

## Production Menu Nutrient Analysis

**Date Range : From 09/19/2022 to 09/23/2022**

**Sites : \*Dietitian's Menu Planning Site**

**Menus : All Menus**

**Serving Locations: All Serving Locations.**

**Age Group: Lunch Grades K-8**

**Calculations displayed are Per Serving**

## Production Menu Nutrient Analysis

Date : 09/19/2022

Menu : 2022-23 SCC Express Lunch w/Salad Bar K-8 D1

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***
	HOT SAUCE, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	453.600	.000	.000	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	KETCHUP, DISPENSER BAG	1.00 Ounce	24.927	.000	.000	.000	.000	315.738	6.647	.000	***	***	.000	***	.000	.000	***	.000	.000	106.664	.000	***
	MAYONNAISE, LIGHT, DISPENSER BAG	1.00 Ounce	88.594	6.202	.886	.000	8.859	239.203	7.088	.000	***	***	.000	***	.000	.000	***	63.000	9.000	32.000	.000	***
	MUSTARD, YELLOW, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	368.550	.000	***	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	SAUCE, BBQ, DISPENSER BAG	1.00 Ounce	37.800	.000	.000	.000	.000	368.550	8.505	.000	***	***	.000	***	.000	.000	***	.000	.000	90.000	.000	***
	CHICKEN, TERIYAKI SY 22-23	1.00 CN Serving (2 oz + .4oz)	115.000	3.500	1.000	.000	70.000	330.000	6.000	.861	***	***	15.000	***	.000	.607	***	27.391	7.826	20.870	52.174	***
	Rice, WG Brown	1.00 Serving (2#8)	69.005	.796	.000	***	.000	232.548	14.863	1.061	***	***	1.593	***	.144	.766	***	10.380	.000	86.153	9.232	***
	CHICKEN, TENDERS GOLD KIST	1.00 Serving	184.000	8.000	2.000	.000	34.000	383.000	13.000	2.000	***	***	15.000	***	20.000	2.000	***	39.130	9.783	28.261	32.609	***
	WAFFLES, MINI, MAPLE (bulk)	1.00 Each	40.000	1.250	.000	.000	2.500	47.500	7.000	.000	***	***	1.000	***	10.000	.180	***	28.125	.000	70.000	10.000	***
	ROLL, SECONDARY DINNER ROLL, WWW	1.00 Each	120.000	1.000	.000	.000	.000	290.000	23.000	3.000	***	***	5.000	***	40.000	1.440	***	7.500	.000	76.667	16.667	***
	Salad, Caesar, Chicken	1.00 Serving	428.853	34.329	8.917	.000	142.139	909.095	7.937	3.189	***	***	23.057	***	234.255	1.642	***	72.044	18.713	7.403	21.506	***
	Wrap, Chicken Ranch	1.00 Each	440.704	23.194	9.990	.000	118.480	754.450	34.124	.595	***	***	25.350	***	401.467	2.268	***	47.367	20.402	30.972	23.009	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***

## Production Menu Nutrient Analysis

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL., GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***

## Production Menu Nutrient Analysis

Date : 09/20/2022

Menu : 2022-23 SCC Express Lunch w/Salad Bar K-8 D2

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***
	HOT SAUCE, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	453.600	.000	.000	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	KETCHUP, DISPENSER BAG	1.00 Ounce	24.927	.000	.000	.000	.000	315.738	6.647	.000	***	***	.000	***	.000	.000	***	.000	.000	106.664	.000	***
	MAYONNAISE, LIGHT, DISPENSER BAG	1.00 Ounce	88.594	6.202	.886	.000	8.859	239.203	7.088	.000	***	***	.000	***	.000	.000	***	63.000	9.000	32.000	.000	***
	MUSTARD, YELLOW, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	368.550	.000	***	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	SAUCE, BBQ, DISPENSER BAG	1.00 Ounce	37.800	.000	.000	.000	.000	368.550	8.505	.000	***	***	.000	***	.000	.000	***	.000	.000	90.000	.000	***
	Taco, Beef, Soft	1.00 Each	338.297	14.965	7.799	.000	43.196	637.232	32.254	1.315	***	***	15.811	***	286.397	3.512	***	39.812	20.749	38.136	18.695	***
	Pizza, Turkey Pepperoni	1.00 Slice (8/sh)	324.328	11.466	5.945	.000	33.887	619.750	33.155	2.500	***	***	22.088	***	462.999	2.102	***	31.819	16.498	40.891	27.242	***
	Salad, Mediterranean Greek	1.00 Serving	226.909	12.624	4.141	.000	18.900	922.552	12.503	4.478	***	***	13.689	***	336.489	1.475	***	50.071	16.425	22.041	24.131	***
	BREAD, FLATBREAD	1.00 Each	160.000	4.000	.500	.000	.000	150.000	27.000	3.000	***	***	5.000	***	46.000	.800	***	22.500	2.812	67.500	12.500	***
	Wrap, Chicken Buffalo	1.00 Each	443.793	23.747	11.124	.000	124.366	901.880	32.296	.595	***	***	25.208	***	363.759	2.268	***	48.159	22.558	29.109	22.720	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***

## Production Menu Nutrient Analysis

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***

## Production Menu Nutrient Analysis

Date : 09/21/2022

Menu : 2022-23 SCC Express Lunch w/Salad Bar K-8 D3

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***
	HOT SAUCE, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	453.600	.000	.000	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	KETCHUP, DISPENSER BAG	1.00 Ounce	24.927	.000	.000	.000	.000	315.738	6.647	.000	***	***	.000	***	.000	.000	***	.000	.000	106.664	.000	***
	MAYONNAISE, LIGHT, DISPENSER BAG	1.00 Ounce	88.594	6.202	.886	.000	8.859	239.203	7.088	.000	***	***	.000	***	.000	.000	***	63.000	9.000	32.000	.000	***
	MUSTARD, YELLOW, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	368.550	.000	***	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	SAUCE, BBQ, DISPENSER BAG	1.00 Ounce	37.800	.000	.000	.000	.000	368.550	8.505	.000	***	***	.000	***	.000	.000	***	.000	.000	90.000	.000	***
	Chicken, Mandarin	1.00 #6 Scoop	219.697	4.394	.732	.000	58.586	410.102	27.828	.000	***	***	16.111	***	.000	1.362	***	18.000	3.000	50.667	29.333	***
	Rice, WG Brown (2#8)	1.00 Serving (2#8)	69.005	.796	.000	***	.000	232.548	14.863	1.061	***	***	1.593	***	.144	.766	***	10.380	.000	86.153	9.232	***
	Sandwich, Chicken Patty, 3.5" WWW Bun	1.00 Each	318.400	10.240	2.000	.000	33.000	635.600	37.640	4.240	1.120 !	***	19.480	***	20.000	3.210	***	28.945	5.653	47.286	24.472	.787 !
	Salad, Lettuce and Pickle	1.00 Scoop#12	4.034	.034	.004	.000 !	.000	123.985	.716	.289	***	***	.217	***	4.338	.099	***	7.527	.968	70.968	21.505	***
	ROLL, SECONDARY DINNER ROLL, WWW	1.00 Each	120.000	1.000	.000	.000	.000	290.000	23.000	3.000	***	***	5.000	***	40.000	1.440	***	7.500	.000	76.667	16.667	***
	Salad, Garden Chicken	1.00 Serving	466.739	36.449	11.613	.000 !	147.325	822.111	11.831	3.665	***	***	24.315	***	218.979	1.536	***	70.283	22.392	10.140	20.839	***
	Wrap, Chicken Ranch	1.00 Each	440.704	23.194	9.990	.000 !	118.480	754.450	34.124	.595	***	***	25.350	***	401.467	2.268	***	47.367	20.402	30.972	23.009	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH (1/2 cup)	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS (1/2 cup)	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***

## Production Menu Nutrient Analysis

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL., GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***

## Production Menu Nutrient Analysis

Date : 09/22/2022

Menu : 2022-23 SCC Express Lunch w/Salad Bar K-8 D4

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***
	HOT SAUCE, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	453.600	.000	.000	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	KETCHUP, DISPENSER BAG	1.00 Ounce	24.927	.000	.000	.000	.000	315.738	6.647	.000	***	***	.000	***	.000	.000	***	.000	.000	106.664	.000	***
	MAYONNAISE, LIGHT, DISPENSER BAG	1.00 Ounce	88.594	6.202	.886	.000	8.859	239.203	7.088	.000	***	***	.000	***	.000	.000	***	63.000	9.000	32.000	.000	***
	MUSTARD, YELLOW, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	368.550	.000	***	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	SAUCE, BBQ, DISPENSER BAG	1.00 Ounce	37.800	.000	.000	.000	.000	368.550	8.505	.000	***	***	.000	***	.000	.000	***	.000	.000	90.000	.000	***
	Burger, Cheeseburger, 3.5" WWW Bun	1.00 Each	304.400	12.740	4.500	.000 !	52.500	617.600	28.640	3.240	1.120 !	***	18.480	***	162.589	2.830	***	37.668	13.305	37.635	24.284	.847 !
	Salad, Lettuce and Pickle	1.00 Scoop#12	4.034	.034	.004	.000 !	.000	123.985	.716	.289	***	***	.217	***	4.338	.099	***	7.527	.968	70.968	21.505	***
	Pizza, Buffalo Chicken	1.00 Slice (8/sh)	348.090	12.241	6.396	.000 !	55.312	732.418	33.771	2.769	***	***	24.754	***	465.020	2.062	***	31.649	16.537	38.807	28.445	***
	Salad, Mediterranean Greek	1.00 Serving	226.909	12.624	4.141	.000 !	18.900	922.552	12.503	4.478	***	***	13.689	***	336.489	1.475	***	50.071	16.425	22.041	24.131	***
	BREAD, FLATBREAD	1.00 Each	160.000	4.000	.500	.000	.000	150.000	27.000	3.000	***	***	5.000	***	46.000	.800	***	22.500	2.812	67.500	12.500	***
	Sandwich, Turkey & Provolone, Kaiser Roll	1.00 Each	368.823	15.250	6.604	.000 !	71.418	864.312	27.854	3.340	***	***	29.773	***	258.229	1.925	***	37.213	16.116	30.209	32.289	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNEL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***



## Production Menu Nutrient Analysis

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***

## Production Menu Nutrient Analysis

Date : 09/23/2022

Menu : 2022-23 SCC Express Lunch w/Salad Bar K-8 D5

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***
	HOT SAUCE, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	453.600	.000	.000	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	KETCHUP, DISPENSER BAG	1.00 Ounce	24.927	.000	.000	.000	.000	315.738	6.647	.000	***	***	.000	***	.000	.000	***	.000	.000	106.664	.000	***
	MAYONNAISE, LIGHT, DISPENSER BAG	1.00 Ounce	88.594	6.202	.886	.000	8.859	239.203	7.088	.000	***	***	.000	***	.000	.000	***	63.000	9.000	32.000	.000	***
	MUSTARD, YELLOW, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	368.550	.000	***	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	SAUCE, BBQ, DISPENSER BAG	1.00 Ounce	37.800	.000	.000	.000	.000	368.550	8.505	.000	***	***	.000	***	.000	.000	***	.000	.000	90.000	.000	***
	CHICKEN, NUGGETS	1.00 Serving (5 nuggets)	184.000	8.000	3.000	.000	33.000	380.000	13.000	2.000	***	***	15.000	***	20.000	2.000	***	39.130	14.674	28.261	32.609	***
	Nachos, Chili Cheese	1.00 Serving	601.476	34.349	10.333	.000	50.000	1,225.418	53.902	17.151	***	***	11.047	***	400.460	4.253	***	51.397	15.462	35.847	7.347	***
	ROLL, SECONDARY DINNER ROLL, WWW	1.00 Each	120.000	1.000	.000	.000	.000	290.000	23.000	3.000	***	***	5.000	***	40.000	1.440	***	7.500	.000	76.667	16.667	***
	Salad, Caesar, Chicken	1.00 Serving	428.853	34.329	8.917	.000	142.139	909.095	7.937	3.189	***	***	23.057	***	234.255	1.642	***	72.044	18.713	7.403	21.506	***
	Wrap, Chicken Buffalo	1.00 Each	443.793	23.747	11.124	.000	124.366	901.880	32.296	.595	***	***	25.208	***	363.759	2.268	***	48.159	22.558	29.109	22.720	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNEL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***

## Production Menu Nutrient Analysis

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***

## Production Menu Nutrient Analysis

**Date Range :** From 09/26/2022 to 09/30/2022

**Sites :** \*Dietitian's Menu Planning Site

**Menus :** All Menus

**Serving Locations:** All Serving Locations.

**Age Group:** Lunch Grades 9-12

**Calculations displayed are Per Serving**

## Production Menu Nutrient Analysis

Date : 09/26/2022

Menu : 2022-23 SCC Express Lunch w/Salad Bar 9-12 D1

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***
	HOT SAUCE, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	453.600	.000	.000	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	KETCHUP, DISPENSER BAG	1.00 Ounce	24.927	.000	.000	.000	.000	315.738	6.647	.000	***	***	.000	***	.000	.000	***	.000	.000	106.664	.000	***
	MAYONNAISE, LIGHT, DISPENSER BAG	1.00 Ounce	88.594	6.202	.886	.000	8.859	239.203	7.088	.000	***	***	.000	***	.000	.000	***	63.000	9.000	32.000	.000	***
	MUSTARD, YELLOW, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	368.550	.000	***	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	SAUCE, BBQ, DISPENSER BAG	1.00 Ounce	37.800	.000	.000	.000	.000	368.550	8.505	.000	***	***	.000	***	.000	.000	***	.000	.000	90.000	.000	***
	CHICKEN, TERIYAKI SY 22-23	1.00 CN Serving (2 oz + .4oz)	115.000	3.500	1.000	.000	70.000	330.000	6.000	.861	***	***	15.000	***	.000	.607	***	27.391	7.826	20.870	52.174	***
	Rice, WG Brown	1.00 Serving (2#8)	69.005	.796	.000	***	.000	232.548	14.863	1.061	***	***	1.593	***	.144	.766	***	10.380	.000	86.153	9.232	***
	CHICKEN, TENDERS GOLD KIST	1.00 Serving	184.000	8.000	2.000	.000	34.000	383.000	13.000	2.000	***	***	15.000	***	20.000	2.000	***	39.130	9.783	28.261	32.609	***
	WAFFLES, VANILLA BELGIAN (1W)	1.00 Each	240.000	9.000	2.500	.000	20.000	200.000	37.000	2.000	***	***	4.000	***	.000	.000	***	33.750	9.375	61.667	6.667	***
	ROLL, SECONDARY DINNER ROLL, WWW	1.00 Each	120.000	1.000	.000	.000	.000	290.000	23.000	3.000	***	***	5.000	***	40.000	1.440	***	7.500	.000	76.667	16.667	***
	Salad, Caesar, Chicken	1.00 Serving	428.853	34.329	8.917	.000	142.139	909.095	7.937	3.189	***	***	23.057	***	234.255	1.642	***	72.044	18.713	7.403	21.506	***
	Wrap, Chicken Ranch	1.00 Each	440.704	23.194	9.990	.000	118.480	754.450	34.124	.595	***	***	25.350	***	401.467	2.268	***	47.367	20.402	30.972	23.009	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***

## Production Menu Nutrient Analysis

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***

## Production Menu Nutrient Analysis

Date : 09/27/2022

Menu : 2022-23 SCC Express Lunch w/Salad Bar 9-12 D2

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***
	HOT SAUCE, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	453.600	.000	.000	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	KETCHUP, DISPENSER BAG	1.00 Ounce	24.927	.000	.000	.000	.000	315.738	6.647	.000	***	***	.000	***	.000	.000	***	.000	.000	106.664	.000	***
	MAYONNAISE, LIGHT, DISPENSER BAG	1.00 Ounce	88.594	6.202	.886	.000	8.859	239.203	7.088	.000	***	***	.000	***	.000	.000	***	63.000	9.000	32.000	.000	***
	MUSTARD, YELLOW, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	368.550	.000	***	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	SAUCE, BBQ, DISPENSER BAG	1.00 Ounce	37.800	.000	.000	.000	.000	368.550	8.505	.000	***	***	.000	***	.000	.000	***	.000	.000	90.000	.000	***
	Taco, Beef, Soft	1.00 2 Tacos	645.430	28.551	14.880	.000	82.412	1,215.763	61.536	2.510	***	***	30.166	***	546.410	6.701	***	39.812	20.749	38.136	18.695	***
	Pizza, Turkey Pepperoni	1.00 Slice (8/sh)	324.328	11.466	5.945	.000	33.887	619.750	33.155	2.500	***	***	22.088	***	462.999	2.102	***	31.819	16.498	40.891	27.242	***
	Salad, Mediterranean Greek	1.00 Serving	226.909	12.624	4.141	.000	18.900	922.552	12.503	4.478	***	***	13.689	***	336.489	1.475	***	50.071	16.425	22.041	24.131	***
	BREAD, FLATBREAD	1.00 Each	160.000	4.000	.500	.000	.000	150.000	27.000	3.000	***	***	5.000	***	46.000	.800	***	22.500	2.812	67.500	12.500	***
	Wrap, Chicken Buffalo	1.00 Each	443.793	23.747	11.124	.000	124.366	901.880	32.296	.595	***	***	25.208	***	363.759	2.268	***	48.159	22.558	29.109	22.720	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***

## Production Menu Nutrient Analysis

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***



## Production Menu Nutrient Analysis

Date : 09/28/2022

Menu : 2022-23 SCC Express Lunch w/Salad Bar 9-12 D3

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***
	HOT SAUCE, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	453.600	.000	.000	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	KETCHUP, DISPENSER BAG	1.00 Ounce	24.927	.000	.000	.000	.000	315.738	6.647	.000	***	***	.000	***	.000	.000	***	.000	.000	106.664	.000	***
	MAYONNAISE, LIGHT, DISPENSER BAG	1.00 Ounce	88.594	6.202	.886	.000	8.859	239.203	7.088	.000	***	***	.000	***	.000	.000	***	63.000	9.000	32.000	.000	***
	MUSTARD, YELLOW, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	368.550	.000	***	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	SAUCE, BBQ, DISPENSER BAG	1.00 Ounce	37.800	.000	.000	.000	.000	368.550	8.505	.000	***	***	.000	***	.000	.000	***	.000	.000	90.000	.000	***
	Chicken, Mandarin	1.00 #6 Scoop	219.697	4.394	.732	.000	58.586	410.102	27.828	.000	***	***	16.111	***	.000	1.362	***	18.000	3.000	50.667	29.333	***
	Rice, WG Brown (2#8)	1.00 Serving (2#8)	69.005	.796	.000	***	.000	232.548	14.863	1.061	***	***	1.593	***	.144	.766	***	10.380	.000	86.153	9.232	***
	Sandwich, Chicken Patty, 4' WWW Bun	1.00 Each	324.000	10.500	2.500	.000	33.000	658.000	40.000	5.000	1.000 !	***	19.000	***	40.000	3.080	***	29.167	6.944	49.383	23.457	.697 !
	Salad, Lettuce and Pickle	1.00 Scoop#12	4.034	.034	.004	.000 !	.000	123.985	.716	.289	***	***	.217	***	4.338	.099	***	7.527	.968	70.968	21.505	***
	ROLL, SECONDARY DINNER ROLL, WWW	1.00 Each	120.000	1.000	.000	.000	.000	290.000	23.000	3.000	***	***	5.000	***	40.000	1.440	***	7.500	.000	76.667	16.667	***
	Salad, Garden Chicken	1.00 Serving	466.739	36.449	11.613	.000 !	147.325	822.111	11.831	3.665	***	***	24.315	***	218.979	1.536	***	70.283	22.392	10.140	20.839	***
	Wrap, Chicken Ranch	1.00 Each	440.704	23.194	9.990	.000 !	118.480	754.450	34.124	.595	***	***	25.350	***	401.467	2.268	***	47.367	20.402	30.972	23.009	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI BUDS 1", FRESH (1/2 cup)	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS (1/2 cup)	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***

## Production Menu Nutrient Analysis

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	CORN, WHOLE KERNAL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL., GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***

## Production Menu Nutrient Analysis

Date : 09/29/2022

Menu : 2022-23 SCC Express Lunch w/Salad Bar 9-12 D4

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***
	HOT SAUCE, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	453.600	.000	.000	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	KETCHUP, DISPENSER BAG	1.00 Ounce	24.927	.000	.000	.000	.000	315.738	6.647	.000	***	***	.000	***	.000	.000	***	.000	.000	106.664	.000	***
	MAYONNAISE, LIGHT, DISPENSER BAG	1.00 Ounce	88.594	6.202	.886	.000	8.859	239.203	7.088	.000	***	***	.000	***	.000	.000	***	63.000	9.000	32.000	.000	***
	MUSTARD, YELLOW, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	368.550	.000	***	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	SAUCE, BBQ, DISPENSER BAG	1.00 Ounce	37.800	.000	.000	.000	.000	368.550	8.505	.000	***	***	.000	***	.000	.000	***	.000	.000	90.000	.000	***
	Burger, Cheeseburger, 4" WWW Bun	1.00 Each	310.000	10.900	4.300	.000	37.500	720.000	33.500	5.600	1.000 !	***	22.900	***	207.000	3.670	***	31.645	12.484	43.226	29.548	.640 !
	Salad, Lettuce and Pickle	1.00 Scoop#12	4.034	.034	.004	.000 !	.000	123.985	.716	.289	***	***	.217	***	4.338	.099	***	7.527	.968	70.968	21.505	***
	Pizza, Buffalo Chicken	1.00 Slice (8/sh)	348.090	12.241	6.396	.000 !	55.312	732.418	33.771	2.769	***	***	24.754	***	465.020	2.062	***	31.649	16.537	38.807	28.445	***
	Salad, Mediterranean Greek	1.00 Serving	226.909	12.624	4.141	.000 !	18.900	922.552	12.503	4.478	***	***	13.689	***	336.489	1.475	***	50.071	16.425	22.041	24.131	***
	BREAD, FLATBREAD	1.00 Each	160.000	4.000	.500	.000	.000	150.000	27.000	3.000	***	***	5.000	***	46.000	.800	***	22.500	2.812	67.500	12.500	***
	Sandwich, Turkey & Provolone, Kaiser Roll	1.00 Each	368.823	15.250	6.604	.000 !	71.418	864.312	27.854	3.340	***	***	29.773	***	258.229	1.925	***	37.213	16.116	30.209	32.289	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNEL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***

## Production Menu Nutrient Analysis

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***

## Production Menu Nutrient Analysis

Date : 09/30/2022

Menu : 2022-23 SCC Express Lunch w/Salad Bar 9-12 D5

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	MILK, CHOCOLATE, NONFAT, CARTON	1.00 Each (8oz)	110.000	.000	.000	.000	5.001	135.000	19.999	.000	***	***	7.999	***	250.002	.721	***	.000	.000	72.724	29.088	***
	MILK, WHITE, 1%, CARTON	1.00 Each (8oz)	120.000	2.499	1.499	.000	15.001	150.001	16.001	.000	***	***	11.000	***	300.011	.000	***	18.745	11.244	53.336	36.666	***
	HOT SAUCE, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	453.600	.000	.000	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	KETCHUP, DISPENSER BAG	1.00 Ounce	24.927	.000	.000	.000	.000	315.738	6.647	.000	***	***	.000	***	.000	.000	***	.000	.000	106.664	.000	***
	MAYONNAISE, LIGHT, DISPENSER BAG	1.00 Ounce	88.594	6.202	.886	.000	8.859	239.203	7.088	.000	***	***	.000	***	.000	.000	***	63.000	9.000	32.000	.000	***
	MUSTARD, YELLOW, DISPENSER BAG	1.00 Ounce	.000	.000	.000	.000	.000	368.550	.000	***	***	***	.000	***	.000	.000	***	.000	.000	.000	.000	***
	SAUCE, BBQ, DISPENSER BAG	1.00 Ounce	37.800	.000	.000	.000	.000	368.550	8.505	.000	***	***	.000	***	.000	.000	***	.000	.000	90.000	.000	***
	CHICKEN, NUGGETS	1.00 Serving (6 nuggets)	220.798	9.600	3.600	.000	39.600	455.996	15.600	2.400	***	***	18.000	***	24.000	2.400	***	39.130	14.674	28.261	32.609	***
	Nachos, Chili Cheese	1.00 Serving	601.476	34.349	10.333	.000	50.000	1,225.418	53.902	17.151	***	***	11.047	***	400.460	4.253	***	51.397	15.462	35.847	7.347	***
	ROLL, SECONDARY DINNER ROLL, WWW	1.00 Each	120.000	1.000	.000	.000	.000	290.000	23.000	3.000	***	***	5.000	***	40.000	1.440	***	7.500	.000	76.667	16.667	***
	Salad, Caesar, Chicken	1.00 Serving	428.853	34.329	8.917	.000	142.139	909.095	7.937	3.189	***	***	23.057	***	234.255	1.642	***	72.044	18.713	7.403	21.506	***
	Wrap, Chicken Buffalo	1.00 Each	443.793	23.747	11.124	.000	124.366	901.880	32.296	.595	***	***	25.208	***	363.759	2.268	***	48.159	22.558	29.109	22.720	***
	BEANS, PINTO, CANNED	1.00 Scoop #8	110.000	.000	.000	.000	.000	400.000	20.000	5.000	***	***	7.000	***	59.995	1.801	***	.000	.000	72.727	25.455	***
	BROCCOLI, BUDS 1", FRESH	1.00 Serving (1/2 cup)	10.603	.115	.012	***	.000	10.292	2.070	.811	***	***	.879	***	14.658	.228	***	9.794	1.032	78.094	33.153	***
	CARROTS, RAW, STICKS	1.00 Serving (1/2 cup)	24.600	.144	.024	.000	.000	41.400	5.748	1.680	***	***	.558	***	19.800	.180	***	5.268	.878	93.463	9.073	***
	CORN, WHOLE KERNEL, CANNED	1.00 1/2 cup	80.000	1.000	.000	***	.000	300.000	14.000	1.000	***	***	1.000	***	5.000	.000	***	11.250	.000	70.000	5.000	***
	CUCUMBER, RAW	1.00 Serving (1/2 cup) slices	10.631	.078	.026	***	.000	1.418	2.573	.354	***	***	.461	***	11.340	.198	***	6.600	2.220	96.800	17.333	***

## Production Menu Nutrient Analysis

Item Nutrition Composition Contribution - (***) = Missing nutrient Value)																						
	Name	Serving Size	Cal (KCal)	Fat (g)	SFat (g)	Total Trans (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Tot Sugars (g)	Added Sugars (g)	Pro (g)	Vit D (mcg)	Ca (mg)	Fe (mg)	K(mg)	% Kcal From Fat	% Kcal From SFat	% Kcal From Carb.	% Kcal From Pro	% Weight from Total Sugars
	DRESSING, SALAD, ITALIAN, FAT FREE	1.00 Ounce	13.548	.000	.000	.000	.000	252.903	2.710	.000	***	***	.000	***	.000	.000	***	.000	.000	80.000	.000	***
	DRESSING, SALAD, RANCH, RED CAL, GALLON	1.00 Ounce	56.700	4.725	.000	.000	4.725	80.325	2.835	.000	***	***	.945	***	37.800	.000	***	75.002	.000	20.000	6.667	***
	Salad, Romaine and Grape Tomato	1.00 (1/2 c)	8.952	.116	.016	***	.000	3.009	1.660	.764	***	***	.488	***	10.002	.289	***	11.628	1.603	74.175	21.797	***
	APPLESAUCE, CANNED, UNSWEETENED	1.00 Scoop#8	57.203	.000	***	***	.000	9.533	14.301	1.906	***	***	.000	***	.000	1.373	***	.000	***	100.000	.000	***