup | 35.10 | 0.03 | 0.74 | 2.44 | 0.19 | 4.83 | 8.21 | 1.11 | 0.00 | 1.26 | 160.49 | 218.56 | 0.00 | 0.24 | 4.81 | 37.20 | 0.05 | 0.03 | 0.30 | 0.17 | 0.00 | 15.23 | 25.94 | 0.33 |
|-----------------|-------|------|------|------|------|------|------|------|------|------|--------|--------|------|------|------|-------|------|------|------|------|------|-------|-------|------|

M68114 VEG: SALAD, BEANBLK CRN TOM 1/2C

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|------|--------|------|------|-------|------|------|------|---------|---------|-------|-------|-------|--------|-------|-------|-------|-------|-------|-------|--------|------|
| 42.00 @ 1/2 cup | 70.75 | 0.13 | 1.69 | 130.64 | 0.66 | 8.45 | 14.20 | 3.34 | 0.26 | 3.37 | 196.43* | 368.49* | 0.99* | 0.19* | 4.18* | 15.29* | 0.03* | 0.02* | 0.47* | 0.07* | 0.00* | 50.20 | 20.75* | 1.13 |
|-----------------|-------|------|------|--------|------|------|-------|------|------|------|---------|---------|-------|-------|-------|--------|-------|-------|-------|-------|-------|-------|--------|------|

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

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--------|------|-------|--------|------|-------|-------|------|-------|------|--------|---------|------|------|--------|-------|------|------|------|------|------|--------|-------|------|
| 48.00 @ 1 cup | 15.79 | 0.03 | 1.56 | 23.17 | 0.22 | 12.65 | 3.13 | 1.14 | 0.00 | 1.39 | 228.54 | 4195.84 | 0.00 | 0.63 | 150.99 | 20.02 | 0.04 | 0.07 | 0.33 | 0.08 | 0.00 | 36.30 | 23.73 | 1.00 |
| M53419 VEG: POTATO, FF CTINAGEN7 1/2C | | | | | | | | | | | | | | | | | | | | | | | | |
| 401.00 @ 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 |
| M51113 FRUIT: ORANGE 138ct Whole 1/2c | | | | | | | | | | | | | | | | | | | | | | | | |
| 52.00 @ 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 |
| M52271 FRUIT: PEARS, Dice w/Jc 1/2c | | | | | | | | | | | | | | | | | | | | | | | | |
| 108.00 @ 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 |
| M50979 JUICE SS, Apple 100% 4oz Cart | | | | | | | | | | | | | | | | | | | | | | | | |
| 159.00 @ 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 |
| M53064 DESRT: COOKIE ChocChp 1.0oz WG | | | | | | | | | | | | | | | | | | | | | | | | |
| 132.00 @ 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 |
| M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50 | | | | | | | | | | | | | | | | | | | | | | | | |
| 76.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 131.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 15.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 88.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | |

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------------------------------|-------|------|-------|--------|------|-------|------|------|------|------|--------|---------|--------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|------|------|
| 14.00 @ 1 each | 30.00 | 0.00 | 0.00 | 130.00 | 3.00 | 90.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | -* | 100.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | 0.00 | -* | 0.00 | |
| M53116 COND PC Drsg Honey Mustard 12g | | | | | | | | | | | | | | | | | | | | | | | | | |
| 50.00 @ 1 each | 15.00 | 0.00 | 0.00 | 65.00 | 0.00 | 0.00 | 4.00 | 0.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | 0.00 | -* | 0.00 | |
| M50056 COND PC Sauce, Taco 9g | | | | | | | | | | | | | | | | | | | | | | | | | |
| 37.00 @ 1 each | 5.00 | 0.00 | 0.00 | 55.00 | 0.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | 0.00 | -* | 0.00 | |
| M50287 COND PC Sauce, BBQ 12g | | | | | | | | | | | | | | | | | | | | | | | | | |
| 40.00 @ 1 each | 15.00 | 0.00 | 0.00 | 160.00 | 0.00 | 0.00 | 4.00 | 0.00 | 0.00 | 0.00 | 0.00 | -* | 100.00 | -* | -* | -* | 0.60 | -* | -* | -* | -* | 0.00 | -* | 0.00 | |
| M51391 COND_Mayo, Chipotle W | | | | | | | | | | | | | | | | | | | | | | | | | |
| 48.00 @ 1 tablespoon | 26.19 | 0.35 | 12.18 | 91.54 | 2.49 | 85.73 | 0.97 | 0.01 | 3.54 | 0.01 | 1.00* | 91.64 | -* | -* | -* | 0.40 | -* | -* | -* | -* | 0.00 | -* | 0.02 | 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 | 0.00 | |
| 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 | |
| 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 | 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 | 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 | 0.00 | |
| 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 | 0.00 | |
| 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 | 0.00 |
| 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 | 0.00 |

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

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 |
|-------------------------|-------|------|-------|-------|------|-------|------|------|-------|------|----|-------|----|----|----|------|----|----|----|----|----|-------|----|------|

M67406 BURG, BEEF JK ATOMIC W AP100% WG 2.5 FUEL 10/18

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|--------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-------|------|
| 24.00 @ 1 each | 346.20 | 5.74 | 14.92 | 581.17 | 15.70 | 40.80 | 31.21 | 20.63 | 52.36 | 2.16 | 16.69* | 82.63* | 0.00* | 0.03* | 0.09* | 0.56 | 0.00* | 0.00* | 0.01* | 0.00* | 0.00* | 140.35 | 0.35* | 2.58 |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|--------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-------|------|

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|-------|-------|---------|-------|------|--------|-------|-------|-----|---------|----------|------|------|--------|--------|------|------|-----|------|------|--------|--------|------|
| Average | 934.35 | 12.07 | 11.63 | 1577.38 | 36.85 | 35.5 | 103.66 | 45.16 | 85.18 | 9.8 | 443.03* | 1943.08* | .19* | .24* | 23.74* | 23.16* | .03* | .04* | .6* | .08* | .15* | 517.06 | 27.85* | 5.06 |
|----------------|--------|-------|-------|---------|-------|------|--------|-------|-------|-----|---------|----------|------|------|--------|--------|------|------|-----|------|------|--------|--------|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-12 **Period:** Breakfast **Week:** 4 **Day:** Wednesday **Count Type:** Forecasted **Total No. of Customers:** 21

| 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 | | | | | | | | | | | | | | | | | | | | | |

M52724 BRD: BAR, Cereal CinnTst WG IW

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 2.00 @ 1 each | 150.00 | 0.00 | 0.00 | 115.00 | 3.50 | 21.00 | 30.00 | 2.00 | 0.00 | 3.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 200.00 | -* | 1.80 |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 2.00 @ 1 muffin | 190.00 | 2.00 | 9.47 | 130.00 | 6.00 | 28.42 | 31.00 | 3.00 | 40.00 | 2.00 | -* | 100.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 20.00 | -* | 0.72 |
|-----------------|--------|------|------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|------|-------|-------|------|-------|------|--------|--------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 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 |
|-----------------|--------|------|------|--------|------|-------|-------|------|-------|------|--------|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

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 |
|------------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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 |
|------------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M51684 BRD: POPTARTS, Fudge 1.76oz WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|-------|--------|------|-------|------|------|-------|------|------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 2.00 @ 1 stick | 90.00 | 4.00 | 40.00 | 200.01 | 6.00 | 60.00 | 0.00 | 7.00 | 20.00 | 0.00 | 0.00 | 200.01 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 200.01 | -* | 0.00 |
|----------------|-------|------|-------|--------|------|-------|------|------|-------|------|------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M50792 YOGURT SS, Trix Straw/Ban 4oz

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|------|-------|------|------|-------|------|------|------|--------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 2.00 @ 1 each | 80.00 | 0.00 | 0.00 | 60.00 | 0.50 | 5.63 | 15.00 | 4.00 | 5.00 | 0.00 | 140.00 | 500.04 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 100.01 | -* | 0.00 |
|---------------|-------|------|------|-------|------|------|-------|------|------|------|--------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|-------|-------|------|-------|------|------|--------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 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 |
|---------------|-------|------|-------|-------|------|-------|------|------|--------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

M66354 YOGURT, PARFAIT STRAWBERRY 1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|------|-------|------|-------|-------|------|------|------|--------|--------|--------|-------|-------|-------|-------|-------|-------|-------|-------|--------|-------|------|
| 3.00 @ 1 serving | 135.19 | 0.59 | 3.92 | 67.14 | 1.57 | 10.43 | 26.34 | 4.01 | 5.00 | 1.08 | 222.26 | 517.91 | 80.06* | 0.11* | 0.86* | 16.06 | 0.01* | 0.01* | 0.18* | 0.01* | 0.00* | 106.31 | 5.07* | 0.39 |
|------------------|--------|------|------|-------|------|-------|-------|------|------|------|--------|--------|--------|-------|-------|-------|-------|-------|-------|-------|-------|--------|-------|------|

M52975 BRD: WAFFLE, RS SS WG (3.25BG)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|-------|------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-------|------|
| 4.00 @ 1 each | 240.06 | 0.00 | 0.00 | 506.14 | 2.86 | 10.71 | 50.30 | 6.86 | 0.00 | 6.86 | 1.05* | 0.00 | 0.00* | 0.00* | 0.00* | 0.00 | 0.00* | 0.00* | 0.00* | 0.00* | 0.00* | 288.94 | 0.00* | 3.09 |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|-------|------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-------|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

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)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|-------|------|-------|------|------|-------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|-------|------|
| 4.00 @ 1 tablespoon | 51.03 | 1.89 | 33.28 | 1.17 | 3.19 | 56.25 | 6.79 | 0.45 | 0.00 | 0.63 | 38.80 | 0.00 | 0.00 | 0.03 | 0.60 | 0.00 | 0.01 | 0.01 | 0.05 | 0.00 | 0.00 | 3.40 | 14.03 | 0.33 |
|------------------------|-------|------|-------|------|------|-------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|-------|------|

M52816 DESRT: TOPPING, Whipd NonDairy

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|-------|------|-------|------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 4.00 @ 1 tablespoon | 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 |
|------------------------|-------|------|-------|------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50549 FRUIT: WATERMELON, Fresh 1/2c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|------|------|------|------|------|------|------|------|--------|--------|------|------|------|------|------|------|------|------|------|------|-------|------|
| 5.00 @ 1/2 cup | 27.28 | 0.01 | 0.48 | 0.91 | 0.14 | 4.50 | 6.87 | 0.55 | 0.00 | 0.36 | 101.86 | 517.50 | 0.00 | 0.05 | 0.09 | 7.37 | 0.03 | 0.02 | 0.16 | 0.04 | 0.00 | 6.37 | 10.00 | 0.22 |
|----------------|-------|------|------|------|------|------|------|------|------|------|--------|--------|------|------|------|------|------|------|------|------|------|------|-------|------|

M53549 FRUIT: APPLESAUCE,Unswt AP1/2c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|------|-------|------|------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 2.00 @ 1/2 cup | 52.77 | 0.00 | 0.00 | 10.55 | 0.00 | 0.00 | 13.72 | 0.00 | 0.00 | 2.11 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|----------------|-------|------|------|-------|------|------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50982 JUICE SS, ORANGE 100% 4 FLOZ

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|------|-------|------|------|-------|------|------|------|----|------|----|----|----|-------|----|----|----|----|----|------|----|------|
| 14.00 @ 1 each | 51.44 | 0.00 | 0.00 | 15.43 | 0.00 | 0.00 | 12.35 | 1.03 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 43.21 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|----------------|-------|------|------|-------|------|------|-------|------|------|------|----|------|----|----|----|-------|----|----|----|----|----|------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 8.00 @ 1 carton | 110.00 | 1.50 | 12.28 | 130.00 | 2.50 | 20.46 | 13.00 | 8.00 | 10.00 | 0.00 | -* | 500.00 | -* | -* | -* | 2.40 | -* | -* | -* | -* | -* | 300.00 | -* | 0.00 |
|-----------------|--------|------|-------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M53222 COND PC Margarine 5g

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|-------|-------|------|-------|------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|
| 4.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|-------|------|------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 4.00 @ 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 | 296 | 2.41 | 7.32 | 283.14 | 5.97 | 18.16 | 53.66 | 8.47 | 21.43 | 3.05 | 87.47* | 650.12 | 11.44* | .04* | .41* | 34.33 | .01* | .01* | .08* | .01* | 0* | 253.58 | 6.09* | 1.47 |
|----------------|-----|------|------|--------|------|-------|-------|------|-------|------|--------|--------|--------|------|------|-------|------|------|------|------|----|--------|-------|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 9-12 **Period:** Lunch **Week:** 4 **Day:** Wednesday **Count Type:** Forecasted **Total No. of Customers:** 506

| 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 | | | | | | | | | | | | | | | | | | | | | |

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|------|-------|-------|-------|-------|------|--------|----|----|----|----|----|----|----|----|----|----|------|----|------|
| 123.00 @ 4 each | 170.00 | 1.00 | 5.30 | 260.00 | 6.00 | 31.76 | 18.00 | 11.00 | 35.00 | 1.00 | 170.00 | -* | -* | -* | -* | -* | -* | -* | -* | -* | -* | 0.00 | -* | 1.00 |
|-----------------|--------|------|------|--------|------|-------|-------|-------|-------|------|--------|----|----|----|----|----|----|----|----|----|----|------|----|------|

M53077 ENT: PASTA, MAC&CHZ SC WG 2.0 (1BG)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|-------|-------|--------|-------|-------|-------|-------|-------|------|---------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-------|------|
| 122.00 @ 6 fl oz | 339.39 | 11.21 | 29.74 | 818.91 | 18.22 | 48.31 | 27.20 | 16.94 | 59.56 | 2.79 | 163.39* | 536.13 | 0.00* | 0.05* | 0.54* | 0.04 | 0.02* | 0.01* | 0.15* | 0.01* | 0.01* | 410.41 | 8.00* | 1.71 |
|------------------|--------|-------|-------|--------|-------|-------|-------|-------|-------|------|---------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-------|------|

M52184 SALAD, CHam Tky Cobb SCW2.25

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|-------|-------|------|-------|--------|------|---------|---------|-------|-------|--------|------|-------|-------|-------|-------|-------|--------|--------|------|
| 22.00 @ 1 each | 188.39 | 5.07 | 24.22 | 397.88 | 11.26 | 53.79 | 5.84 | 16.30 | 141.66 | 1.26 | 146.57* | 5267.02 | 0.00* | 0.12* | 43.60* | 7.46 | 0.04* | 0.04* | 0.25* | 0.06* | 0.00* | 140.43 | 17.48* | 1.30 |
|----------------|--------|------|-------|--------|-------|-------|------|-------|--------|------|---------|---------|-------|-------|--------|------|-------|-------|-------|-------|-------|--------|--------|------|

M51680 BRD: ROLL DG, WG 2.5oz

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 22.00 @ 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 |
|----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|

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 |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M53931 PIZZA HUT PIZZA 6" EXPRESS PEPP SS 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 120.00 @ 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 |
|------------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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 |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M54310 PIZZA HUT PIZZA 6" EXPRESS BBQ CHIX SS 2.25

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 35.00 @ 1 pizza | 400.94 | 4.66 | 10.46 | 805.79 | 13.17 | 29.57 | 42.83 | 27.77 | 38.53 | 4.36 | -* | 667.19 | -* | -* | -* | 5.81 | -* | -* | -* | -* | -* | 350.99 | -* | 2.67 |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M54520 PIZZA HUT COND PC CHEESE GRATED 2.5G

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 68.00 @ 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 |
|----------------|-------|------|------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M54521 PIZZA HUT COND PC PEPPER RED CRUSHED 1G

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 59.00 @ 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 |
|----------------|------|------|------|------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M52963 CHIX Popcorn, AP WG 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 130.00 @ 1 serving | 250.19 | 2.72 | 9.78 | 380.72 | 14.14 | 50.87 | 15.23 | 15.23 | 21.76 | 3.26 | -* | 108.78 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 43.51 | -* | 1.96 |
|--------------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

M51680 BRD: ROLL DG, WG 2.5oz

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 133.00 @ 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 |
|-----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|

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

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



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

M51951 HOT DOG, Plain WG 2.0 Hi

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 12.00 @ 1 each | 320.00 | 8.00 | 22.50 | 890.01 | 18.00 | 50.62 | 28.00 | 11.00 | 35.00 | 2.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 40.00 | -* | 1.80 |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|

M55774 STICKS, MAX SNAX PIZZA W/MARINARA AP WG 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|-------|---------|----|----|----|-------|----|----|----|----|----|--------|----|------|
| 32.00 @ 2 each | 319.87 | 3.00 | 8.44 | 609.89 | 10.00 | 28.13 | 39.98 | 20.00 | 10.00 | 4.00 | 0.00* | 498.95* | -* | -* | -* | 8.98* | -* | -* | -* | -* | -* | 459.92 | -* | 2.68 |
|----------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|-------|---------|----|----|----|-------|----|----|----|----|----|--------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|---------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 32.00 @ 2 each | 540.00 | 6.00 | 10.00 | 740.00 | 28.00 | 46.67 | 46.00 | 24.00 | 50.00 | 6.00 | -* | 1500.01 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 80.00 | -* | 3.60 |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|---------|----|----|----|------|----|----|----|----|----|-------|----|------|

M51189 COND_ Sauce, Chz SS W (LOL) .5

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|-------|--------|------|-------|------|------|-------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 22.00 @ 2 fl oz | 99.97 | 4.50 | 40.50 | 399.86 | 7.00 | 63.00 | 3.00 | 5.00 | 19.99 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 149.95 | -* | 0.00 |
|-----------------|-------|------|-------|--------|------|-------|------|------|-------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|

M51228 BRD: BUN, Hamburger WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 166.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|-------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 64.00 @ 1 each | 130.00 | 3.00 | 20.77 | 45.00 | 8.00 | 55.39 | 1.00 | 12.00 | 35.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 1.08 |
|----------------|--------|------|-------|-------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M51359 CHIX FLT, BREAST GRD 2.0 MWWM

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 1.00 @ 1 each | 100.00 | 1.00 | 9.00 | 310.00 | 4.00 | 36.00 | 1.00 | 15.00 | 40.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.72 |
|---------------|--------|------|------|--------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M51935 CHIX FLT, BREAST BRD WG 2.0 MWWM

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 49.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|-------|-------|------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 56.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 46.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|-------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 14.00 @ 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 |
|-----------------|--------|------|-------|-------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|----|--------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|-------|------|------|------|------|-------|---------|------|------|-------|------|------|------|------|------|------|------|------|------|
| 41.00 @ 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 |
|----------------|------|------|------|------|------|-------|------|------|------|------|-------|---------|------|------|-------|------|------|------|------|------|------|------|------|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|------|------|------|------|------|-------|------|------|------|------|-------|--------|------|------|------|------|------|------|------|------|------|------|------|------|
| 43.00 @ 1/8 cup | 5.10 | 0.01 | 1.40 | 1.42 | 0.06 | 10.00 | 1.10 | 0.25 | 0.00 | 0.34 | 67.18 | 236.14 | 0.00 | 0.15 | 2.24 | 3.88 | 0.01 | 0.01 | 0.17 | 0.02 | 0.00 | 2.83 | 6.80 | 0.08 |
|-----------------|------|------|------|------|------|-------|------|------|------|------|-------|--------|------|------|------|------|------|------|------|------|------|------|------|------|

M51013 VEG: ONIONS, Red Slice 1ea

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 20.00 @ 1 slice | 2.83 | 0.00 | 0.94 | 0.28 | 0.01 | 2.25 | 0.66 | 0.08 | 0.00 | 0.12 | 10.35 | 0.14 | 0.00 | 0.00 | 0.03 | 0.52 | 0.00 | 0.00 | 0.01 | 0.01 | 0.00 | 1.63 | 2.06 | 0.01 |
|-----------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|

M50892 COND_PEPPERS, JALAPENO CND TBSP

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------|------|------|------|--------|------|-------|------|------|------|------|-------|----|----|----|----|------|----|----|----|----|----|------|----|------|
| 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 |
|----------------------|------|------|------|--------|------|-------|------|------|------|------|-------|----|----|----|----|------|----|----|----|----|----|------|----|------|

M50176 COND_Pickle, Dill Slice 2ea

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|------|------|------|--------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 45.00 @ 2 slice | 1.62 | 0.01 | 4.72 | 162.08 | 0.05 | 25.17 | 0.24 | 0.06 | 0.00 | 0.14 | -* | 0.00 | -* | -* | -* | 0.21 | -* | -* | -* | -* | -* | 8.65 | -* | 0.05 |
|-----------------|------|------|------|--------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50717 SDW BD, CHam JK WG 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|--------|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 10.00 @ 1 sandwich | 330.00 | 4.75 | 12.96 | 785.00 | 12.75 | 34.77 | 33.50 | 21.50 | 75.00 | 2.00 | 12.50* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 98.50 | -* | 2.70 |
|--------------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|--------|------|----|----|----|------|----|----|----|----|----|-------|----|------|

M50962 SDW BD, SBJ WG 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|--------|------|------|--------|-------|-------|-------|-------|------|------|---------|------|-------|----|----|------|----|----|----|----|----|-------|----|------|
| 7.00 @ 1 sandwich | 658.38 | 3.99 | 5.45 | 579.16 | 35.89 | 49.06 | 69.87 | 19.95 | 0.00 | 5.99 | 378.78* | 0.00 | 0.00* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 59.81 | -* | 5.35 |
|-------------------|--------|------|------|--------|-------|-------|-------|-------|------|------|---------|------|-------|----|----|------|----|----|----|----|----|-------|----|------|

M52708 BRD: ROLL DG, Sub 6" WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 2.00 @ 1 roll | 170.00 | 0.50 | 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)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 1.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|-------|------|------|--------|------|-------|------|------|-------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 2.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|-------|------|-------|--------|------|-------|------|------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 2.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|-------|-------|------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 1.00 @ 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

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--------|------|-------|--------|------|-------|-------|-------|-------|------|---------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|------|
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 4.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 4.00 @ 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 |
| M50176 COND_Pickle, Dill Slice 2ea | | | | | | | | | | | | | | | | | | | | | | | | |
| 2.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 69.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 43.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 40.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 105.00 @ 1 No 24 Scoop | 78.71 | 1.65 | 18.88 | 56.06 | 4.38 | 50.12 | 1.22 | 8.02 | 25.24 | 0.15 | 122.30* | 121.25 | 0.57* | 0.08* | 0.61* | 1.55 | 0.01* | 0.06* | 1.81* | 0.13* | 0.79* | 9.04 | 69.27* | 1.00 |
| M52584 CHIX Strips, Fajita DkMt 1.0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 60.00 @ 2 fl oz | 76.93 | 1.01 | 11.78 | 124.77 | 3.56 | 41.66 | 1.34 | 10.09 | 35.00 | 0.09 | 9.12* | 46.95 | 0.00* | 0.07* | 0.17* | 0.02 | 0.00* | 0.00* | 0.03* | 0.01* | 0.00* | 12.26 | 2.39* | 0.69 |
| M52292 FILLING, Refried Beans Seas1.0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 60.00 @ 1 No 16 Scoop | 72.46 | 0.01 | 0.13 | 256.48 | 0.94 | 11.68 | 12.17 | 3.61 | 0.00 | 3.67 | 231.49 | 71.39 | 0.00 | 0.12* | 1.18* | 0.02* | 0.00* | 0.00* | 0.04* | 0.01* | 0.00* | 19.72 | 3.18* | 0.78 |
| M53386 CHEESE, CH Shreds 1.0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 |

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

M50921 COND_Sauce, Chz SS W (LOL) 1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|-------|--------|-------|-------|------|------|-------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 110.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|------|------|------|------|------|-------|------|------|------|------|-------|--------|------|------|------|------|------|------|------|------|------|------|------|------|
| 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 |
|-------------------|------|------|------|------|------|-------|------|------|------|------|-------|--------|------|------|------|------|------|------|------|------|------|------|------|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------|------|------|------|--------|------|-------|------|------|------|------|-------|----|----|----|----|------|----|----|----|----|----|------|----|------|
| 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 |
|----------------------|------|------|------|------|------|-------|------|------|------|------|-------|--------|------|------|-------|------|------|------|------|------|------|------|------|------|

M52555 VEG: BEANS, Green FzSeas1/2c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|-------|--------|------|-------|------|------|------|------|--------|--------|-------|-------|--------|------|-------|-------|-------|-------|-------|-------|--------|------|
| 36.00 @ 1/2 cup | 45.87 | 1.20 | 23.50 | 146.04 | 3.04 | 59.57 | 4.52 | 1.04 | 0.00 | 2.10 | 112.59 | 292.07 | 0.00* | 0.03* | 26.62* | 2.86 | 0.02* | 0.06* | 0.27* | 0.04* | 0.00* | 29.56 | 20.28* | 0.47 |
|-----------------|-------|------|-------|--------|------|-------|------|------|------|------|--------|--------|-------|-------|--------|------|-------|-------|-------|-------|-------|-------|--------|------|

M50431 VEG: CARROTS, Fresh Baby 1/2c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|------|-------|------|------|------|------|------|------|--------|---------|------|----|------|------|------|------|------|------|------|-------|-------|------|
| 94.00 @ 1/2 cup | 24.80 | 0.02 | 0.59 | 55.28 | 0.09 | 3.34 | 5.84 | 0.45 | 0.00 | 2.06 | 167.96 | 9772.87 | 0.00 | -* | 6.66 | 1.84 | 0.02 | 0.03 | 0.39 | 0.07 | 0.00 | 22.68 | 19.84 | 0.63 |
|-----------------|-------|------|------|-------|------|------|------|------|------|------|--------|---------|------|----|------|------|------|------|------|------|------|-------|-------|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|------|-------|------|-------|------|------|------|------|--------|---------|------|------|--------|-------|------|------|------|------|------|-------|-------|------|
| 48.00 @ 1 cup | 15.79 | 0.03 | 1.56 | 23.17 | 0.22 | 12.65 | 3.13 | 1.14 | 0.00 | 1.39 | 228.54 | 4195.84 | 0.00 | 0.63 | 150.99 | 20.02 | 0.04 | 0.07 | 0.33 | 0.08 | 0.00 | 36.30 | 23.73 | 1.00 |
|---------------|-------|------|------|-------|------|-------|------|------|------|------|--------|---------|------|------|--------|-------|------|------|------|------|------|-------|-------|------|

M53419 VEG: POTATO, FF CTINAGEN7 1/2C

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|-------|--------|------|-------|-------|------|------|------|--------|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 309.00 @ 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 |
|-----------------|--------|------|------|--------|------|-------|-------|------|------|------|--------|---------|----|----|----|------|----|----|----|----|----|-------|----|------|

M50843 FRUIT: STRAWBERRIES, Frsh 1/2c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|-------|------|------|------|------|------|------|------|------|------|--------|------|------|------|------|-------|------|------|------|------|------|-------|-------|------|
| 131.00 @ 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 |
|------------------|-------|------|------|------|------|------|------|------|------|------|--------|------|------|------|------|-------|------|------|------|------|------|-------|-------|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|------|------|------|------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|
| 65.00 @ 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 |
|-----------------|-------|------|------|------|------|------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|

M53365 JUICE SS, Grape100% 4oz Cart

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--------|------|-------|--------|------|-------|-------|------|-------|------|-------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 153.00 @ 1 each | 80.00 | 0.00 | 0.00 | 15.00 | 0.00 | 0.00 | 18.00 | 1.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
| M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50 | | | | | | | | | | | | | | | | | | | | | | | | |
| 100.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 100.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 320.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 |
| M50624 COND PC Drsg Ranch 12g | | | | | | | | | | | | | | | | | | | | | | | | |
| 80.00 @ 1 each | 50.00 | 0.00 | 0.00 | 100.00 | 5.00 | 90.00 | 1.00 | 0.00 | 5.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
| M50623 COND PC Drsg Italian 12g | | | | | | | | | | | | | | | | | | | | | | | | |
| 10.00 @ 1 each | 30.00 | 0.00 | 0.00 | 130.00 | 3.00 | 90.00 | 0.00 | 0.00 | 0.00 | 0.00 | -* | 100.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
| M53116 COND PC Drsg Honey Mustard 12g | | | | | | | | | | | | | | | | | | | | | | | | |
| 50.00 @ 1 each | 15.00 | 0.00 | 0.00 | 65.00 | 0.00 | 0.00 | 4.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
| M50056 COND PC Sauce, Taco 9g | | | | | | | | | | | | | | | | | | | | | | | | |
| 38.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 48.00 @ 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 |
| M51391 COND_Mayo, Chipotle W | | | | | | | | | | | | | | | | | | | | | | | | |
| 48.00 @ 1 tablespoon | 26.19 | 0.35 | 12.18 | 91.54 | 2.49 | 85.73 | 0.97 | 0.01 | 3.54 | 0.01 | 1.00* | 91.64 | -* | -* | -* | 0.40 | -* | -* | -* | -* | -* | 0.00 | -* | 0.02 |
| M50060 COND_Mayo W | | | | | | | | | | | | | | | | | | | | | | | | |
| 48.00 @ 1 tablespoon | 33.07 | 0.47 | 12.86 | 94.49 | 3.31 | 90.00 | 0.94 | 0.00 | 4.72 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

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 |
|-----------------|------|------|------|-------|------|------|------|------|------|------|-------|---------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|------|

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 |
|-------------------------|-------|------|-------|-------|------|-------|------|------|-------|------|----|-------|----|----|----|------|----|----|----|----|----|-------|----|------|

M67406 BURG, BEEF JK ATOMIC W AP100% WG 2.5 FUEL 10/18

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|--------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-------|------|
| 24.00 @ 1 each | 346.20 | 5.74 | 14.92 | 581.17 | 15.70 | 40.80 | 31.21 | 20.63 | 52.36 | 2.16 | 16.69* | 82.63* | 0.00* | 0.03* | 0.09* | 0.56 | 0.00* | 0.00* | 0.01* | 0.00* | 0.00* | 140.35 | 0.35* | 2.58 |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|--------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-------|------|

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|---------|-------|-------|---------|-------|-------|--------|-------|--------|-------|---------|----------|------|------|--------|--------|------|------|------|------|------|--------|--------|------|
| Average | 1057.67 | 15.25 | 12.98 | 1968.64 | 44.06 | 37.49 | 111.12 | 53.03 | 109.14 | 11.18 | 457.28* | 3875.89* | .12* | .24* | 24.73* | 23.86* | .03* | .05* | .73* | .08* | .17* | 653.65 | 34.13* | 5.91 |
|----------------|---------|-------|-------|---------|-------|-------|--------|-------|--------|-------|---------|----------|------|------|--------|--------|------|------|------|------|------|--------|--------|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-12 **Period:** Breakfast **Week:** 4 **Day:** Thursday **Count Type:** Forecasted **Total No. of Customers:** 22

| 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)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 12.00 @ 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 |
|--------------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|

M50208 CEREAL BWL, CINN TST CRUNCH RS WG

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

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 |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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 |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|

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 |
|-----------------|--------|------|------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

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 |
|-----------------|--------|------|------|--------|------|-------|-------|------|-------|------|--------|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

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 |
|------------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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 |
|------------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|------|-------|-------|------|------|------|-------|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 1.00 @ 1 slice | 110.00 | 1.33 | 10.91 | 160.00 | 4.33 | 35.45 | 15.00 | 3.00 | 0.00 | 1.00 | 1.33* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 1.08 |
|----------------|--------|------|-------|--------|------|-------|-------|------|------|------|-------|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50670 EGG: Hard Boiled FC AP 1.5

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|-------|-------|------|-------|------|------|--------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 3.00 @ 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)

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|-------|------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-------|------|
| 7.00 @ 1 each | 240.06 | 0.00 | 0.00 | 506.14 | 2.86 | 10.71 | 50.30 | 6.86 | 0.00 | 6.86 | 1.05* | 0.00 | 0.00* | 0.00* | 0.00* | 0.00 | 0.00* | 0.00* | 0.00* | 0.00* | 0.00* | 288.94 | 0.00* | 3.09 |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|-------|------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-------|------|

M52657 FRUIT: BLUEBERRIES, Fz 1/8c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 4.00 @ 1/8 cup | 8.89 | 0.01 | 0.94 | 0.17 | 0.11 | 11.29 | 2.12 | 0.07 | 0.00 | 0.47 | 9.41 | 8.01 | 0.00 | 0.08 | 2.86 | 0.44 | 0.01 | 0.01 | 0.09 | 0.01 | 0.00 | 1.39 | 1.92 | 0.03 |
|----------------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|

M53629 FRUIT: STRAWBERRIES, Frsh 1/8c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|------|-------|------|------|------|------|------|------|------|------|
| 4.00 @ 1/8 cup | 6.14 | 0.00 | 0.42 | 0.19 | 0.06 | 8.44 | 1.47 | 0.13 | 0.00 | 0.38 | 29.37 | 2.30 | 0.00 | 0.06 | 0.42 | 11.29 | 0.00 | 0.00 | 0.07 | 0.01 | 0.00 | 3.07 | 4.61 | 0.08 |
|----------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|------|-------|------|------|------|------|------|------|------|------|

M52817 DESRT: TOPPING, CHOCOLATE CHIPS SEMISWT (TBSP)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|-------|------|-------|------|------|-------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|-------|------|
| 7.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|-------|------|-------|------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 7.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|------|------|------|------|-------|------|------|------|--------|--------|------|------|------|-------|------|------|------|------|------|-------|-------|------|
| 6.00 @ 1 each | 46.97 | 0.01 | 0.29 | 0.00 | 0.12 | 2.30 | 11.74 | 0.94 | 0.00 | 2.40 | 180.87 | 224.84 | 0.00 | 0.18 | 0.00 | 53.16 | 0.09 | 0.04 | 0.28 | 0.06 | 0.00 | 39.97 | 13.99 | 0.10 |
|---------------|-------|------|------|------|------|------|-------|------|------|------|--------|--------|------|------|------|-------|------|------|------|------|------|-------|-------|------|

M50722 FRUIT: RAISINS, SS BOX

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|------|------|------|-------|------|------|------|--------|------|------|------|------|------|------|------|------|------|------|-------|-------|------|
| 6.00 @ 1 each | 127.15 | 0.02 | 0.17 | 4.68 | 0.20 | 1.38 | 33.67 | 1.31 | 0.00 | 1.57 | 318.51 | 0.00 | 0.00 | 0.05 | 1.49 | 0.98 | 0.05 | 0.05 | 0.33 | 0.07 | 0.00 | 21.26 | 42.95 | 0.80 |
|---------------|--------|------|------|------|------|------|-------|------|------|------|--------|------|------|------|------|------|------|------|------|------|------|-------|-------|------|

M50980 JUICE SS, Frt Bld 100% 4oz Crt

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|------|-------|------|------|-------|------|------|------|--------|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 7.00 @ 1 carton | 110.00 | 1.50 | 12.28 | 130.00 | 2.50 | 20.46 | 13.00 | 8.00 | 10.00 | 0.00 | -* | 500.00 | -* | -* | -* | 2.40 | -* | -* | -* | -* | -* | 300.00 | -* | 0.00 |
|-----------------|--------|------|-------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|------|------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 6.00 @ 1 carton | 120.00 | 0.00 | 0.00 | 180.00 | 0.00 | 0.00 | 20.00 | 8.00 | 5.00 | 0.00 | -* | 500.00 | -* | -* | -* | 1.20 | -* | -* | -* | -* | -* | 300.00 | -* | 0.00 |
|-----------------|--------|------|------|--------|------|------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M53222 COND PC Margarine 5g

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|-------|-------|------|-------|------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|
| 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 |
|---------------|-------|------|-------|-------|------|-------|------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|

M50854 COND PC Jelly, #4 Smuckers

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|------|------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 1.00 @ 1 each | 35.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 9.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|---------------|-------|------|------|------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50056 COND PC Sauce, Taco 9g

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|------|------|------|-------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 1.00 @ 1 each | 5.00 | 0.00 | 0.00 | 55.00 | 0.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|---------------|------|------|------|-------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50058 COND PC Syrup 1.4oz Smuckers

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|-------|------|------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 7.00 @ 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 |
|---------------|--------|------|------|-------|------|------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

| | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--------|------|-------|--------|-------|-------|-------|-------|-------|------|---------|-----|----|-----|-------|-------|------|------|------|------|----|--------|--------|------|
| | 516.22 | 6.74 | 11.75 | 693.25 | 13.22 | 23.04 | 85.77 | 16.03 | 42.05 | 6.44 | 209.62* | 536 | 0* | .1* | 1.19* | 20.12 | .04* | .03* | .21* | .04* | 0* | 425.13 | 21.18* | 3.29 |
|--|--------|------|-------|--------|-------|-------|-------|-------|-------|------|---------|-----|----|-----|-------|-------|------|------|------|------|----|--------|--------|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 9-12 **Period:** Lunch **Week:** 4 **Day:** Thursday **Count Type:** Forecasted **Total No. of Customers:** 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 | % of CAL | | % of CAL | % of CAL | | | | | | | | | | | | | | | | | | | |
| 750.00-850.00 | | 10.00 | 1420.00 | | | | | | | | | | | | | | | | | | | | | |

M55749 CHIX PTY, PARM WG 2.5 MWWW

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|-------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 94.00 @ 1 serving | 278.06 | 4.00 | 12.94 | 468.80 | 13.41 | 43.39 | 12.15 | 24.64 | 55.78 | 3.50 | 4.17* | 197.24 | -* | -* | -* | 2.25 | -* | -* | -* | -* | -* | 166.15 | -* | 1.44 |
|-------------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|-------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|------|-------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 94.00 @ 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 |
|----------------|-------|------|------|-------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

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 |
|----------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|---------|---------|-------|-------|--------|------|-------|-------|-------|-------|-------|-------|--------|------|

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 |
|----------------|-------|------|------|-------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

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 |
|----------------------|-------|------|-------|--------|------|-------|------|------|------|------|----|-------|----|----|----|------|----|----|----|----|----|-------|----|------|

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 |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M53931 PIZZA HUT PIZZA 6" EXPRESS PEPP SS 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 116.00 @ 1 pizza | 385.19 | 5.31 | 12.42 | 711.32 | 14.98 | 35.01 | 38.49 | 24.17 | 27.17 | 4.35 | -* | 662.85 | -* | -* | -* | 5.43 | -* | -* | -* | -* | -* | 354.34 | -* | 2.65 |
|------------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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 |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M54310 PIZZA HUT PIZZA 6" EXPRESS BBQ CHIX SS 2.25

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 35.00 @ 1 pizza | 400.94 | 4.66 | 10.46 | 805.79 | 13.17 | 29.57 | 42.83 | 27.77 | 38.53 | 4.36 | -* | 667.19 | -* | -* | -* | 5.81 | -* | -* | -* | -* | -* | 350.99 | -* | 2.67 |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M54520 PIZZA HUT COND PC CHEESE GRATED 2.5G

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 97.00 @ 1 each | 10.00 | 0.00 | 0.00 | 50.00 | 1.00 | 90.00 | 0.00 | 1.00 | 5.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|----------------|-------|------|------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M54521 PIZZA HUT COND PC PEPPER RED CRUSHED 1G

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 73.00 @ 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 MWWW

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|------|----|------|
| 106.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|-------|----|------|
| 110.00 @ 1 serving | 247.14 | 2.69 | 9.78 | 365.34 | 13.97 | 50.87 | 16.12 | 13.97 | 21.49 | 2.15 | -* | 107.45 | -* | -* | -* | 0.00 | -* | -* | -* | -* | 42.98 | -* | 1.93 |
|--------------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|-------|----|------|

M51680 BRD: ROLL DG, WG 2.5oz

| | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|-------|----|------|
| 180.00 @ 1 each | 170.00 | 0.50 | 2.65 | 135.00 | 3.00 | 15.88 | 28.00 | 7.00 | 0.00 | 3.40 | -* | 0.01 | -* | -* | -* | 0.01 | -* | -* | -* | -* | 12.70 | -* | 0.85 |
|-----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|-------|----|------|

M54370 BURG, BLACK BEAN AP WG 2.0

| | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|-------|------|------|---------|------|----|----|----|------|----|----|----|----|-------|----|------|
| 3.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------|--------|-------|-------|---------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|--------|----|------|
| 22.00 @ 1 sandwich | 385.00 | 11.25 | 26.30 | 1320.00 | 19.50 | 45.58 | 32.50 | 18.50 | 62.50 | 2.00 | -* | 500.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | 375.00 | -* | 2.16 |
|--------------------|--------|-------|-------|---------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|--------|----|------|

M54555 NACHOS BFGD RND SC 2.0 (2BG)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|---------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------|------|
| 1.00 @ 1 each | 450.53 | 8.75 | 17.47 | 674.18 | 23.64 | 47.22 | 37.03 | 21.03 | 60.38 | 3.45 | 195.67* | 194.00 | 0.91* | 0.13* | 0.97* | 2.48 | 0.02* | 0.09* | 2.90* | 0.20* | 1.27* | 212.59 | 110.82* | 2.41 |
|---------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|---------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|---------|------|

M51228 BRD: BUN, Hamburger WG

| | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|-------|----|------|
| 195.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|-------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|------|----|------|
| 72.00 @ 1 each | 130.00 | 3.00 | 20.77 | 45.00 | 8.00 | 55.39 | 1.00 | 12.00 | 35.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | 0.00 | -* | 1.08 |
|----------------|--------|------|-------|-------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|------|----|------|

M51359 CHIX FLT, BREAST GRD 2.0 MWWM

| | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|------|----|------|
| 1.00 @ 1 each | 100.00 | 1.00 | 9.00 | 310.00 | 4.00 | 36.00 | 1.00 | 15.00 | 40.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | 0.00 | -* | 0.72 |
|---------------|--------|------|------|--------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|------|----|------|

M51935 CHIX FLT, BREAST BRD WG 2.0 MWWM

| | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|------|----|------|
| 44.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|-------|-------|------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|--------|----|------|
| 48.00 @ 3 slice | 134.99 | 6.75 | 45.00 | 599.97 | 10.50 | 70.00 | 1.50 | 7.50 | 37.50 | 0.00 | -* | 299.98 | -* | -* | -* | 0.00 | -* | -* | -* | -* | 224.99 | -* | 0.00 |
|-----------------|--------|------|-------|--------|-------|-------|------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|--------|----|------|

M53381 CHEESE, CH Slices 1.0

| | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|--------|----|------|
| 40.00 @ 2 slice | 110.01 | 5.00 | 40.91 | 180.01 | 9.00 | 73.64 | 1.00 | 6.00 | 30.00 | 0.00 | 20.00 | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | 199.01 | -* | 0.00 |
|-----------------|--------|------|-------|--------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|--------|----|------|

M53385 CHEESE, SW Slices 1.0

| | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|-------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|--------|----|------|
| 12.00 @ 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

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--------|------|-------|--------|-------|-------|-------|-------|-------|------|---------|---------|-------|-------|--------|------|-------|-------|-------|-------|-------|--------|--------|------|
| 40.00 @ 2 slice | 100.00 | 5.00 | 45.00 | 180.01 | 8.00 | 72.00 | 1.00 | 7.00 | 30.00 | 0.00 | 25.00 | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 197.01 | -* | 0.00 |
| M51003 CHEESE, PV Slices 1.0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 52.00 @ 1 each | 2.41 | 0.01 | 2.06 | 1.13 | 0.04 | 15.88 | 0.47 | 0.17 | 0.00 | 0.30 | 35.01 | 1234.63 | 0.00 | 0.02 | 14.53 | 0.57 | 0.01 | 0.01 | 0.04 | 0.01 | 0.00 | 4.68 | 4.25 | 0.14 |
| M51008 VEG: TOMATOES, FRESH SLCD (2SL) 1/8C | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 |
| M50892 COND_PEPPERS, JALAPENO CND TBSP | | | | | | | | | | | | | | | | | | | | | | | | |
| 21.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 45.00 @ 2 slice | 1.62 | 0.01 | 4.72 | 162.08 | 0.05 | 25.17 | 0.24 | 0.06 | 0.00 | 0.14 | -* | 0.00 | -* | -* | -* | 0.21 | -* | -* | -* | -* | -* | 8.65 | -* | 0.05 |
| M66748 WRAP 10", CHIXDCD CAES W WG 2.0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 8.00 @ 1 each | 381.22 | 4.16 | 9.81 | 528.02 | 18.13 | 42.81 | 32.78 | 19.91 | 44.57 | 3.94 | 137.21* | 2755.42 | 0.00* | 0.19* | 31.30* | 5.02 | 0.03* | 0.02* | 0.26* | 0.04* | 0.00* | 122.19 | 15.31* | 2.34 |
| M50962 SDW BD, SBJ WG 2.0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 3.00 @ 1 sandwich | 658.38 | 3.99 | 5.45 | 579.16 | 35.89 | 49.06 | 69.87 | 19.95 | 0.00 | 5.99 | 378.78* | 0.00 | 0.00* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 59.81 | -* | 5.35 |
| M52708 BRD: ROLL DG, Sub 6" WG | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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) | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--------|------|-------|--------|-------|-------|------|------|-------|------|--------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|-------|------|
| 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 |

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

M66605 BRD: TORTILLA FLOUR 10" WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 53.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|--------|------|------|--------|------|-------|-------|------|------|------|------|------|------|----|----|------|----|----|----|----|----|-------|----|------|
| 60.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|------|-------|------|------|------|--------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| 50.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|-------|------|-------|-------|------|-------|------|------|-------|------|---------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|--------|------|
| 114.00 @ 1 No 24 Scoop | 78.71 | 1.65 | 18.88 | 56.06 | 4.38 | 50.12 | 1.22 | 8.02 | 25.24 | 0.15 | 122.30* | 121.25 | 0.57* | 0.08* | 0.61* | 1.55 | 0.01* | 0.06* | 1.81* | 0.13* | 0.79* | 9.04 | 69.27* | 1.00 |
|------------------------|-------|------|-------|-------|------|-------|------|------|-------|------|---------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|------|--------|------|

M52584 CHIX Strips, Fajita DkMt 1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|-------|--------|------|-------|------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|------|
| 60.00 @ 2 fl oz | 76.93 | 1.01 | 11.78 | 124.77 | 3.56 | 41.66 | 1.34 | 10.09 | 35.00 | 0.09 | 9.12* | 46.95 | 0.00* | 0.07* | 0.17* | 0.02 | 0.00* | 0.00* | 0.03* | 0.01* | 0.00* | 12.26 | 2.39* | 0.69 |
|-----------------|-------|------|-------|--------|------|-------|------|-------|-------|------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|------|

M52292 FILLING, Refried Beans Seas1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------------|-------|------|------|--------|------|-------|-------|------|------|------|--------|-------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| 60.00 @ 1 No 16 Scoop | 72.46 | 0.01 | 0.13 | 256.48 | 0.94 | 11.68 | 12.17 | 3.61 | 0.00 | 3.67 | 231.49 | 71.39 | 0.00 | 0.12* | 1.18* | 0.02* | 0.00* | 0.00* | 0.04* | 0.01* | 0.00* | 19.72 | 3.18* | 0.78 |
|-----------------------|-------|------|------|--------|------|-------|-------|------|------|------|--------|-------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|

M53386 CHEESE, CH Shreds 1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|------|-------|------|------|-------|------|------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 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 |
|-----------------|--------|------|-------|--------|------|-------|------|------|-------|------|------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M50921 COND_Sauce, Chz SS W (LOL) 1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|-------|--------|-------|-------|------|------|-------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 117.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 27.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------|-------|------|-------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 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 |
|----------------------|-------|------|-------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

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 |
|----------------------|------|------|------|------|------|-------|------|------|------|------|-------|--------|------|------|-------|------|------|------|------|------|------|------|------|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

M53842 VEG: MIXED FRESH RSTD 1/2C

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|------|------|------|-------|------|------|------|------|--------|--------|------|-------|-------|-------|------|------|------|------|------|-------|-------|------|
| 72.00 @ 1/2 cup | 26.49 | 0.06 | 2.05 | 2.32 | 0.32 | 10.86 | 5.48 | 1.21 | 0.00 | 1.29 | 203.11 | 638.80 | 0.65 | 0.15* | 6.00* | 19.37 | 0.05 | 0.05 | 0.74 | 0.12 | 0.00 | 21.60 | 34.79 | 0.63 |
|-----------------|-------|------|------|------|------|-------|------|------|------|------|--------|--------|------|-------|-------|-------|------|------|------|------|------|-------|-------|------|

M50186 VEG: BROCCOLI, Fresh 1/2c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|------|-------|------|------|------|------|------|------|--------|--------|------|------|-------|-------|------|------|------|------|------|-------|-------|------|
| 28.00 @ 1/2 cup | 10.84 | 0.01 | 1.03 | 10.52 | 0.12 | 9.79 | 2.12 | 0.90 | 0.00 | 0.83 | 100.78 | 198.68 | 0.00 | 0.25 | 32.40 | 28.45 | 0.02 | 0.04 | 0.20 | 0.06 | 0.00 | 14.99 | 21.05 | 0.23 |
|-----------------|-------|------|------|-------|------|------|------|------|------|------|--------|--------|------|------|-------|-------|------|------|------|------|------|-------|-------|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|------|-------|------|-------|------|------|------|------|--------|---------|------|------|--------|-------|------|------|------|------|------|-------|-------|------|
| 56.00 @ 1 cup | 15.79 | 0.03 | 1.56 | 23.17 | 0.22 | 12.65 | 3.13 | 1.14 | 0.00 | 1.39 | 228.54 | 4195.84 | 0.00 | 0.63 | 150.99 | 20.02 | 0.04 | 0.07 | 0.33 | 0.08 | 0.00 | 36.30 | 23.73 | 1.00 |
|---------------|-------|------|------|-------|------|-------|------|------|------|------|--------|---------|------|------|--------|-------|------|------|------|------|------|-------|-------|------|

M53419 VEG: POTATO, FF CTINAGEN7 1/2C

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|-------|--------|------|-------|-------|------|------|------|--------|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 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 |
|-----------------|--------|------|------|--------|------|-------|-------|------|------|------|--------|---------|----|----|----|------|----|----|----|----|----|-------|----|------|

M50549 FRUIT: WATERMELON, Fresh 1/2c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|-------|------|------|------|------|------|------|------|------|------|--------|--------|------|------|------|------|------|------|------|------|------|------|-------|------|
| 115.00 @ 1/2 cup | 27.28 | 0.01 | 0.48 | 0.91 | 0.14 | 4.50 | 6.87 | 0.55 | 0.00 | 0.36 | 101.86 | 517.50 | 0.00 | 0.05 | 0.09 | 7.37 | 0.03 | 0.02 | 0.16 | 0.04 | 0.00 | 6.37 | 10.00 | 0.22 |
|------------------|-------|------|------|------|------|------|------|------|------|------|--------|--------|------|------|------|------|------|------|------|------|------|------|-------|------|

M53549 FRUIT: APPLESAUCE,Unswt AP1/2c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|------|-------|------|------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 98.00 @ 1/2 cup | 52.77 | 0.00 | 0.00 | 10.55 | 0.00 | 0.00 | 13.72 | 0.00 | 0.00 | 2.11 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|-----------------|-------|------|------|-------|------|------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50980 JUICE SS, Frt Bld 100% 4oz Crt

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|------|-------|------|------|-------|------|------|------|--------|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 150.00 @ 1 each | 60.00 | 0.00 | 0.00 | 10.00 | 0.00 | 0.00 | 14.00 | 0.00 | 0.00 | 0.00 | 100.00 | 0.00 | -* | -* | -* | 3.60 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|-----------------|-------|------|------|-------|------|------|-------|------|------|------|--------|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50720 DESRT: PUDDING, Choc AP 1/2c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|------|--------|------|-------|-------|------|------|------|-------|------|------|----|----|------|----|----|----|----|----|-------|----|------|
| 170.00 @ 1/2 cup | 120.15 | 0.00 | 0.00 | 190.23 | 3.00 | 22.50 | 24.03 | 1.00 | 0.00 | 1.00 | 70.09 | 0.00 | 0.00 | -* | -* | 0.00 | -* | -* | -* | -* | -* | 16.02 | -* | 1.00 |
|------------------|--------|------|------|--------|------|-------|-------|------|------|------|-------|------|------|----|----|------|----|----|----|----|----|-------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|-------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 59.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------|--------|------|------|--------|------|------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 167.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|------|-------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 310.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|-------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 65.00 @ 1 each | 80.00 | 1.50 | 16.87 | 75.00 | 8.00 | 90.00 | 1.00 | 0.00 | 5.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|----------------|-------|------|-------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50284 COND PC Mustard 6g

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|------|------|---|-------|------|---|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 13.00 @ 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 |
|----------------|------|------|---|-------|------|---|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

M53222 COND PC Margarine 5g

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|-------|-------|------|-------|------|------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|
| 93.00 @ 1 each | 30.00 | 1.00 | 30.00 | 30.00 | 3.00 | 90.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | -* | 500.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|----------------|-------|------|-------|-------|------|-------|------|------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|

M50624 COND PC Drsg Ranch 12g

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|------|--------|------|-------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 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 |
|----------------|-------|------|------|--------|------|-------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50623 COND PC Drsg Italian 12g

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|------|--------|------|-------|------|------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|
| 458.00 @ 1 each | 30.00 | 0.00 | 0.00 | 130.00 | 3.00 | 90.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | -* | 100.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|-----------------|-------|------|------|--------|------|-------|------|------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|

M53116 COND PC Drsg Honey Mustard 12g

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|------|-------|------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 48.00 @ 1 each | 15.00 | 0.00 | 0.00 | 65.00 | 0.00 | 0.00 | 4.00 | 0.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|----------------|-------|------|------|-------|------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50056 COND PC Sauce, Taco 9g

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|------|------|------|-------|------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 50.00 @ 1 each | 5.00 | 0.00 | 0.00 | 55.00 | 0.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 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 | 0.00 | -* | 100.00 | -* | -* | -* | 0.60 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|----------------|-------|------|------|--------|------|------|------|------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|

M51391 COND_Mayo, Chipotle W

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

M50060 COND_Mayo W

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------|-------|------|-------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 48.00 @ 1 tablespoon | 33.07 | 0.47 | 12.86 | 94.49 | 3.31 | 90.00 | 0.94 | 0.00 | 4.72 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|-------------------------|-------|------|-------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50291 COND_Mustard, Yellow

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

M50692 COND_Dressing, DijonHnyMustard

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------|-------|------|-------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 48.00 @ 1 tablespoon | 65.00 | 0.75 | 10.38 | 90.00 | 5.50 | 76.15 | 3.50 | 0.00 | 7.50 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|-------------------------|-------|------|-------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50622 COND_Dressing, Ranch Lite

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------|-------|------|-------|--------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 48.00 @ 1 tablespoon | 55.00 | 0.75 | 12.27 | 139.99 | 5.00 | 81.82 | 0.50 | 0.50 | 5.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 10.00 | -* | 0.00 |
|-------------------------|-------|------|-------|--------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|

M50292 COND_Sauce, BBQ Original AP

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------|-------|------|------|--------|------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 48.00 @ 1 tablespoon | 35.00 | 0.00 | 0.00 | 144.99 | 0.00 | 0.00 | 9.00 | 0.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 1.80 | -* | -* | -* | -* | -* | 0.00 | -* | 0.18 |
|-------------------------|-------|------|------|--------|------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50063 COND_Sauce, Buffalo Wing AP

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|--|---------|-------|-------|---------|-------|-------|--------|-------|-------|------|---------|----------|-------|-------|--------|--------|-------|-------|-------|-------|-------|--------|--------|------|
| 48.00 @ 1 tablespoon | 4.38 | 0.02 | 4.79 | 363.06 | 0.22 | 45.51 | 0.48 | 0.11 | 0.17 | 0.12 | 21.32 | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 2.22 | -* | 0.07 |
| M50087 COND_Salsa, Pico SC 1/8c | | | | | | | | | | | | | | | | | | | | | | | | |
| 48.00 @ 1/8 cup | 6.68 | 0.01 | 1.17 | 37.20 | 0.07 | 9.84 | 1.46 | 0.29 | 0.00 | 0.40 | 69.99 | 231.76* | 0.00* | 0.15* | 2.94* | 4.04 | 0.01* | 0.01* | 0.16* | 0.03* | 0.00* | 4.19 | 7.40* | 0.11 |
| M66157 COND_SALSA, BLNDR SC 1/8C | | | | | | | | | | | | | | | | | | | | | | | | |
| 48.00 @ 1/8 cup | 9.65 | 0.01 | 1.33 | 45.21 | 0.10 | 9.06 | 2.10 | 0.42 | 0.00 | 0.59 | 27.10* | 148.65* | 0.00* | 0.05* | 6.02* | 4.65 | 0.01* | 0.01* | 0.03* | 0.02* | 0.00* | 16.79 | 4.05* | 0.19 |
| M53940 COND_Salsa, Verde SC 1/8c | | | | | | | | | | | | | | | | | | | | | | | | |
| 48.00 @ 1/8 cup | 10.75 | 0.03 | 2.54 | 25.36 | 0.23 | 19.29 | 2.13 | 0.37 | 0.00 | 0.61 | 83.93 | 260.93* | 0.00* | 0.16* | 12.93* | 3.96 | 0.02* | 0.01* | 0.40* | 0.03* | 0.00* | 8.13 | 11.81* | 0.22 |
| M53295 COND_Sour Cream AP | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 |
| M67406 BURG, BEEF JK ATOMIC W AP100% WG 2.5 FUEL 10/18 | | | | | | | | | | | | | | | | | | | | | | | | |
| 24.00 @ 1 each | 346.20 | 5.74 | 14.92 | 581.17 | 15.70 | 40.80 | 31.21 | 20.63 | 52.36 | 2.16 | 16.69* | 82.63* | 0.00* | 0.03* | 0.09* | 0.56 | 0.00* | 0.00* | 0.01* | 0.00* | 0.00* | 140.35 | 0.35* | 2.58 |
| Average | 1030.86 | 12.26 | 10.71 | 1899.44 | 42.3 | 36.93 | 110.32 | 50.48 | 92.56 | 10.7 | 438.99* | 2117.03* | .21* | .22* | 25.69* | 18.03* | .03* | .04* | .68* | .08* | .17* | 544.99 | 30.97* | 5.64 |

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-12 **Period:** Breakfast **Week:** 4 **Day:** Friday **Count Type:** Forecasted **Total No. of Customers:** 20

| 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 | | | | | | | | | | | | | | | | | | | | | |

M66566 TACO EGG CH BACON WG 2.0 2EA

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|--------|------|-------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 12.00 @ 2 each | 286.41 | 4.53 | 14.25 | 401.42 | 12.60 | 39.60 | 29.48 | 14.22 | 190.70 | 2.00 | 0.00* | 308.60 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 220.60 | -* | 2.35 |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|--------|------|-------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M50208 CEREAL BWL, CINN TST CRUNCH RS WG

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

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 |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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 |
|---------------|--------|------|------|--------|------|------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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 |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|

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 |
|-----------------|--------|------|------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

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 |
|-----------------|--------|------|------|--------|------|-------|-------|------|-------|------|--------|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

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 |
|------------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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 |
|------------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M51684 BRD: POPTARTS, Fudge 1.76oz WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|------|--------|------|-------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|-------|--------|------|-------|------|------|-------|------|------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 2.00 @ 1 stick | 90.00 | 4.00 | 40.00 | 200.01 | 6.00 | 60.00 | 0.00 | 7.00 | 20.00 | 0.00 | 0.00 | 200.01 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 200.01 | -* | 0.00 |
|----------------|-------|------|-------|--------|------|-------|------|------|-------|------|------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M50792 YOGURT SS, Trix 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 |
|---------------|-------|------|------|-------|------|------|-------|------|------|------|--------|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

M51237 BRD: BREAD WG, Tst Marg 1sl

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|------|-------|-------|------|------|------|-------|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 1.00 @ 1 slice | 110.00 | 1.33 | 10.91 | 160.00 | 4.33 | 35.45 | 15.00 | 3.00 | 0.00 | 1.00 | 1.33* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 1.08 |
|----------------|--------|------|-------|--------|------|-------|-------|------|------|------|-------|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50670 EGG: Hard Boiled FC AP 1.5

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|-------|-------|------|-------|------|------|--------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 1.00 @ 1 each | 80.00 | 1.50 | 16.88 | 60.00 | 5.00 | 56.25 | 1.00 | 6.00 | 185.00 | 0.00 | -* | 300.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 20.00 | -* | 0.72 |
|---------------|-------|------|-------|-------|------|-------|------|------|--------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

M52975 BRD: WAFFLE, RS SS WG (3.25BG)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|-------|------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-------|------|
| 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 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)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|-------|------|-------|------|------|-------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|-------|------|
| 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 |
|------------------------|-------|------|-------|------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M50543 FRUIT: BANANA (100-120ct) Whl

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|------|------|------|------|------|-------|------|------|------|--------|-------|------|------|------|------|------|------|------|------|------|------|-------|------|
| 9.00 @ 1 each | 93.95 | 0.12 | 1.13 | 1.06 | 0.35 | 3.34 | 24.11 | 1.15 | 0.00 | 2.74 | 377.91 | 67.56 | 0.00 | 0.11 | 0.53 | 9.18 | 0.03 | 0.08 | 0.70 | 0.39 | 0.00 | 5.28 | 23.22 | 0.27 |
|---------------|-------|------|------|------|------|------|-------|------|------|------|--------|-------|------|------|------|------|------|------|------|------|------|------|-------|------|

M52268 FRUIT: PEACHES Dice w/Jc 1/2c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|------|-------|------|------|-------|------|------|------|--------|--------|----|----|----|------|----|----|----|----|----|------|----|------|
| 2.00 @ 1/2 cup | 50.83 | 0.00 | 0.00 | 10.17 | 0.00 | 0.00 | 12.20 | 0.00 | 0.00 | 0.00 | 182.98 | 304.97 | -* | -* | -* | 1.22 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|----------------|-------|------|------|-------|------|------|-------|------|------|------|--------|--------|----|----|----|------|----|----|----|----|----|------|----|------|

M50979 JUICE SS, Apple 100% 4oz Cart

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|------|-------|------|------|-------|------|------|------|-------|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 11.00 @ 1 each | 60.00 | 0.00 | 0.00 | 15.00 | 0.00 | 0.00 | 14.00 | 0.00 | 0.00 | 0.00 | 85.00 | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
|----------------|-------|------|------|-------|------|------|-------|------|------|------|-------|------|----|----|----|------|----|----|----|----|----|------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 5.00 @ 1 carton | 110.00 | 1.50 | 12.28 | 130.00 | 2.50 | 20.46 | 13.00 | 8.00 | 10.00 | 0.00 | -* | 500.00 | -* | -* | -* | 2.40 | -* | -* | -* | -* | -* | 300.00 | -* | 0.00 |
|-----------------|--------|------|-------|--------|------|-------|-------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|------|------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 5.00 @ 1 carton | 120.00 | 0.00 | 0.00 | 180.00 | 0.00 | 0.00 | 20.00 | 8.00 | 5.00 | 0.00 | -* | 500.00 | -* | -* | -* | 1.20 | -* | -* | -* | -* | -* | 300.00 | -* | 0.00 |
|-----------------|--------|------|------|--------|------|------|-------|------|------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

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

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------------------|--------|------|-------|--------|-------|-------|-------|-------|--------|------|---------|---------|-------|-------|--------|------|-------|-------|-------|-------|-------|--------|--------|------|
| 1.00 @ 1 each | 35.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 9.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
| M50056 COND PC Sauce, Taco 9g | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 1 each | 5.00 | 0.00 | 0.00 | 55.00 | 0.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
| M50058 COND PC Syrup 1.4oz Smuckers | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 |
| 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 |
| M53940 COND_Salsa, Verde SC 1/8c | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | 494.12 | 5.03 | 9.15 | 574.68 | 13.27 | 24.18 | 77.99 | 17.37 | 134.17 | 5.66 | 268.63* | 812.12* | 0* | .07* | 1.5* | 7.01 | .02* | .04* | .36* | .18* | 0* | 434.33 | 15.08* | 3.6 |

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades 9-12 **Period:** Lunch **Week:** 4 **Day:** Friday **Count Type:** Forecasted **Total No. of Customers:** 537

| 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 | | | | | | | | | | | | | | | | | | | | | |

M51992 ORI ChixDcd Szechwan Veg 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|------|-------|-------|-------|-------|------|---------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|------|
| 72.00 @ 6 fl oz | 196.75 | 1.22 | 5.58 | 410.75 | 4.24 | 19.38 | 23.48 | 14.84 | 42.19 | 2.07 | 181.27* | 7020.64 | 0.00* | 0.59* | 8.99* | 32.07 | 0.04* | 0.03* | 0.38* | 0.17* | 0.00* | 25.47 | 28.41* | 1.15 |
|-----------------|--------|------|------|--------|------|-------|-------|-------|-------|------|---------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|------|

M53176 PASTA, LoMein WG 1c

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|---------|---------|-------|-------|--------|------|-------|-------|-------|-------|-------|-------|-------|------|
| 72.00 @ 1 cup | 249.86 | 0.26 | 0.92 | 190.75 | 4.31 | 15.53 | 47.97 | 7.42 | 0.00 | 5.80 | 359.54* | 3032.13 | 0.00* | 0.22* | 17.05* | 3.76 | 0.02* | 0.01* | 0.15* | 0.03* | 0.00* | 45.56 | 8.04* | 2.92 |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|---------|---------|-------|-------|--------|------|-------|-------|-------|-------|-------|-------|-------|------|

M50831 SALAD, Egg Chef SC W 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|------|-------|------|-------|--------|------|---------|---------|-------|-------|--------|------|-------|-------|-------|-------|-------|--------|--------|------|
| 26.00 @ 1 each | 143.23 | 3.90 | 24.48 | 172.10 | 8.90 | 55.93 | 4.35 | 10.19 | 196.25 | 1.26 | 146.57* | 5383.02 | 0.00* | 0.12* | 43.60* | 7.46 | 0.04* | 0.04* | 0.25* | 0.06* | 0.00* | 141.60 | 17.48* | 1.26 |
|----------------|--------|------|-------|--------|------|-------|------|-------|--------|------|---------|---------|-------|-------|--------|------|-------|-------|-------|-------|-------|--------|--------|------|

M51680 BRD: ROLL DG, WG 2.5oz

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 26.00 @ 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 |
|----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|

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 |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M53931 PIZZA HUT PIZZA 6" EXPRESS PEPP SS 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 120.00 @ 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 |
|------------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M54307 PIZZA HUT PIZZA 6" EXPRESS SSG SS 2.25

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 43.00 @ 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 |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M54310 PIZZA HUT PIZZA 6" EXPRESS BBQ CHIX SS 2.25

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 37.00 @ 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 |
|-----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M54520 PIZZA HUT COND PC CHEESE GRATED 2.5G

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-------|------|------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 58.00 @ 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 |
|----------------|-------|------|------|-------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

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 |
|----------------|------|------|------|------|------|------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M52963 CHIX Popcorn, AP WG 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 152.00 @ 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 |
|--------------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

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 |
|--------------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|-------|----|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

M54482 CHIX NUGGET, BNLS WING HONEY SRIRACHA WG (6) 2.0 MWWW

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|
| 30.00 @ 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 |
|----------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|------|----|------|

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 |
|-----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|

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 |
|---------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|

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 |
|----------------|--------|------|------|--------|-------|-------|-------|-------|-------|------|-------|---------|----|----|----|-------|----|----|----|----|----|--------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|---------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 21.00 @ 2 each | 540.00 | 6.00 | 10.00 | 740.00 | 28.00 | 46.67 | 46.00 | 24.00 | 50.00 | 6.00 | -* | 1500.01 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 80.00 | -* | 3.60 |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|----|---------|----|----|----|------|----|----|----|----|----|-------|----|------|

M51189 COND_Sauce, Chz SS W (LOL) .5

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|-------|------|-------|--------|------|-------|------|------|-------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 21.00 @ 2 fl oz | 99.97 | 4.50 | 40.50 | 399.86 | 7.00 | 63.00 | 3.00 | 5.00 | 19.99 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 149.95 | -* | 0.00 |
|-----------------|-------|------|-------|--------|------|-------|------|------|-------|------|----|------|----|----|----|------|----|----|----|----|----|--------|----|------|

M51228 BRD: BUN, Hamburger WG

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 191.00 @ 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 |
|----------------|--------|------|-------|-------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M51935 CHIX FLT, BREAST BRD WG 2.0 MWWW

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 56.00 @ 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 MWWW

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|------|--------|------|-------|------|-------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 56.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|-------|-------|------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 46.00 @ 3 slice | 134.99 | 6.75 | 45.00 | 599.97 | 10.50 | 70.00 | 1.50 | 7.50 | 37.50 | 0.00 | -* | 299.98 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 224.99 | -* | 0.00 |
|-----------------|--------|------|-------|--------|-------|-------|------|------|-------|------|----|--------|----|----|----|------|----|----|----|----|----|--------|----|------|

M53381 CHEESE, CH Slices 1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|--------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 40.00 @ 2 slice | 110.01 | 5.00 | 40.91 | 180.01 | 9.00 | 73.64 | 1.00 | 6.00 | 30.00 | 0.00 | 20.00 | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 199.01 | -* | 0.00 |
|-----------------|--------|------|-------|--------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|----|--------|----|------|

M53385 CHEESE, SW Slices 1.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--------|------|-------|-------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|----|--------|----|------|
| 12.00 @ 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 |
|-----------------|--------|------|-------|--------|------|-------|------|------|-------|------|-------|------|----|----|----|------|----|----|----|----|----|--------|----|------|

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|-------|------|------|------|------|-------|---------|------|------|-------|------|------|------|------|------|------|------|------|------|
| 43.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|------|------|------|------|------|-------|------|------|------|------|-------|--------|------|------|------|------|------|------|------|------|------|------|------|------|
| 46.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 16.00 @ 1 slice | 2.83 | 0.00 | 0.94 | 0.28 | 0.01 | 2.25 | 0.66 | 0.08 | 0.00 | 0.12 | 10.35 | 0.14 | 0.00 | 0.00 | 0.03 | 0.52 | 0.00 | 0.00 | 0.01 | 0.01 | 0.00 | 1.63 | 2.06 | 0.01 |
|-----------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|

M50892 COND_PEPPERS, JALAPENO CND TBSP

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------|------|------|------|--------|------|-------|------|------|------|------|-------|----|----|----|----|------|----|----|----|----|----|------|----|------|
| 22.00 @ 1 tablespoon | 3.12 | 0.00 | 0.00 | 240.96 | 0.09 | 27.20 | 0.48 | 0.09 | 0.00 | 0.26 | 19.38 | -* | -* | -* | -* | 1.00 | -* | -* | -* | -* | -* | 2.31 | -* | 0.19 |
|----------------------|------|------|------|--------|------|-------|------|------|------|------|-------|----|----|----|----|------|----|----|----|----|----|------|----|------|

M50176 COND_Pickle, Dill Slice 2ea

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|------|------|------|--------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 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 |
|-----------------|------|------|------|--------|------|-------|------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|

M53316 SUB 6" FZ, CHam Tky AM WG 2.0

| | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|---------|---------|-------|-------|--------|------|-------|-------|-------|-------|-------|--------|--------|------|
| 10.00 @ 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 |
|---------------|--------|------|------|--------|------|-------|-------|------|------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|-------|------|------|--------|------|-------|------|------|-------|------|----|------|----|----|----|------|----|----|----|----|----|-------|----|------|
| 4.00 @ 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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|-------|------|-------|--------|------|-------|------|------|-------|------|----|------|----|----|----|------|----|----|----|----|----|------|----|------|
| 1.00 @ 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

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--------|------|-------|--------|-------|-------|-------|------|-------|------|-------|---------|------|------|-------|-------|------|------|------|------|------|--------|------|------|
| 12.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 12.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 12.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 12.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 12.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 12.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 12.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 |
| M52162 VEG: SPINACH, FRESH LEAVES 1/4C | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 54.00 @ 1 each | 180.00 | 1.50 | 7.50 | 250.00 | 4.50 | 22.50 | 29.00 | 5.00 | 0.00 | 3.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 100.00 | -* | 1.44 |
| M66461 BRD: TORTILLA FLOUR 6" WG | | | | | | | | | | | | | | | | | | | | | | | | |

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--------|------|-------|--------|-------|-------|-------|-------|-------|------|---------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|------|
| 1.00 @ 2 each | 180.00 | 1.00 | 5.00 | 250.00 | 5.00 | 25.00 | 28.00 | 6.00 | 0.00 | 2.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 120.00 | -* | 1.44 |
| M54540 BRD: TORTILLA, CHIP RND WG 2BG | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 50.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 110.00 @ 1 No 24 Scoop | 78.71 | 1.65 | 18.88 | 56.06 | 4.38 | 50.12 | 1.22 | 8.02 | 25.24 | 0.15 | 122.30* | 121.25 | 0.57* | 0.08* | 0.61* | 1.55 | 0.01* | 0.06* | 1.81* | 0.13* | 0.79* | 9.04 | 69.27* | 1.00 |
| M52584 CHIX Strips, Fajita DkMt 1.0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 60.00 @ 2 fl oz | 76.93 | 1.01 | 11.78 | 124.77 | 3.56 | 41.66 | 1.34 | 10.09 | 35.00 | 0.09 | 9.12* | 46.95 | 0.00* | 0.07* | 0.17* | 0.02 | 0.00* | 0.00* | 0.03* | 0.01* | 0.00* | 12.26 | 2.39* | 0.69 |
| M52292 FILLING, Refried Beans Seas1.0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 57.00 @ 1 No 16 Scoop | 72.46 | 0.01 | 0.13 | 256.48 | 0.94 | 11.68 | 12.17 | 3.61 | 0.00 | 3.67 | 231.49 | 71.39 | 0.00 | 0.12* | 1.18* | 0.02* | 0.00* | 0.00* | 0.04* | 0.01* | 0.00* | 19.72 | 3.18* | 0.78 |
| M53386 CHEESE, CH Shreds 1.0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 |
| M50921 COND_Sauce, Chz SS W (LOL) 1.0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 120.00 @ 3 fl oz | 149.95 | 6.75 | 40.50 | 599.79 | 10.50 | 63.00 | 4.50 | 7.50 | 29.99 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 224.92 | -* | 0.00 |
| M51420 VEG GARN: Rom Shrds/Tom Dice | | | | | | | | | | | | | | | | | | | | | | | | |
| 60.00 @ 1 serving | 5.03 | 0.01 | 1.56 | 1.63 | 0.06 | 11.41 | 1.06 | 0.27 | 0.00 | 0.40 | 67.90 | 794.43 | 0.00 | 0.12 | 8.94 | 3.20 | 0.01 | 0.01 | 0.15 | 0.02 | 0.00 | 4.47 | 7.23 | 0.13 |
| M52379 VEG: ONIONS, Yellow Diced 1/8c | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 |
| 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 |
| M50194 VEG: CARROTS, Orange 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 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--------|------|-------|--------|------|-------|-------|------|-------|------|---------|----------|-------|-------|--------|-------|-------|-------|-------|-------|-------|--------|--------|------|
| 48.00 @ 1/2 cup | 92.59 | 0.11 | 1.02 | 158.66 | 0.60 | 5.79 | 20.81 | 0.51 | 0.00 | 2.89 | 168.05* | 14815.98 | 0.00* | 0.88* | 11.90* | 2.01 | 0.03* | 0.03* | 0.36* | 0.07* | 0.00* | 30.63 | 27.13* | 0.46 |
| M50350 VEG: CUCUMBER, Fresh Slice1/2c | | | | | | | | | | | | | | | | | | | | | | | | |
| 40.00 @ 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 |
| M53709 VEG: SALAD, SIDE SPIN ROM STRAW SC 1C | | | | | | | | | | | | | | | | | | | | | | | | |
| 96.00 @ 1 cup | 15.79 | 0.03 | 1.56 | 23.17 | 0.22 | 12.65 | 3.13 | 1.14 | 0.00 | 1.39 | 228.54 | 4195.84 | 0.00 | 0.63 | 150.99 | 20.02 | 0.04 | 0.07 | 0.33 | 0.08 | 0.00 | 36.30 | 23.73 | 1.00 |
| M53419 VEG: POTATO, FF CTINAGEN7 1/2C | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 70.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 48.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 146.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 74.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 157.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 240.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 65.00 @ 1 each | 80.00 | 1.50 | 16.87 | 75.00 | 8.00 | 90.00 | 1.00 | 0.00 | 5.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
| M50284 COND PC Mustard 6g | | | | | | | | | | | | | | | | | | | | | | | | |
| 10.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 75.00 @ 1 each | 30.00 | 1.00 | 30.00 | 30.00 | 3.00 | 90.00 | 0.00 | 0.00 | 0.00 | 0.00 | -* | 500.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
| 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 2 - week 4

Avg.Method: Weighted (USDA Default)

| | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------------------------------|-------|------|-------|--------|------|-------|------|------|------|------|-------|---------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|------|
| 110.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 48.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 38.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 70.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 48.00 @ 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 |
| M51391 COND_Mayo, Chipotle W | | | | | | | | | | | | | | | | | | | | | | | | |
| 48.00 @ 1 tablespoon | 26.19 | 0.35 | 12.18 | 91.54 | 2.49 | 85.73 | 0.97 | 0.01 | 3.54 | 0.01 | 1.00* | 91.64 | -* | -* | -* | 0.40 | -* | -* | -* | -* | -* | 0.00 | -* | 0.02 |
| M50060 COND_Mayo W | | | | | | | | | | | | | | | | | | | | | | | | |
| 48.00 @ 1 tablespoon | 33.07 | 0.47 | 12.86 | 94.49 | 3.31 | 90.00 | 0.94 | 0.00 | 4.72 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
| M50291 COND_Mustard, Yellow | | | | | | | | | | | | | | | | | | | | | | | | |
| 48.00 @ 1 tablespoon | 9.00 | 0.01 | 1.50 | 181.50 | 0.37 | 37.20 | 0.93 | 0.47 | 0.00 | 0.43 | 13.36 | 0.67 | -* | -* | -* | 0.13 | -* | -* | -* | -* | -* | 7.51 | -* | 0.19 |
| M50692 COND_Dressing, DijonHnyMustard | | | | | | | | | | | | | | | | | | | | | | | | |
| 48.00 @ 1 tablespoon | 65.00 | 0.75 | 10.38 | 90.00 | 5.50 | 76.15 | 3.50 | 0.00 | 7.50 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
| M50622 COND_Dressing, Ranch Lite | | | | | | | | | | | | | | | | | | | | | | | | |
| 48.00 @ 1 tablespoon | 55.00 | 0.75 | 12.27 | 139.99 | 5.00 | 81.82 | 0.50 | 0.50 | 5.00 | 0.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 10.00 | -* | 0.00 |
| M50292 COND_Sauce, BBQ Original AP | | | | | | | | | | | | | | | | | | | | | | | | |
| 48.00 @ 1 tablespoon | 35.00 | 0.00 | 0.00 | 144.99 | 0.00 | 0.00 | 9.00 | 0.00 | 0.00 | 0.00 | -* | 0.00 | -* | -* | -* | 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 |

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

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Flower Mound HS

Service Area: Flower Mound - 9-12 - OVS

Menu Name: Flower Mound HS 2018-2019 Menu - cycle 2 - week 4

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 |
|-----------------|------|------|------|-------|------|------|------|------|------|------|--------|---------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|------|

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 |
|-------------------------|-------|------|-------|-------|------|-------|------|------|-------|------|----|-------|----|----|----|------|----|----|----|----|----|-------|----|------|

M67406 BURG, BEEF JK ATOMIC W AP100% WG 2.5 FUEL 10/18

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|--------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-------|------|
| 24.00 @ 1 each | 346.20 | 5.74 | 14.92 | 581.17 | 15.70 | 40.80 | 31.21 | 20.63 | 52.36 | 2.16 | 16.69* | 82.63* | 0.00* | 0.03* | 0.09* | 0.56 | 0.00* | 0.00* | 0.01* | 0.00* | 0.00* | 140.35 | 0.35* | 2.58 |
|----------------|--------|------|-------|--------|-------|-------|-------|-------|-------|------|--------|--------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-------|------|

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|-------|-------|--------|-------|-------|--------|-------|--------|-------|---------|----------|------|------|--------|--------|------|------|------|------|------|--------|--------|------|
| Average | 1068.9 | 13.24 | 11.15 | 1841.8 | 42.82 | 36.05 | 117.32 | 53.06 | 101.68 | 11.97 | 505.64* | 5042.77* | .12* | .43* | 40.51* | 31.88* | .04* | .06* | .75* | .15* | .16* | 600.57 | 36.49* | 6.11 |
|----------------|--------|-------|-------|--------|-------|-------|--------|-------|--------|-------|---------|----------|------|------|--------|--------|------|------|------|------|------|--------|--------|------|

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