

Belleville School District

Apr 1, 2026 thru Apr 30, 2026 Spreadsheet - Portion Values

Mar 25, 2026

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Lunch Grades K-8

	Portion Size	Cals	mg Sodm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Wed - 04/01/2026									
Lunch Grades K-8	Total								
CHEESEBURGER ON A BUN	1 each	381	526	197	0.00	19.78	36.60	17.95	7.04
Corn Dog, Turkey Foster Farms	4 oz.	270	740	0	0.00	10.00	27.00	14.00	4.00
CHEF SALAD W/ Bosco Stick	SALAD	337	818	3211	12.84	25.15	30.45	13.30	6.59
SALAD DRESSING, Assorted	1 TBSP	11	116	43	0.00	0.00	2.64	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
BROCCOLI: frozen, boiled	3/4 CUP	39	15	1543	55.34	4.28	7.38	0.17	0.01
Peaches, diced usda comm 16-17	1/2 cup	60	5	0	0.00	0.00	14.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		551	773	2008	49.12	27.22	71.93	18.09	6.11
% of Calories						19.8%	52.2%	29.6%	10.0%

Mon - 04/06/2026									
Lunch Grades K-8	Total								
Breaded Chicken sand w/Cheese	sandwich	378	960	375	0.00	28.59	43.51	11.04	2.50
BBQ HAMBURGER on a BUN	1 each	350	494	61	0.00	16.64	41.29	13.52	4.57
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
Baked beans-Bush's	3/4 cup	210	555	0	0.00	7.50	45.00	0.00	0.00
PEARS: canned, light syrup	1/2 CUP	71	6	0	0.88	0.24	18.99	0.04	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		695	1349	663	2.19	35.50	112.63	12.57	3.11
% of Calories						20.4%	64.9%	16.3%	4.0%

Tue - 04/07/2026									
Lunch Grades K-8	Total								
Chicken Strips w/g	svg (3 ea)	171	398	128	1.00	15.00	9.00	8.00	2.00
Mini waffles & Syrup	1 each	279	220	1000	0.00	4.00	55.44	5.00	1.50
TOASTED CHEESE SANDWICH	Sandwich	545	1936	1088	0.00	29.08	25.81	36.38	22.29
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
BROCCOLI: frozen, boiled	3/4 CUP	39	15	1543	55.34	4.28	7.38	0.17	0.01
Peaches, diced usda comm 16-17	1/2 cup	60	5	0	0.00	0.00	14.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		517	640	2559	54.64	24.26	79.90	11.72	3.59
% of Calories						18.8%	61.8%	20.4%	6.3%

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Lunch Grades K-8

	Portion Size	Cals	mg Sodm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Wed - 04/08/2026									
Lunch Grades K-8	Total								
Toasted Ravioli with sauce	serving of 6	392	981	1096	8.75	14.03	49.03	16.70	3.39
Bosco Stick	1 each	210	270	200	0.00	12.00	26.00	7.00	3.00
Turkey & Cheese Wrap	1 each	263	782	750	0.00	20.60	21.30	11.09	5.65
CHEF SALAD W/ Bosco Stick	SALAD	337	818	3211	12.84	25.15	30.45	13.30	6.59
SALAD DRESSING,Assorted	2 TBSP	22	232	86	0.00	0.00	5.28	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
Green Beans Blue lake	3/4 cup	36	435	450	4.91	1.66	5.96	0.01	0.00
Applesauce Unsw Cups-USDA 17-1	1/2 cup	51	2	0	0.00	0.00	14.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		691	1555	2070	11.78	32.74	95.29	21.02	6.34
% of Calories						18.9%	55.1%	27.4%	8.2%

Thu - 04/09/2026									
Lunch Grades K-8	Total								
Bacon Cheeseburger	1 each	426	779	436	0.00	22.82	37.53	21.27	7.97
BBQ CHICKEN SANDWICH	3 OZ	355	677	48	0.57	28.58	36.78	8.53	2.29
Italian salad-Bosco Sti	1 each	358	715	3051	11.38	24.12	29.10	16.64	7.65
SALAD DRESSING,Assorted	1 TBSP	11	116	43	0.00	0.00	2.64	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
French Fries Seasoned McCain	3 oz	130	135	0	0.00	1.00	19.00	6.00	1.00
ORANGE	1 EACH	62	0	295	69.69	1.23	15.39	0.16	0.01
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		645	926	986	61.54	32.68	84.34	19.92	5.48
% of Calories						20.3%	52.3%	27.8%	7.6%

Fri - 04/10/2026									
Lunch Grades K-8	Total								
NACHOS W/Chicken & Chs Sc	serving	300	760	0	0.00	10.00	27.00	16.50	4.75
Fish Sticks	5 sticks	249	386	125	2.99	17.43	21.16	11.21	1.87
Cornbread muffin	1 each	170	105	0	0.00	3.00	28.00	5.00	1.00
CHEF SALAD W/ Bosco Stick	SALAD	337	818	3211	12.84	25.15	30.45	13.30	6.59
SALAD DRESSING,Assorted	2 TBSP	22	232	86	0.00	0.00	5.28	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
CARROTS:frozen, boiled	3/4 CUP	41	65	18205	2.52	0.64	8.46	0.74	0.13
Mixed Fruit-Mission Pride	1/2 cup	80	5	200	1.20	1.00	18.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		593	1024	19255	10.38	26.88	79.62	18.33	6.00
% of Calories						18.1%	53.7%	27.8%	9.1%

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Lunch Grades K-8

	Portion Size	Cals	mg Sodm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Mon - 04/13/2026									
Lunch Grades K-8	Total								
Cheese Pizza Nardones	slice each	310	470	0	0.00	18.00	29.00	14.00	7.00
SUB SANDWICH	1 each	315	1090	279	1.21	19.70	28.73	14.34	6.55
Popcorn Chic Salad w/ Bosco St	salad	547	931	3211	12.84	37.84	46.04	23.99	9.22
SALAD DRESSING, Assorted	2 TBSP	22	232	86	0.00	0.00	5.28	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
Green Beans Blue lake	3/4 cup	36	435	450	4.91	1.66	5.96	0.01	0.00
Peaches, diced usda comm 16-17	1/2 cup	60	5	0	0.00	0.00	14.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		555	1100	1171	6.65	28.84	70.75	16.88	7.20
% of Calories						20.8%	51.0%	27.4%	11.7%

Tue - 04/14/2026									
Lunch Grades K-8	Total								
Mini Corn Dogs WG Chicken	6 each	180	320	0	0.00	6.00	20.00	8.00	2.50
Hot and Spicy Sandwich (Tyson)	sandwich	430	670	100	0.00	21.00	48.00	17.00	3.00
Italian salad-Bosco Sti	1 each	358	715	3051	11.38	24.12	29.10	16.64	7.65
SALAD DRESSING, Assorted	2 TBSP	22	232	86	0.00	0.00	5.28	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
BROCCOLI: frozen, boiled	3/4 CUP	39	15	1543	55.34	4.28	7.38	0.17	0.01
Cheese Sauce	1 OZ	41	146	115	0.16	2.75	2.75	2.11	1.01
PEARS, FRESH	1 EACH	96	2	38	6.97	0.63	25.66	0.20	0.01
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		560	819	2514	56.82	26.98	80.77	16.04	4.95
% of Calories						19.3%	57.7%	25.8%	8.0%

Wed - 04/15/2026									
Lunch Grades K-8	Total								
Chicken Nuggets, Pierce	6.0 each	216	731	0	0.00	17.97	13.18	10.78	1.20
Dinner Roll WG bake crafters	1 ea	61	116	0	0.00	2.03	13.16	0.00	0.00
BBQ RIB SANDWICH	1 each	355	1150	100	1.20	18.00	47.00	12.00	3.50
CHEF SALAD W/ Bosco Stick	SALAD	337	818	3211	12.84	25.15	30.45	13.30	6.59
SALAD DRESSING, Assorted	1 TBSP	11	116	43	0.00	0.00	2.64	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
Mashed Potatoes & Gravy	3/4 CUP	167	123	272	56.27	1.94	24.44	6.11	1.20
Craisins	pkg	110	0	0	0.00	0.00	27.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		674	1164	1012	50.91	28.01	98.17	18.73	4.03
% of Calories						16.6%	58.3%	25.0%	5.4%

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Lunch Grades K-8

	Portion Size	Cals	mg Sodm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Thu - 04/16/2026									
Lunch Grades K-8	Total								
TACOS, TWO SOFT	2 EACH	523	978	1467	6.68	41.19	38.45	22.71	10.32
Chicken Sandwich (Breaded) W/G	Sandwich	321	833	101	0.00	21.08	37.07	13.06	2.01
Italian salad-Bosco Sti	1 each	358	715	3051	11.38	24.12	29.10	16.64	7.65
SALAD DRESSING, Assorted	1 TBSP	11	116	43	0.00	0.00	2.64	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
REFRIED BEANS: canned	3/4 CUP	300	593	306	3.60	23.57	33.85	7.78	4.93
APPLES, Fresh	1 EACH	72	1	75	6.35	0.36	19.06	0.23	0.03
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		907	1578	1979	15.31	62.63	104.25	27.93	12.67
% of Calories						27.6%	46.0%	27.7%	12.6%

Fri - 04/17/2026									
Lunch Grades K-8	Total								
HOT DOG ON A BUN: TURK FRANK	1 each	270	890	0	0.00	13.00	35.00	10.00	2.50
CHILI DOG	1 each	306	983	116	1.42	15.85	35.22	11.36	3.01
Fish Sticks	5 sticks	249	386	125	2.99	17.43	21.16	11.21	1.87
White cheesy pasta	4 oz	216	383	0	0.00	*0.00	18.44	10.67	6.00
CHEF SALAD W/ Bosco Stick	SALAD	337	818	3211	12.84	25.15	30.45	13.30	6.59
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
SALAD DRESSING, Assorted	2 TBSP	22	232	86	0.00	0.00	5.28	0.00	0.00
Baby Carrots	3/4 cup	30	66	11728	7.14	0.54	7.01	0.11	0.02
Frozen Juice Cup	1 each	90	0	0	60.00	0.00	22.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		598	1058	9668	60.54	*24.69	83.26	17.08	5.37
% of Calories						16.5%	55.7%	25.7%	8.1%

Mon - 04/20/2026									
Lunch Grades K-8	Total								
Croissant w/sausage, egg&chs	1 each	381	851	507	0.00	16.78	32.03	21.99	8.69
Sloppy Joe on Bun	.33 cups	472	950	668	10.18	32.97	46.24	17.98	6.21
Popcorn Chic Salad w/ Bosco St	salad	547	931	3211	12.84	37.84	46.04	23.99	9.22
SALAD DRESSING, Assorted	1 TBSP	11	116	43	0.00	0.00	2.64	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
Green Beans Blue lake	3/4 cup	36	435	450	4.91	1.66	5.96	0.01	0.00
PEARS: canned, light syrup	1/2 CUP	71	6	0	0.88	0.24	18.99	0.04	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20

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Lunch Grades K-8

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	Portion Size	Cals	mg Sodm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Weighted Daily Average		655	1483	1577	9.53	31.30	82.80	23.11	8.67
% of Calories						19.1%	50.6%	31.7%	11.9%

Tue - 04/21/2026									
	Portion Size	Cals	mg Sodm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Lunch Grades K-8	Total								
Orange Chicken with Fried Rice	serving	285	505	1750	2.40	14.00	46.50	4.75	0.75
HAMBURGER on a BUN	1 each	328	315	61	0.00	16.64	36.37	13.52	4.25
Italian salad-Bosco Sti	1 each	358	715	3051	11.38	24.12	29.10	16.64	7.65
SALAD DRESSING,Assorted	1 TBSP	11	116	43	0.00	0.00	2.64	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
BROCCOLI,raw: fresh	3/4 CUP	22	22	411	58.87	1.86	4.38	0.24	0.02
Pineapple Tidbits US 16-17	1/2 cup	80	0	100	12.00	0.00	22.00	0.00	0.00
Fortune cookie	1 each	35	15	0	0.00	1.00	7.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		542	690	2471	67.57	24.67	94.88	7.96	1.87
% of Calories						18.2%	70.0%	13.2%	3.1%

Wed - 04/22/2026									
	Portion Size	Cals	mg Sodm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Lunch Grades K-8	Total								
Pop Chix Pretzel & Chs	svg	465	1063	0	1.20	23.00	53.97	17.47	3.99
HAM & CHEESE SANDWICH	1 each	260	951	136	0.00	16.49	32.35	7.65	3.17
CHEF SALAD W/ Bosco Stick	SALAD	337	818	3211	12.84	25.15	30.45	13.30	6.59
SALAD DRESSING,Assorted	1 TBSP	11	116	43	0.00	0.00	2.64	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
CARROTS:frozen, boiled	3/4 CUP	41	65	18205	2.52	0.64	8.46	0.74	0.13
Blue Raspberry Applesauce	1 each	60	0	0	0.00	0.00	15.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		625	1179	15141	4.94	28.71	86.90	18.32	4.43
% of Calories						18.4%	55.6%	26.4%	6.4%

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	Portion Size	Cals	mg Sodm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Thu - 04/23/2026									
Lunch Grades K-8	Total								
Mozzarella Sticks	serving (2 ea)	300	480	200	0.00	20.00	30.00	9.00	6.00
PIZZA SAUCE	2 oz	16	407	179	3.49	0.68	3.74	0.13	0.02
Grilled Chicken Sandwich	1 each	330	843	0	0.00	20.86	33.12	13.67	2.65
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
Italian salad-Bosco Stl	1 each	358	715	3051	11.38	24.12	29.10	16.64	7.65
SALAD DRESSING,Assorted	2 TBSP	22	232	86	0.00	0.00	5.28	0.00	0.00
CORN: frozen, yellow	3/4 CUP	100	1	245	4.31	3.14	23.74	0.82	0.12
Peaches, diced usda comm 16-17	1/2 cup	60	5	0	0.00	0.00	14.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		611	819	1113	5.94	32.18	86.84	14.56	6.30
% of Calories						21.1%	56.8%	21.4%	9.3%

Fri - 04/24/2026									
Lunch Grades K-8	Total								
NACHOS W/Beef & Queso	serving	477	909	1217	5.47	36.48	30.75	22.66	7.04
Chicken Quesadilla	1 Each	300	600	200	0.00	18.00	32.00	12.00	5.00
CHEF SALAD W/ Bosco Stick	SALAD	337	818	3211	12.84	25.15	30.45	13.30	6.59
SALAD DRESSING,Assorted	2 TBSP	22	232	86	0.00	0.00	5.28	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
Ranchero Beans	1/2 cup	110	490	0	0.00	6.00	20.00	0.50	0.00
ORANGE	1 EACH	62	0	295	69.69	1.23	15.39	0.16	0.01
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		736	1443	1947	65.92	46.44	85.65	23.35	7.31
% of Calories						25.2%	46.6%	28.5%	8.9%

Mon - 04/27/2026									
Lunch Grades K-8	Total								
Pepperoni Pizza nardones	1 each	343	595	0	0.05	19.42	29.28	16.82	8.13
Hot and Spicy Sandwich (Tyson)	sandwich	430	670	100	0.00	21.00	48.00	17.00	3.00
Popcorn Chic Salad w/ Bosco St	salad	547	931	3211	12.84	37.84	46.04	23.99	9.22
SALAD DRESSING,Assorted	1 TBSP	11	116	43	0.00	0.00	2.64	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
SWEETPOTATOES,CANNED IN SYRUP,	.75 cup	346	80	10928	14.55	2.62	84.59	0.44	0.10
Applesauce Unsw Cups-USDA 17-1	1/2 cup	51	2	0	0.00	0.00	14.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		844	863	10060	15.13	30.31	139.70	19.48	7.18
% of Calories						14.4%	66.2%	20.8%	7.7%

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	Portion Size	Cals	mg Sodm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Tue - 04/28/2026									
Lunch Grades K-8	Total								
French toast sticks w/ Sausage	4 pieces	421	666	31	0.00	17.20	36.00	24.48	8.32
Turkey & Cheese on Croissant	1 each	310	815	307	0.00	18.44	31.34	13.60	5.84
Italian salad-Bosco Sti	1 each	358	715	3051	11.38	24.12	29.10	16.64	7.65
SALAD DRESSING,Assorted	1 TBSP	11	116	43	0.00	0.00	2.64	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
Green Beans Blue lake	1/2 cup	24	290	300	3.27	1.10	3.97	0.01	0.00
PEARS: canned,light syrup	1/2 CUP	71	6	0	0.88	0.24	18.99	0.04	0.00
Go-gurt yogurt	tube	45	30	300	0.00	2.00	8.00	0.50	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		640	1193	1464	6.43	29.01	85.31	21.50	7.55
% of Calories						18.1%	53.3%	30.2%	10.6%

Wed - 04/29/2026									
Lunch Grades K-8	Total								
Chicken Nuggets, Pierce	6.0 each	216	731	0	0.00	17.97	13.18	10.78	1.20
MACARONI AND CHEESE	1/2 CUP	379	903	778	0.00	18.77	26.00	22.11	13.68
Meatball Sandwich	1 each	476	759	538	5.89	23.46	41.40	25.02	9.18
CHEF SALAD W/ Bosco Stick	SALAD	337	818	3211	12.84	25.15	30.45	13.30	6.59
SALAD DRESSING,Assorted	2 TBSP	22	232	86	0.00	0.00	5.28	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
BROCCOLI: frozen, boiled	3/4 CUP	39	15	1543	55.34	4.28	7.38	0.17	0.01
Mixed Fruit-Mission Pride	1/2 cup	80	5	200	1.20	1.00	18.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		744	1554	2574	47.81	42.98	75.69	30.92	13.28
% of Calories						23.1%	40.7%	37.4%	16.1%

Thu - 04/30/2026									
Lunch Grades K-8	Total								
CHEESEBURGER ON A BUN	1 each	381	526	197	0.00	19.78	36.60	17.95	7.04
HOT DOG ON A BUN:TURK FRANK	1 each	270	890	0	0.00	13.00	35.00	10.00	2.50
Italian salad-Bosco Sti	1 each	358	715	3051	11.38	24.12	29.10	16.64	7.65
SALAD DRESSING,Assorted	1 TBSP	11	116	43	0.00	0.00	2.64	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
Emoji Potatoes	5 each	160	230	0	3.60	8.00	25.00	6.00	1.00
Peaches, diced usda comm 16-17	1/2 cup	60	5	0	0.00	0.00	14.00	0.00	0.00
Cookies, themed seasonal	pkg	120	50	0	0.00	2.00	20.00	3.00	0.50
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		763	1040	689	5.07	33.03	107.23	24.72	7.00
% of Calories						17.3%	56.2%	29.2%	8.3%