

Menu Nutrient Analysis Report

Report Run: Jan 24, 2012

Cycle day(s) Included:

Date(s) Included: **February 1, 2012 - February 29, 2012**

Menu(s) Included: **HS February Menu
HS January Menu**

Nutrient Analysis by: **Main Items**

List: **All Items**

HS February Menu

Lunch

Monday - February 13, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Pasta, Bow Tie, Enriched, Cooked (35978.3)	1 cup	140	43.2	221.2	
*CK12 Pasta, Whole Grain, Rotini or Pe... (39393)	1 cup	140	37.2	174.0	
*CK12 Meatballs in Sauce (5 Advance Mea... (40135)	5 ea	135	13.2	208.7	
*CK12 Cheese, Mozzarella, Part Skim, Sh... (37852.1)	1/2 oz	14	0.5	42.8	
*CK12 Sauce, Marinara, Homemade, 1/2 cu... (40346)	1/2 cup	140	12.7	68.9	
*CK12 Broccoli, Frozen, Seasoned (1/2 c... (34655.2)	1/2 cup	86	5.6	47.7	
*CK12 Squash, Butternut, Roasted Sweet ... (39404)	1/2 cup	155	18.2	108.8	
*CK12 Bread, Garlic, Whole Wheat Bun (1... (40310)	1 piece	28	11.9	67.2	
*CK12 Sauce, Roasted Garlic Cream (roas... (41313)	1/4 cup	67	5.2	50.1	
*CK12 Seasoning Mix, Roma Herb Blend (37415)	1/4 tsp	0	0.2	1.7	
*CK12 Burger, Beef (Advance 2.5 oz Red... (34925.14)	1 ea	139	25.5	297.0	
*CK12 Sandwich, WG Breaded Chicken, Buf... (34921.8)	1 ea	203	46.0	421.5	
*CK12 Potato, Wedges, Fresh, Roma Herb ... (34801.2)	1/2 cup	138	29.0	143.5	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Buffalo Chicken, White Who... (34238.6)	1 slice	247	48.1	447.8	
*CK12 Flatbread, Margherita (39984)	1 ea	182	30.3	355.0	
*CK12 Sandwich, Turkey Club, Triple Dec... (40316)	1 ea	294	45.5	405.3	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CK12 Beef, Taco Meat, Homemade (80/20 ... (34810.3)	1/3 cup	90	4.1	181.8	
*CK12 Beans, Refried, Vegetarian, Canne... (37533.3)	1/2 cup	116	15.7	96.4	
*CK12 Vegetables, Roasted Italian (zucc... (34811)	1/2 cup	154	8.2	78.1	
*CK12 Banana, Petite, Fresh (1318.3)	1 ea	74	16.8	65.5	
*CK12 Fruit Cocktail, Canned, Light Syr... (33761.1)	1/2 cup	123	18.4	70.4	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	30.8	
*CK12 Salad, Side, Tossed (34803)	1/2 cup	43	2.0	9.2	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS February Menu

Lunch

Monday - February 13, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
*CK12 Tortilla, Whole Wheat, 10" (37943.1)	1 ea	71	34.3	206.1	
*CK12 Tortilla, Flour, 10" (37943.3)	1 ea	71	36.5	221.5	
*CK12 Chips, Tortilla, Yellow, Round, T... (39573)	1 oz	28	19.6	137.9	
Lunch Totals			638.1	5082.4	
Daily Totals for 2/13/2012			638.1	5082.4	
Daily Value			300.0	2000.0	
% Daily Value			213%	254%	

HS February Menu

Lunch

Tuesday - February 14, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Chicken, Popcorn, CN (Tyson 3956-... (39401)	15 piece	106	17.4	291.8	
*CK12 Thai Basil Orange Sauce (34550)	1 floz	32	3.4	15.6	
*CK12 Rice, Brown (2.7)	1/2 cup	105	21.9	104.9	
*CK12 Rice, Brown, Fried (liquid whole ... (37816)	3/4 cup	163	25.1	166.7	
*CK12 Breadstick, Sesame, WG, 1.5 oz (40250)	1 ea	43	20.0	107.5	
*CK12 Vegetables, Fresh, Stir Fried (37922)	1/2 cup	67	4.7	41.5	
*CK12 Carrots, Frozen, Seasoned (1/2 cu... (34672)	1/2 cup	94	7.1	53.4	
*CK12 Onions, Green, Chopped (39399)	1 tbsp	6	0.5	2.0	
*CK12 Sandwich, Wrap, Chicken (diced), ... (35014.1)	1 ea	271	55.8	430.9	
*CK12 Broccoli, Frozen, Seasoned, with ... (34655.8)	1/2 cup	93	5.7	76.2	
*CK12 Sandwich, Ham and Cheese, Toasted... (34873.12)	1 sandwich	142	28.8	351.5	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Pepperoni, White Whole Whe... (34238.9)	1 slice	185	40.2	433.9	
*CK12 Dunkers, Cheesy Italian, with Piz... (40536)	2 ea	268	53.6	429.2	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Sandwich, Hero (6 oz sub roll do... (40465)	1 ea	297	49.2	349.0	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CK12 Pork Carnitas (38128.1)	3 oz (p)	91	1.2	207.4	
*CK12 Beans, Black (39343.4)	1/2 cup	151	35.6	205.3	
*CK12 Corn, Frozen, Seasoned (1/2 cup) (34655)	1/2 cup	84	15.9	86.0	
*CK12 Pineapple, Chunks, Canned, Juice ... (33761.3)	1/2 cup	126	19.9	75.9	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS February Menu

Lunch

Tuesday - February 14, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Peaches, Canned, Light Syrup (33761)	1/2 cup	152	22.1	82.2	
*Carrots, Fresh, Baby, 1.6 oz, PC (37019)	1 ea	45	3.7	15.9	
*CK12 Salad, Pasta, Italian with Fresh ... (34656.2)	1/2 cup	68	26.3	157.0	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			602.0	5041.0	
Daily Totals for 2/14/2012			602.0	5041.0	
Daily Value			300.0	2000.0	
% Daily Value			201%	252%	

HS February Menu

Lunch

Wednesday - February 15, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Pork, Barbecued, Southern Style (37944)	2 oz	57	2.0	96.1	
*CK12 Pasta, Macaroni and Cheese (36236)	2/3 cup	191	26.0	389.7	
*CK12 Sweet Potato, Frozen, Coins, Cinn... (40223)	1/2 cup	88	23.4	185.0	
*CK12 Beans, Green, Frozen, Seasoned (1... (34655.1)	1/2 cup	80	5.1	41.3	
*CK12 Biscuit, Southern Style, Frozen D... (34538.2)	1 ea	64	30.6	226.8	
*CK12 Sauce, Honey Barbecue, Homemade (40347)	2 tbsp	53	27.3	131.6	
*CK12 Onions, Green, Chopped (39399)	1 tbsp	6	0.5	2.0	
*CK12 Sandwich, Bagel, Turkey and Chees... (40333)	1 ea	166	50.9	366.6	
*CK12 Burger, Turkey (2.38 oz), Jalapen... (40274.1)	1 ea	192	29.9	286.5	
*CK12 Sandwich, WG Breaded Chicken, WG ... (34921)	1 ea	148	46.1	350.6	
*CK12 Sandwich, Chicken, Spicy, Breaded... (40134.2)	1 ea	146	35.6	331.0	
*CK12 Sandwich, Toasted or Panini, Ham ... (41217.9)	1 ea	171	38.7	464.8	
*CK12 Sandwich, Toasted or Panini, Chic... (41217.4)	1 ea	166	38.9	498.4	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Veggie Lovers, White Whole... (34238.26)	1 slice	208	41.8	406.3	
*CK12 Croissant Roll, Chicken, Italian (41159)	1 ea	319	45.0	398.7	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS February Menu

Lunch

Wednesday - February 15, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Salad, Chicken, Buffalo (34941.10)	1/2 cup	95	6.5	172.3	
*CK12 Dressing, Ranch, Homemade (39425)	2 tbsp	34	2.9	41.2	
*CK12 Flatbreads, Toasted (34761.5)	3 ea	57	23.8	203.1	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CK12 Fajitas, Chicken (cooked diced), ... (34767)	1 ea	248	59.6	474.9	
*CK12 Rice, Brown, Cilantro Lime (34654)	1/2 cup	116	23.7	127.9	
*CK12 Vegetables, Roasted Italian (zucc... (34811)	1/2 cup	154	8.2	78.1	
*CK12 Salad, Side, Tossed (34803)	1/2 cup	43	2.0	9.2	
*CK12 Apple, Red Delicious, Whole (34124)	1 ea	118	16.3	61.5	
*CK12 Salad, Pasta, Italian with Fresh ... (34656.2)	1/2 cup	68	26.3	157.0	
*CK12 Pears, Canned, Light Syrup (33761.2)	1/2 cup	157	23.8	89.3	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			777.8	6936.8	
Daily Totals for 2/15/2012			777.8	6936.8	
Daily Value			300.0	2000.0	
% Daily Value			259%	347%	

HS February Menu

Lunch

Thursday - February 16, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Chicken, Leg, Pineapple Sweet N S... (40443.3)	1 piece	62	7.7	145.3	
*CK12 Potatoes, Mashed, Instant, 26 oz ... (35038)	1/2 cup	108	13.3	62.4	
*CK12 Stuffing, Bread, Whole Wheat (35291)	1 serving	117	20.6	169.2	
*CK12 Roll, Dinner, Whole Wheat, 1.34 o... (35366.1)	1 ea	38	19.4	101.1	
*CK12 Mixed Vegetables, Frozen, Season... (34655.6)	1/2 cup	113	14.5	91.1	
*CK12 Glaze, Pineapple, Sweet and Sour (40037)	2 tbsp	27	15.4	60.6	
*CK12 Sauce, Honey Barbecue, Homemade (40347)	2 tbsp	53	27.3	131.6	
*CK12 Parsley, Fresh, Garnish (39508)	1 tsp	1	0.1	0.4	
*CK12 Sandwich, Chicken, Spicy, Breaded... (40134.2)	1 ea	146	35.6	331.0	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS February Menu

Lunch

Thursday - February 16, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Sandwich, Fish, Breaded (3.6 oz) ... (40118.1)	1 ea	156	39.0	325.9	
*CK12 Corn Dog, Turkey, 4 oz (40117)	1 ea	113	27.2	272.2	
*CK12 Sandwich, WG Breaded Chicken, WG ... (34921)	1 ea	148	46.1	350.6	
*CK12 Sandwich, Toasted or Panini, Ham ... (41217.9)	1 ea	171	38.7	464.8	
*CK12 Sandwich, Toasted or Panini, Turk... (41217.10)	1 ea	169	38.0	456.2	
*CK12 Mixed Vegetables, Frozen, Seasone... (34655.6)	1/2 cup	113	14.5	91.1	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Pepperoni, White Whole Whe... (34238.9)	1 slice	185	40.2	433.9	
*CK12 Tostados, Bean, Triple Decker, wi... (35034)	1 ea	423	70.9	429.8	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Roll Up, Peanut Butter and Apple (40313)	1 ea	198	55.6	617.9	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CK12 Rice, Fiesta, Brown (34764.1)	1/2 cup	153	25.6	131.2	
*CK12 Salad, Side, Pinto Bean (37395.1)	1/2 cup	116	19.1	143.3	
*CK12 Corn, Frozen, Seasoned (1/2 cup) (34655)	1/2 cup	84	15.9	86.0	
*CK12 Salad, Side, Spinach and Romaine ... (40243)	1/2 cup	38	1.5	47.5	
*CK12 Salad, Side, Pasta (White), Veget... (34656)	1/2 cup	100	19.4	112.2	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	30.8	
*CK12 Banana, Petite, Fresh (1318.3)	1 ea	74	16.8	65.5	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			773.3	6508.8	
Daily Totals for 2/16/2012			773.3	6508.8	
Daily Value			300.0	2000.0	
% Daily Value			258%	325%	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS February Menu

Lunch

Friday - February 17, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Pancakes, Whole Grain, Aunt Jemim... (38300.2)	2 ea	65	27.6	157.9	
*CK12 Potato, Wedges, Fresh, Roma Herb ... (34801.2)	1/2 cup	138	29.0	143.5	
*CK12 Biscuit, Whole Grain (34538)	1 ea	57	23.7	191.6	
*CK12 Cobbler, Peach (43186)	1 piece	181	47.0	274.2	
*CK12 Cheese, Cheddar, Shredded, 1/2 oz... (37852)	1/2 oz	14	0.2	57.1	
*CK12 Ham, with Brown Sugar Glaze (35175)	3 oz	85	5.3	104.5	
*CK12 Sandwich, Wrap, Chicken Parmesan ... (35014)	1 ea	193	46.4	425.1	
*CK12 Sandwich, Turkey and Cheese, Toas... (34873.13)	1 sandwich	156	28.3	361.1	
*CK12 Apple, Warm Baked Slices (34669)	1/2 cup	117	29.5	117.1	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Philly Cheese Steak, Whole... (40418.2)	1 slice	196	40.7	430.9	
*CK12 Flatbread, Chicken Florentine (34761.4)	1 ea	172	29.2	327.2	
*CK12 Sandwich, Turkey and Swiss, Dijon... (40529)	1 ea	246	41.0	448.3	
*CK12 Salad, Chef, Deli (With Regular S... (34818.3)	1 ea	230	23.1	276.8	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Sandwich, Wrap, Buffalo Chicken S... (34941.9)	1 ea	227	57.2	463.4	
*CK12 Parfait, Lunch, Yogurt Strawberry... (34510.1)	1 ea	356	86.4	398.5	
*CK12 Salad, Side, Tossed (34803)	1/2 cup	43	2.0	9.2	
*CK12 Salad, Side, Spinach, Crunchy (34815)	1/2 cup	37	3.6	30.1	
*CK12 Salad, Side, Pasta (White), Veget... (34656)	1/2 cup	100	19.4	112.2	
*CK12 Orange, Wedges (34123.1)	4 wedge	96	11.2	44.9	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			691.5	5628.1	
Daily Totals for 2/17/2012			691.5	5628.1	
Daily Value			300.0	2000.0	
% Daily Value			231%	281%	
Daily Average for Week (2/11/2012 - 2/17/2012)					
% Daily Value Average for Week (2/11/2012 - 2/17/2012)					

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS February Menu

Lunch

Monday - February 20, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Ribs, Korean Braised with Sesame ... (40317)	1 ea	123	13.9	206.9	
*CK12 Rice, Brown (2.7)	1/2 cup	105	21.9	104.9	
*CK12 Carrots and Onions, Fresh (37435)	1/2 cup	147	13.8	78.4	
*CK12 Bok Choy, with Garlic and Ginger (39455)	1/2 cup	87	2.0	27.8	
*CK12 Crunchy Asian Topping (21616.1)	3/4 oz	21	9.3	67.6	
*CK12 Sauce, Sesame, Homemade (37689)	1/4 cup	68	4.9	50.2	
*CK12 Onions, Green, Chopped (39399)	1 tbsp	6	0.5	2.0	
*CK12 Sandwich, WG Breaded Chicken Cord... (34882.1)	1 ea	182	42.7	421.2	
*CK12 Sandwich, Toasted or Panini, Meat... (41217.25)	1 ea	225	50.2	519.1	
*CK12 Sandwich, Toasted or Panini, Turk... (41217.10)	1 ea	169	38.0	456.2	
*CK12 Broccoli, Frozen, Seasoned, with ... (34655.8)	1/2 cup	93	5.7	76.2	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Pepperoni, White Whole Whe... (34238.9)	1 slice	185	40.2	433.9	
*CK12 Pizza, Red Hot Chicken (Cooked Di... (34238.8)	1 slice	187	38.9	367.3	
*CK12 Sandwich, Wrap, Chicken Caesar (D... (34941.4)	1 ea	288	55.2	547.5	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CK12 Beef, Taco Meat, Homemade (85/15 ... (34810.5)	1/3 cup	89	4.1	165.1	
*CK12 Beans, Refried, Vegetarian, Canne... (37533.2)	1/4 cup	58	7.8	48.2	
*CK12 Tortilla, Whole Wheat, 10" (37943.1)	1 ea	71	34.3	206.1	
*CK12 Tortilla, Flour, 10" (37943.3)	1 ea	71	36.5	221.5	
*CK12 Chips, Tortilla, Yellow, Round, T... (39573)	1 oz	28	19.6	137.9	
*CK12 Salad, Side, Sweet Corn (35338.1)	1/2 cup	122	17.6	95.3	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	8.0	
*CK12 Fruit Cocktail, Canned, Light Syr... (33761.1)	1/2 cup	123	18.4	70.4	
*CK12 Orange, Wedges (34123.1)	4 wedge	96	11.2	44.9	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			632.0	5714.0	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Daily Totals for 2/20/2012	632.0	5714.0	
Daily Value	300.0	2000.0	
% Daily Value	211%	286%	

HS February Menu

Lunch

Tuesday - February 21, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Chicken, Popcorn, CN (Tyson 3956-... (39401)	15 piece	106	17.4	291.8	
*CK12 Potatoes, Mashed, Instant, 26 oz ... (35038)	1/2 cup	108	13.3	62.4	
*CK12 Corn, Frozen, Seasoned (1/2 cup) (34655)	1/2 cup	84	15.9	86.0	
*CK12 Carrots, Roasted "Fries" (37383)	1/2 cup	83	8.1	44.3	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	100.0	
*CK12 Gravy, Chicken, Homemade (40424)	2 tbsp	36	1.8	26.1	
*CK12 Carrot, Fresh, Shredded, Garnish (39508.2)	1 tsp	2	0.2	0.9	
*CK12 Corn Dogs, Chicken, Mini, Whole G... (40107)	6 ea	114	33.1	296.4	
*CK12 Biscuit, Southern Style, Frozen D... (34538.2)	1 ea	64	30.6	226.8	
*CK12 Sandwich, Toasted or Panini, Turk... (41217.10)	1 ea	169	38.0	456.2	
*CK12 Sandwich, Toasted or Panini, Ham ... (41217.9)	1 ea	171	38.7	464.8	
*CK12 Sandwich, Wrap (12" Whole Wheat),... (34724.1)	1 ea	259	56.8	493.3	
*CK12 Sandwich, WG Breaded Chicken, WG ... (34921)	1 ea	148	46.1	350.6	
*CK12 Sandwich, Chicken, Spicy, Breaded... (40134.2)	1 ea	146	35.6	331.0	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Bagels, Homemade (40354)	2 ea	277	64.1	514.0	
*CK12 Flatbread, Chicken Tostado (39782)	1 ea	198	36.5	384.9	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Sandwich, Wrap, Parisian Ham and ... (40312.1)	1 ea	263	63.1	457.7	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CK12 Fajitas, Chicken (cooked diced), ... (34767)	1 ea	248	59.6	474.9	
*CK12 Corn, Frozen, Seasoned (1/2 cup) (34655)	1/2 cup	84	15.9	86.0	
*CK12 Beans, Black (39343.4)	1/2 cup	151	35.6	205.3	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	30.8	
*CK12 Celery Sticks, Fresh (37458.1)	1/2 cup	74	2.2	11.9	
*CK12 Pear, Fresh, Bartlett (1548.1)	1 ea	153	23.6	88.6	
*Raisins, 1.5 oz, PC (18507)	1 ea	43	33.7	127.1	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS February Menu

Lunch

Tuesday - February 21, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			840.8	6969.1	
Daily Totals for 2/21/2012			840.8	6969.1	
Daily Value			300.0	2000.0	
% Daily Value			280%	348%	

HS February Menu

Lunch

Wednesday - February 22, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 French Toast, Sticks, Whole Grain... (34512.1)	4 ea	96	41.4	298.8	
*CK-12 Sausage, Turkey, Link (1), 1 oz (34513)	1 ea	24	0.0	47.2	
*CK12 Potato, Wedges, Commodity, Frozen (34801.3)	1/2 cup	56	14.3	68.9	
*CK12 Eggs, Scrambled, Cook in Bag (39851)	2 oz	57	1.1	68.0	
*CK12 Peaches, Canned, Light Syrup (33761)	1/2 cup	152	22.1	82.2	
*CK12 Syrup, 1 oz, Bulk (34503.1)	1 floz	39	24.1	91.8	
*CK12 Sandwich, Chicken, Spicy, Breaded... (40134.2)	1 ea	146	35.6	331.0	
*CK12 Sandwich, WG Breaded Chicken, Par... (34921.1)	1 ea	201	45.8	411.3	
*CK12 Sandwich, Toasted or Panini, Turk... (41217.10)	1 ea	169	38.0	456.2	
*CK12 Sandwich, Toasted or Panini, Ham ... (41217.9)	1 ea	171	38.7	464.8	
*CK12 Quesadilla, Cheese, with Salsa (35981.1)	2 wedge	173	41.3	371.8	
*CK12 Burger, Pizza, Beef (Advance 2.5 ... (34925.11)	1 ea	174	36.1	340.8	
*CK12 Potato, Baked, Plain (34869)	1 ea	227	48.0	210.9	
*CK12 Sandwich, Wrap, Chicken Snack, 6"... (40332)	2 ea	218	54.1	506.7	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Hawaiian, White Whole Whea... (34238.7)	1 slice	209	43.6	394.8	
*CK12 Hot Pocket, Cheese (39566.1)	1 ea	238	60.0	649.8	
*CK12 Dipping Sauce, Tomato, 1/2 cup (38974)	1/2 cup	126	11.4	58.0	
*CK12 Salad, Side, Caesar (100% romaine... (34815.1)	1/2 cup	39	2.9	20.2	
*CK12 Chicken, Popcorn, CN (Tyson 3956-... (39401)	15 piece	106	17.4	291.8	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	8.0	
*CK12 Dressing, Spicy Honey Lime, Homem... (40255)	2 tbsp	33	9.7	125.6	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CK12 Rice, Brown, Cilantro Lime (34654)	1/2 cup	116	23.7	127.9	
*CK12 Fajitas, Chicken (cooked diced), ... (34767)	1 ea	248	59.6	474.9	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS February Menu

Lunch

Wednesday - February 22, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Vegetables, Roasted Italian (zucc... (34811)	1/2 cup	154	8.2	78.1	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Salad, Side, Sweet Corn (35338.1)	1/2 cup	122	17.6	95.3	
*CK12 Peaches, Canned, Light Syrup (33761)	1/2 cup	152	22.1	82.2	
*CK12 Apple, Red Delicious, Whole (34124)	1 ea	118	16.3	61.5	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			878.6	7575.8	
Daily Totals for 2/22/2012			878.6	7575.8	
Daily Value			300.0	2000.0	
% Daily Value			293%	379%	

HS February Menu

Lunch

Thursday - February 23, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Turkey, Roasted, with Gravy (Turk... (39861)	2 oz meat	125	7.5	123.3	
*CK12 Stuffing, Bread, Whole Wheat (35291)	1 serving	117	20.6	169.2	
*CK12 Potatoes, Sweet, Mashed, Homemade (40032)	1/2 cup	139	28.4	140.6	
*CK12 Beans, Green, Frozen, Seasoned (1... (34655.1)	1/2 cup	80	5.1	41.3	
*CK12 Roll, Dinner, Whole Wheat, 1.34 o... (35366.1)	1 ea	38	19.4	101.1	
*CK12 Gravy, Chicken, Homemade (40424)	2 tbsp	36	1.8	26.1	
*CK12 Sauce, Cranberry (39253)	1/4 cup	69	26.9	104.6	
*CK12 Sandwich, Wrap,Breakfast, Country... (34567.1)	1 ea	300	59.5	554.5	
*CK12 Sandwich, WG Breaded Chicken, Par... (34921.7)	1 ea	191	43.6	381.7	
*CK12 Sandwich, WG Breaded Chicken, WG ... (34921)	1 ea	148	46.1	350.6	
*CK12 Sandwich, Chicken, Spicy, Breaded... (40134.2)	1 ea	146	35.6	331.0	
*CK12 Sandwich, Toasted or Panini, Turk... (41217.10)	1 ea	169	38.0	456.2	
*CK12 Sandwich, Toasted or Panini, Ham ... (41217.9)	1 ea	171	38.7	464.8	
*CK12 Beans, Green, Frozen, Seasoned (1... (34655.1)	1/2 cup	80	5.1	41.3	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS February Menu

Lunch

Thursday - February 23, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Pepperoni, White Whole Whe... (34238.9)	1 slice	185	40.2	433.9	
*CK12 Hot Pocket, Turkey Taco and Chedd... (35983.2)	1 ea	246	59.3	559.6	
*CK12 Sandwich, Roast Beef, Swiss, Caju... (35296.2)	1 ea	188	53.8	461.6	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CK12 Beans, Pinto, Mexican Style (1/2 ... (39343.3)	1/2 cup	191	26.7	147.9	
*CK12 Rice, Fiesta, Brown (34764.1)	1/2 cup	153	25.6	131.2	
*CK12 Corn, Frozen, Seasoned (1/2 cup) (34655)	1/2 cup	84	15.9	86.0	
*CK12 Salad, Side, Sweet Corn (35338.1)	1/2 cup	122	17.6	95.3	
*CK12 Salad, Side, Corn and Black Bean,... (35338)	1/2 cup	164	24.4	123.3	
*CK12 Salad, Side, Tossed (34803)	1/2 cup	43	2.0	9.2	
*CK12 Banana, Petite, Fresh (1318.3)	1 ea	74	16.8	65.5	
*CK12 Fruit Cocktail, Canned, Light Syr... (33761.1)	1/2 cup	123	18.4	70.4	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			820.8	6827.4	
Daily Totals for 2/23/2012			820.8	6827.4	
Daily Value			300.0	2000.0	
% Daily Value			274%	341%	

HS February Menu

Lunch

Friday - February 24, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Meatballs in Sauce (5 Advance Mea... (40135)	5 ea	135	13.2	208.7	
*CK12 Pasta, Whole Grain, Rotini or Pe... (39393)	1 cup	140	37.2	174.0	
*CK12 Pasta, Spaghetti, Whole Grain, Co... (35978.5)	1 cup	43	32.3	150.0	
*CK12 Vegetable, Fresh Medley (green be... (40276)	1/2 cup	53	4.4	19.7	
*CK12 Salad, Side, Broccoli, with Raisi... (34915)	1/2 cup	83	28.9	171.2	
*CK12 Bread, Garlic, Whole Wheat Bun (1... (40310)	1 piece	28	11.9	67.2	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS February Menu

Lunch

Friday - February 24, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Sauce, Marinara, Homemade, 1/2 cu... (40346)	1/2 cup	140	12.7	68.9	
*CK12 Seasoning Mix, Roma Herb Blend (37415)	1/4 tsp	0	0.2	1.7	
*CK12 Wrap, Turkey, Thanksgiving (40627)	1 ea	578	93.3	659.6	
*CK12 Quesadilla, Cheese, with Yogurt S... (35981)	2 wedge	161	41.6	379.8	
*CK12 Sandwich, Cheese Steak, Philly, 6... (40418.1)	1 ea	173	40.8	391.0	
*CK12 Sandwich, Chicken, Spicy, Breaded... (40134.2)	1 ea	146	35.6	331.0	
*CK12 Sandwich, WG Breaded Chicken, WG ... (34921)	1 ea	148	46.1	350.6	
*CK12 Sandwich, Toasted or Panini, Turk... (41217.10)	1 ea	169	38.0	456.2	
*CK12 Sandwich, Toasted or Panini, Ham ... (41217.9)	1 ea	171	38.7	464.8	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Mexican, Pita, Whole Grain... (40360)	1 ea	152	39.7	316.9	
*CK12 Stromboli, Ham and Cheese, 7" (34899.4)	1 ea	232	58.3	517.2	
*CK12 Sandwich, Wrap, Santa Fe Turkey a... (39555)	1 ea	277	54.6	446.7	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CCK12 Tacos, Fish (Breaded), 6" Flour ... (43129)	2 ea	219	57.4	486.0	
*CK12 Beans, Pinto, Mexican Style (1/2 ... (39343.3)	1/2 cup	191	26.7	147.9	
*CK12 Vegetables, Roasted Italian (zucc... (34811)	1/2 cup	154	8.2	78.1	
*CK12 Salad, Side, Sweet Corn (35338.1)	1/2 cup	122	17.6	95.3	
*CK12 Salad, Side, Tossed (34803)	1/2 cup	43	2.0	9.2	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	30.8	
*CK12 Applesauce, Cinnamon, Canned, Uns... (33761.7)	1/2 cup	127	14.5	53.8	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			904.7	7433.4	
Daily Totals for 2/24/2012			904.7	7433.4	
Daily Value			300.0	2000.0	
% Daily Value			302%	372%	
Daily Average for Week (2/18/2012 - 2/24/2012)					
% Daily Value Average for Week (2/18/2012 - 2/24/2012)					

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS February Menu

Lunch

Monday - February 27, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Ham, Slice, Breakfast (34498)	1 slice	35	0.4	41.0	
*CK12 Sweet Potato, Frozen, Coins, Cinn... (40223)	1/2 cup	88	23.4	185.0	
*CK12 Peas, Frozen, Seasoned (1/2 cup) (34655.5)	1/2 cup	97	13.5	93.2	
*CK12 Roll, Dinner, Whole Wheat, 1.25 o... (35366)	1 ea	36	15.5	85.9	
*CK12 Dressing, Honey Mustard, Homemade (44458)	2 tbsp	33	10.4	87.6	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Burger, Beef (Advance 2.5 oz Red... (34925.14)	1 ea	139	25.5	297.0	
*CK12 Chicken, Nuggets, WG, Tyson, 5 ea... (35365)	5 ea	84	13.8	171.4	
*CK12 Sandwich, Wrap, Chicken, Ranchero... (34893.4)	1 ea	311	68.0	622.6	
*CK12 Sandwich, Chicken, Spicy, Breaded... (40134.2)	1 ea	146	35.6	331.0	
*CK12 Sandwich, Toasted or Panini, Ham ... (41217.9)	1 ea	171	38.7	464.8	
*CK12 Sandwich, Toasted or Panini, Turk... (41217.10)	1 ea	169	38.0	456.2	
*CK12 Corn, Frozen, Seasoned (1/2 cup) (34655)	1/2 cup	84	15.9	86.0	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Pepperoni, White Whole Whe... (34238.9)	1 slice	185	40.2	433.9	
*CK12 Flatbread, Roasted Vegetable Supr... (39785)	1 ea	191	30.3	372.0	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Sandwich, Hoagie, Ham and Cheese,... (40421)	1 ea	226	40.6	392.8	
*CK12 Tacos, Soft, Beef (35027)	2 ea	250	39.6	505.2	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CK12 Beans, Refried, Vegetarian, Canne... (37533.3)	1/2 cup	116	15.7	96.4	
*CK12 Vegetables, Roasted Italian (zucc... (34811)	1/2 cup	154	8.2	78.1	
*CK12 Salad, Side, Pasta, Green Goddess (39796)	1/2 cup	88	23.1	160.2	
*CK12 Banana, Petite, Fresh (1318.3)	1 ea	74	16.8	65.5	
*CK12 Oranges, Mandarin, Canned, Light ... (33761.6)	1/2 cup	215	20.5	79.4	
*CK12 Fruit Cocktail, Canned, Light Syr... (33761.1)	1/2 cup	123	18.4	70.4	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			707.6	6581.6	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Daily Totals for 2/27/2012	707.6	6581.6	
Daily Value	300.0	2000.0	
% Daily Value	236%	329%	

HS February Menu

Lunch

Tuesday - February 28, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Chicken, Leg, Roasted, Tarragon M... (40443.2)	1 piece	50	0.4	127.0	
*CK12 Rice, Brown, Veggie (39794)	2/3 cup	104	20.0	110.1	
*CK12 Vegetables, Roasted Italian (zucc... (34811)	1/2 cup	154	8.2	78.1	
*CK12 Bread, Pita, Whole Wheat, 6" (41090)	1 ea	65	35.2	172.1	
*CK12 Sauce, Tzatziki, Homemade (40261)	1 floz	21	1.4	20.8	
*CK12 Onions, Green, Chopped (39399)	1 tbsp	6	0.5	2.0	
*CK12 Sandwich, Chicken, Spicy, Breaded... (40134.2)	1 ea	146	35.6	331.0	
*CK12 Sandwich, WG Breaded Chicken, WG ... (34921)	1 ea	148	46.1	350.6	
*CK12 Sandwich, Toasted or Panini, Turk... (41217.10)	1 ea	169	38.0	456.2	
*CK12 Sandwich, Toasted or Panini, Ham ... (41217.9)	1 ea	171	38.7	464.8	
*CK12 Sandwich, Cheese Steak, Philly, 6... (40418.1)	1 ea	173	40.8	391.0	
*CK12 Sandwich, Turkey, Ham, Grilled, T... (41116)	1 ea	200	48.1	375.9	
*CK12 Fruit Crisp (37814)	1/2 cup	147	31.0	138.3	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Sausage (Pork), White Who... (34238.23)	1 slice	178	39.7	409.6	
*CK12 Dunkers, Cheesy Italian, with Piz... (40536)	2 ea	268	53.6	429.2	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CK12 Pork Carnitas (38128.1)	3 oz (p)	91	1.2	207.4	
*CK12 Beans, Black (39343.4)	1/2 cup	151	35.6	205.3	
*CK12 Corn, Frozen, Seasoned (1/2 cup) (34655)	1/2 cup	84	15.9	86.0	
*CK12 Salad, Side, Pasta, Green Goddess (39796)	1/2 cup	88	23.1	160.2	
*CK12 Peaches, Canned, Light Syrup (33761)	1/2 cup	152	22.1	82.2	
*CK12 Salad, Antipasta (40537)	1 ea	325	49.6	407.5	
*CK12 Apple, Red Delicious, Whole (34124)	1 ea	118	16.3	61.5	
*CK12 Salad, Side, Spinach, Crunchy (34815)	1/2 cup	37	3.6	30.1	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS February Menu

Lunch

Tuesday - February 28, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			748.5	6454.2	
Daily Totals for 2/28/2012			748.5	6454.2	
Daily Value			300.0	2000.0	
% Daily Value			249%	323%	

HS February Menu

Lunch

Wednesday - February 29, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Chicken, Fajita Meat, USDA, FC, H... (37911)	3-3/4 oz	106	1.1	135.0	
*CK12 Tortilla Chips or Strips, Toasted... (40035)	1 oz	28	11.2	69.9	
*CK12 Beans, Black, Southwest Style, wi... (35147)	1/2 cup	106	18.7	103.5	
*CK12 Peppers and Onions, Fresh, Sautee... (37412)	1/2 cup	105	7.5	42.2	
*CK12 Tortilla, Whole Wheat, 10" (37943.1)	1 ea	71	34.3	206.1	
*CK12 Cheese, Cheddar, Reduced Fat, Shr... (37852.3)	1/2 oz	14	0.3	40.0	
*CK12 Roasted Tomato Salsa- Fresca (34600)	1/2 cup	77	3.8	26.6	
*CK12 Cilantro, Fresh, Garnish (39508.3)	1 tsp	1	0.0	0.2	
*CK12 Potato, Wedges, Fresh, Roma Herb ... (34801.2)	1/2 cup	138	29.0	143.5	
*CK12 Sandwich, Cheese, Toasted (WW Bre... (34873.14)	1 ea	161	42.7	492.0	
*CK12 Burger, Beef (3.2 oz 80/20 raw), ... (34925.15)	1 ea	193	27.8	384.7	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Pita (Whole Wheat, 2.25 oz... (34676)	1 ea	234	44.2	385.5	
*CK12 Hot Pocket, Cheese (39566.1)	1 ea	238	60.0	649.8	
*CK12 Dipping Sauce, Tomato, 1/2 cup (38974)	1/2 cup	126	11.4	58.0	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Salad, Monterey Ranch Chicken (Wi... (34818.1)	1 ea	223	23.6	278.4	
*CK12 Dressing, Ranch, Homemade (39425)	2 tbsp	34	2.9	41.2	
*CK12 Flatbreads, Toasted (34761.5)	3 ea	57	23.8	203.1	
*CK12 Salad, WG Breaded Chicken Caesar,... (35031)	1 ea	233	33.2	320.7	
*CK12 Sandwich, Bagel (3 oz), Turkey Cl... (34798)	1 sandwich	232	45.1	359.6	
*CK12 Parfait, Lunch, Yogurt Strawberry... (34510.1)	1 ea	356	86.4	398.5	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	30.8	
*CK12 Pineapple, Chunks, Canned, Juice ... (33761.3)	1/2 cup	126	19.9	75.9	
*Raisins, 1.5 oz, PC (18507)	1 ea	43	33.7	127.1	
*CK12 Salad, Side, Pasta, Green Goddess (39796)	1/2 cup	88	23.1	160.2	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS February Menu

Lunch

Wednesday - February 29, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Fruit, with Pudding and Marshmall... (40244)	1/2 cup	129	26.6	103.4	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			758.6	6090.1	
Daily Totals for 2/29/2012			758.6	6090.1	
Daily Value			300.0	2000.0	
% Daily Value			253%	305%	
Daily Average for Week (2/23/2012 - 2/29/2012)			1396.3	11834.7	
% Daily Value Average for Week (2/23/2012 - 2/29/2012)			465%	592%	
Daily Average for Date Range (2/1/2012 - 2/29/2012)			751.9	6372.5	
% Daily Value Average for Date Range (2/1/2012 - 2/29/2012)			251%	319%	

HS January Menu

Lunch

Wednesday - February 01, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Meatloaf, Beef, Homemade (80/20 B... (36927)	1 slice	98	8.0	193.6	
*CK12 Potatoes, Mashed, Instant, 26 oz ... (35038)	1/2 cup	108	13.3	62.4	
*CK12 Pasta, Macaroni and Cheese (36236)	2/3 cup	191	26.0	389.7	
*CK12 Beans, Green, Frozen, Seasoned (1... (34655.1)	1/2 cup	80	5.1	41.3	
*CK12 Mixed Vegetables, Frozen, Season... (34655.6)	1/2 cup	113	14.5	91.1	
*CK12 Roll, Dinner, Whole Wheat, 1.34 o... (35366.1)	1 ea	38	19.4	101.1	
*CK12 Gravy, Brown, Homemade (40423)	2 floz	88	5.0	25.2	
*CK12 Parsley, Dried, Garnish (39508.1)	1/2 tsp	0	0.1	0.6	
*CK12 Chicken, Nuggets, WG, Tyson, 5 ea... (35365)	5 ea	84	13.8	171.4	
*CK12 Biscuit, Whole Grain (34538)	1 ea	57	23.7	191.6	
*CK12 Burger, Beef (3.2 oz 80/20 raw), ... (34805.1)	1 ea	180	25.7	342.8	
*CK12 Sandwich, Chicken, Spicy, Breaded... (40134.2)	1 ea	146	35.6	331.0	
*CK12 Sandwich, WG Breaded Chicken, WG ... (34921)	1 ea	148	46.1	350.6	
*CK12 Sandwich, Toasted or Panini, Turk... (41217.10)	1 ea	169	38.0	456.2	
*CK12 Sandwich, Toasted or Panini, Ham ... (41217.9)	1 ea	171	38.7	464.8	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS January Menu

Lunch

Wednesday - February 01, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Mixed Vegetables, Frozen, Seasoned... (34655.6)	1/2 cup	113	14.5	91.1	
*CK12 Salad, Side, Lettuce (Romaine) and... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Pepperoni, White Whole Whe... (34238.9)	1 slice	185	40.2	433.9	
*CK12 Dunkers, Cheesy Italian, with Piz... (40536)	2 ea	268	53.6	429.2	
*CK12 Vegetables, Roasted Italian (zucc... (34811)	1/2 cup	154	8.2	78.1	
*CK12 Rice, Brown, Cilantro Lime (34654)	1/2 cup	116	23.7	127.9	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CK12 Fajitas, Chicken (cooked diced), ... (34767)	1 ea	248	59.6	474.9	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Sandwich, Turkey, Pita (6" WW), C... (41120.1)	1 ea	285	53.4	435.6	
*CK12 Salad, Side, Coleslaw, Confetti (35364)	1/2 cup	106	7.9	94.5	
*CK12 Salad, Side, Tossed (34803)	1/2 cup	43	2.0	9.2	
*CK12 Fruit Crisp (37814)	1/2 cup	147	31.0	138.3	
*CK12 Oranges, Mandarin, Canned, Light ... (33761.6)	1/2 cup	215	20.5	79.4	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			771.2	6962.6	
Daily Totals for 2/1/2012			771.2	6962.6	
Daily Value			300.0	2000.0	
% Daily Value			257%	348%	

HS January Menu

Lunch

Thursday - February 02, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Sausage, Italian, Crumbles (40152)	2 oz	57	2.4	195.0	
*CK12 Ham, Diced, Cooked (37786)	2-1/2 oz	71	0.9	82.0	
*CK12 Rice, Brown, Cajun (39526)	1/2 cup	91	23.3	131.2	
*CK12 Rice, Brown (2.7)	1/2 cup	105	21.9	104.9	
*CK12 Apple, Warm Baked Slices (34669)	1/2 cup	117	29.5	117.1	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS January Menu

Lunch

Thursday - February 02, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Biscuit, Southern Style, Frozen D... (34538.2)	1 ea	64	30.6	226.8	
*CK12 Sauce, Marinara, Homemade, Spicy,... (40346.1)	1/2 cup	158	13.8	74.3	
*CK12 Onions, Green, Chopped (39399)	1 tbsp	6	0.5	2.0	
*CK12 Sandwich, BBQ Chicken (Diced), on... (40016)	1 ea	142	34.9	279.2	
*CK12 Sandwich, Chicken, Spicy, Breaded... (40134.2)	1 ea	146	35.6	331.0	
*CK12 Sandwich, WG Breaded Chicken, WG ... (34921)	1 ea	148	46.1	350.6	
*CK12 Sandwich, Toasted or Panini, Turk... (41217.10)	1 ea	169	38.0	456.2	
*CK12 Sandwich, Toasted or Panini, Ham ... (41217.9)	1 ea	171	38.7	464.8	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Chicken Bruschetta, White ... (34238.1)	1 slice	267	43.2	361.1	
*CK12 Hot Pocket, Ham and Cheese (39566.2)	1 ea	294	64.6	544.4	
*CK12 Dipping Sauce, Tomato, 1/2 cup (38974)	1/2 cup	126	11.4	58.0	
*CK12 Salad, Side, Marinated Tomato and... (36008)	1/2 cup	75	2.9	93.3	
*CK12 Salad, Mandarin Chicken, with Cru... (34819.1)	1 ea	265	20.0	226.1	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CK12 Rice, Fiesta, Brown (34764.1)	1/2 cup	153	25.6	131.2	
*CK12 Beans, Pinto, Mexican Style (1/2 ... (39343.3)	1/2 cup	191	26.7	147.9	
*CK12 Corn, Frozen, Seasoned (1/2 cup) (34655)	1/2 cup	84	15.9	86.0	
*CK12 Salad, Side, Tossed (34803)	1/2 cup	43	2.0	9.2	
*CK12 Salad, Side, Coleslaw, Confetti (35364)	1/2 cup	106	7.9	94.5	
*CK12 Banana, Petite, Fresh (1318.3)	1 ea	74	16.8	65.5	
*CK12 Pineapple, Chunks, Canned, Juice ... (33761.3)	1/2 cup	126	19.9	75.9	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			716.6	6065.5	
Daily Totals for 2/2/2012			716.6	6065.5	
Daily Value			300.0	2000.0	
% Daily Value			239%	303%	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS January Menu

Lunch

Friday - February 03, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Chicken, Leg, Roasted, Golden Ita... (40443)	1 piece	64	1.3	142.1	
*CK12 Pasta, Fettucini, Enriched, Cooke... (35978.4)	1 cup	140	43.2	221.2	
*CK12 Pasta, Spaghetti, Whole Grain, Co... (35978.5)	1 cup	43	32.3	150.0	
*CK12 Vegetables, Roasted Italian (zucc... (34811)	1/2 cup	154	8.2	78.1	
*CK12 Beans, Green, Frozen, Seasoned (1... (34655.1)	1/2 cup	80	5.1	41.3	
*CK12 Bread, Garlic Twist, Whole Wheat,... (41161)	1 ea	48	17.9	135.4	
*CK12 Sauce, Roasted Garlic Cream (roas... (41313)	1/4 cup	67	5.2	50.1	
*CK12 Sauce, Marinara, Homemade, 1/2 cu... (40346)	1/2 cup	140	12.7	68.9	
*CK12 Seasoning Mix, Roma Herb Blend (37415)	1/4 tsp	0	0.2	1.7	
*CK12 Sandwich, Meatloaf, Southern BBQ ... (41119)	1 ea	307	67.6	538.3	
*CK12 Sandwich, Wrap, Chicken Parmesan ... (35014)	1 ea	193	46.4	425.1	
*CK12 Sandwich, Chicken, Spicy, Breaded... (40134.2)	1 ea	146	35.6	331.0	
*CK12 Sandwich, WG Breaded Chicken, WG ... (34921)	1 ea	148	46.1	350.6	
*CK12 Sandwich, Toasted or Panini, Ham ... (41217.9)	1 ea	171	38.7	464.8	
*CK12 Sandwich, Toasted or Panini, Turk... (41217.10)	1 ea	169	38.0	456.2	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, BBQ Chicken (peppers, mush... (34238.5)	1 slice	180	43.9	385.5	
*CK12 Pizza, Veggie Lovers, White Whole... (34238.26)	1 slice	208	41.8	406.3	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CCK12 Tacos, Fish (Breaded), 6" Flour ... (43129)	2 ea	219	57.4	486.0	
*CK12 Beans, Pinto, Mexican Style (1/2 ... (39343.3)	1/2 cup	191	26.7	147.9	
*CK12 Vegetables, Roasted Italian (zucc... (34811)	1/2 cup	154	8.2	78.1	
*CK12 Salad, Side, Coleslaw, Confetti (35364)	1/2 cup	106	7.9	94.5	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	30.8	
*CK12 Applesauce, Canned, Unsweetened (33761.4)	1/2 cup	127	14.3	53.4	
*CK12 Fruit Crisp (37814)	1/2 cup	147	31.0	138.3	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			780.7	6632.9	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Daily Totals for 2/3/2012	780.7	6632.9	
Daily Value	300.0	2000.0	
% Daily Value	260%	332%	
Daily Average for Week (2/1/2012 - 2/3/2012)	1396.3	11834.7	
% Daily Value Average for Week (2/1/2012 - 2/3/2012)	465%	592%	

HS January Menu

Lunch

Monday - February 06, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Chicken, Popcorn, CN (Tyson 3956-... (39401)	15 piece	106	17.4	291.8	
*CK12 Rice, Brown, Fried (liquid whole ... (37816)	3/4 cup	163	25.1	166.7	
*CK12 Rice, Brown (2.7)	1/2 cup	105	21.9	104.9	
*CK12 Peppers, Bell, Red and Green, Roa... (34811.1)	1/2 cup	100	4.3	61.2	
*CK12 Vegetables, Fresh, Stir Fried (37922)	1/2 cup	67	4.7	41.5	
*CK12 Crunchy Asian Topping (21616.1)	3/4 oz	21	9.3	67.6	
*CK12 Roll, Dinner, Whole Wheat, 1.34 o... (35366.1)	1 ea	38	19.4	101.1	
*CK12 Sauce, Sweet and Sour, Chinese St... (37927)	1/4 cup	75	11.1	49.0	
*CK12 Onions, Green, Chopped (39399)	1 tbsp	6	0.5	2.0	
*CK12 Sandwich, Sliders, Chicken (Diced... (40417)	2 ea	152	39.5	332.1	
*CK12 Burger, Beef (Advance 2.5 oz Red.... (34925.14)	1 ea	139	25.5	297.0	
*CK12 Sandwich, WG Breaded Chicken, WG ... (34921)	1 ea	148	46.1	350.6	
*CK12 Sandwich, Chicken, Spicy, Breaded... (40134.2)	1 ea	146	35.6	331.0	
*CK12 Sandwich, Toasted or Panini, Turk... (41217.10)	1 ea	169	38.0	456.2	
*CK12 Sandwich, Toasted or Panini, Reub... (41217.14)	1 ea	213	46.3	468.1	
*CK12 Sandwich, Toasted or Panini, Ham ... (41217.9)	1 ea	171	38.7	464.8	
*CK12 Potato, Wedges, Fresh, Roma Herb ... (34801.2)	1/2 cup	138	29.0	143.5	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Pepperoni, White Whole Whe... (34238.9)	1 slice	185	40.2	433.9	
*CK12 Pizza, Roasted Vegetable, White W... (34238.2)	1 slice	274	45.3	447.6	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Sandwich, Wrap, Chicken Caesar (D... (34941.4)	1 ea	288	55.2	547.5	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CK12 Tacos, Soft, Beef (35027)	2 ea	250	39.6	505.2	
*CK12 Beans, Refried, Vegetarian, Canne... (37533.3)	1/2 cup	116	15.7	96.4	
*CK12 Vegetables, Roasted Italian (zucc... (34811)	1/2 cup	154	8.2	78.1	
*CK12 Salad, Side, Spinach, Crunchy (34815)	1/2 cup	37	3.6	30.1	
*CK12 Fruit, with Pudding and Marshmall... (40244)	1/2 cup	129	26.6	103.4	
*CK12 Orange, Wedges (34123.1)	4 wedge	96	11.2	44.9	
*CK12 Pears, Canned, Light Syrup (33761.2)	1/2 cup	157	23.8	89.3	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS January Menu

Lunch

Monday - February 06, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			825.7	7462.9	
Daily Totals for 2/6/2012			825.7	7462.9	
Daily Value			300.0	2000.0	
% Daily Value			275%	373%	

HS January Menu

Lunch

Tuesday - February 07, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Pasta, Bow Tie, Enriched, Cooked (35978.3)	1 cup	140	43.2	221.2	
*CK12 Pasta, Whole Grain, Rotini or Pe... (39393)	1 cup	140	37.2	174.0	
*CK12 Cheese, Mozzarella, Part Skim, Sh... (37852.1)	1/2 oz	14	0.5	42.8	
*CK12 Broccoli, Frozen, Seasoned (1/2 c... (34655.2)	1/2 cup	86	5.6	47.7	
*CK12 Bread, Garlic, Whole Wheat Bun (1... (40310)	1 piece	28	11.9	67.2	
*CK12 Sauce, Marinara, Homemade, 1/2 cu... (40346)	1/2 cup	140	12.7	68.9	
*CK12 Meatballs in Sauce (5 Advance Mea... (40135)	5 ea	135	13.2	208.7	
*CK12 Sauce, Roasted Garlic Cream (roas... (41313)	1/4 cup	67	5.2	50.1	
*CK12 Seasoning Mix, Roma Herb Blend (37415)	1/4 tsp	0	0.2	1.7	
*CK12 Burger, Turkey (2.38 oz), Jalapen... (40274.1)	1 ea	192	29.9	286.5	
*CK12 Sandwich, Stromboli Grinder, Beef... (38084.1)	1 ea	177	24.8	345.0	
*CK12 Sandwich, Chicken, Spicy, Breaded... (40134.2)	1 ea	146	35.6	331.0	
*CK12 Sandwich, WG Breaded Chicken, WG ... (34921)	1 ea	148	46.1	350.6	
*CK12 Sandwich, Toasted or Panini, Turk... (41217.10)	1 ea	169	38.0	456.2	
*CK12 Sandwich, Toasted or Panini, Ham ... (41217.9)	1 ea	171	38.7	464.8	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Pepperoni, White Whole Whe... (34238.9)	1 slice	185	40.2	433.9	
*CK12 Flatbread, Cheeseburger (39783)	1 ea	175	30.0	359.9	
*CK12 Sandwich, Wrap, Santa Fe Turkey a... (39555)	1 ea	277	54.6	446.7	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS January Menu

Lunch

Tuesday - February 07, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CK12 Corn, Frozen, Seasoned (1/2 cup) (34655)	1/2 cup	84	15.9	86.0	
*CK12 Pork Carnitas (38128.1)	3 oz (p)	91	1.2	207.4	
*CK12 Beans, Black (39343.4)	1/2 cup	151	35.6	205.3	
*CK12 Fruit, with Pudding and Marshmall... (40244)	1/2 cup	129	26.6	103.4	
*CK12 Salad, Side, Coleslaw, Confetti (35364)	1/2 cup	106	7.9	94.5	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	30.8	
*CK12 Fruit Cocktail, Canned, Light Syr... (33761.1)	1/2 cup	123	18.4	70.4	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			724.2	6511.9	
Daily Totals for 2/7/2012			724.2	6511.9	
Daily Value			300.0	2000.0	
% Daily Value			241%	326%	

HS January Menu

Lunch

Wednesday - February 08, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Waffles, 1.2 oz (2 each) (34703)	2 ea	70	30.1	199.5	
*CK12 Sausage, Turkey, Patty, FC, 1.025... (37857)	2 ea	58	0.4	127.7	
*CK12 Potato, Tater Tots (34680)	1/2 cup	67	18.7	127.9	
*CK12 Apple, Warm Baked Slices (34669)	1/2 cup	117	29.5	117.1	
*CK12 Syrup, 1 oz, Bulk (34503.1)	1 floz	39	24.1	91.8	
*CK12 Chicken, Tenders, Breaded, Homest... (40026)	3 ea	178	28.5	417.6	
*CK12 Biscuit, Southern Style, Frozen D... (34538.2)	1 ea	64	30.6	226.8	
*CK12 Sandwich, BBQ Shredded Pork, Whol... (35417.4)	1 ea	111	25.5	218.9	
*CK12 Sandwich, Chicken, Spicy, Breaded... (40134.2)	1 ea	146	35.6	331.0	
*CK12 Sandwich, WG Breaded Chicken, WG ... (34921)	1 ea	148	46.1	350.6	
*CK12 Sandwich, Toasted or Panini, Ham ... (41217.9)	1 ea	171	38.7	464.8	
*CK12 Sandwich, Toasted or Panini, Turk... (41217.10)	1 ea	169	38.0	456.2	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS January Menu

Lunch

Wednesday - February 08, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Stromboli, Pepperoni Bread (34899.2)	1 ea	232	58.2	691.2	
*CK12 Dipping Sauce, Tomato, 1/2 cup (38974)	1/2 cup	126	11.4	58.0	
*CK12 Hot Dog, Turkey 8/lb, Twist, Whit... (34678)	1 ea	145	37.2	330.9	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Sandwich, Chicken Salad, Whole Wh... (34807.2)	1 ea	233	32.4	336.5	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CK12 Fajitas, Chicken (cooked diced), ... (34767)	1 ea	248	59.6	474.9	
*CK12 Rice, Brown, Cilantro Lime (34654)	1/2 cup	116	23.7	127.9	
*CK12 Vegetables, Roasted Italian (zucc... (34811)	1/2 cup	154	8.2	78.1	
*CK12 Fruit, with Pudding and Marshmall... (40244)	1/2 cup	129	26.6	103.4	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	30.8	
*CK12 Banana, Petite, Fresh (1318.3)	1 ea	74	16.8	65.5	
*CK12 Applesauce, Canned, Unsweetened (33761.4)	1/2 cup	127	14.3	53.4	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			785.2	6837.7	
Daily Totals for 2/8/2012			785.2	6837.7	
Daily Value			300.0	2000.0	
% Daily Value			262%	342%	

HS January Menu

Lunch

Thursday - February 09, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Chicken, Popcorn, CN (Tyson 3956-... (39401)	15 piece	106	17.4	291.8	
*CK12 Rice, Brown (2.7)	1/2 cup	105	21.9	104.9	
*CK12 Rice, Brown, Fried (liquid whole ... (37816)	3/4 cup	163	25.1	166.7	
*CK12 Broccoli, Frozen, Seasoned (1/2 c... (34655.2)	1/2 cup	86	5.6	47.7	
*CK12 Vegetables, Fresh, Stir Fried (37922)	1/2 cup	67	4.7	41.5	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS January Menu

Lunch

Thursday - February 09, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Breadstick, Sesame, WG, 1.5 oz (40250)	1 ea	43	20.0	107.5	
*CK12 Thai Basil Orange Sauce (34550)	1 floz	32	3.4	15.6	
*CK12 Onions, Green, Chopped (39399)	1 tbsp	6	0.5	2.0	
*CK12 Sandwich, Wrap, Chicken (diced), ... (35014.1)	1 ea	271	55.8	430.9	
*CK12 Sandwich, Chicken, Spicy, Breaded... (40134.2)	1 ea	146	35.6	331.0	
*CK12 Sandwich, WG Breaded Chicken, WG ... (34921)	1 ea	148	46.1	350.6	
*CK12 Sandwich, Toasted or Panini, Turk... (41217.10)	1 ea	169	38.0	456.2	
*CK12 Sandwich, Toasted or Panini, Ham ... (41217.9)	1 ea	171	38.7	464.8	
*CK12 Sandwich, BBQ Chicken (Diced), on... (40016)	1 ea	142	34.9	279.2	
*CK12 Broccoli, Frozen, Seasoned, with ... (34655.8)	1/2 cup	93	5.7	76.2	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Hawaiian, White Whole Whea... (34238.7)	1 slice	209	43.6	394.8	
*CK12 Dunkers, Cheesy Italian, with Piz... (40536)	2 ea	268	53.6	429.2	
*CK12 Vegetables, Crudite Cup, Fresh (35481.1)	1/2 cup	67	4.7	20.7	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Sandwich, Wrap (12" Whole Wheat),... (34724.1)	1 ea	259	56.8	493.3	
*CK12 Rice, Fiesta, Brown (34764.1)	1/2 cup	153	25.6	131.2	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CK12 Beans, Pinto, Mexican Style (1/2 ... (39343.3)	1/2 cup	191	26.7	147.9	
*CK12 Corn, Frozen, Seasoned (1/2 cup) (34655)	1/2 cup	84	15.9	86.0	
*CK12 Pineapple, Chunks, Canned, Juice ... (33761.3)	1/2 cup	126	19.9	75.9	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	30.8	
*CK12 Fruit, with Pudding and Marshmall... (40244)	1/2 cup	129	26.6	103.4	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			777.5	6437.1	
Daily Totals for 2/9/2012			777.5	6437.1	
Daily Value			300.0	2000.0	
% Daily Value			259%	322%	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS January Menu

Lunch

Friday - February 10, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Chicken, Patty, Breaded, Whole Gr... (39397)	1 ea	91	15.2	188.3	
*CK12 Pasta, Whole Grain, Rotini or Pe... (39393)	1 cup	140	37.2	174.0	
*CK12 Pasta, Spaghetti, Whole Grain, Co... (35978.5)	1 cup	43	32.3	150.0	
*CK12 Mixed Vegetables, Frozen, Season... (34655.6)	1/2 cup	113	14.5	91.1	
*CK12 Squash, Butternut, Roasted Sweet ... (39404)	1/2 cup	155	18.2	108.8	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	100.0	
*CK12 Sauce, Marinara, Homemade, 1/2 cu... (40346)	1/2 cup	140	12.7	68.9	
*CK12 Cheese, Mozzarella, Part Skim, Sh... (37852.1)	1/2 oz	14	0.5	42.8	
*CK12 Sandwich, Cheese Steak, Peppers a... (40418)	1 ea	277	48.3	433.3	
*CK12 Sandwich, Turkey, Pita (6" WW), T... (41120)	1 ea	226	39.8	345.4	
*CK12 Quesadilla, Cheese, with Salsa (35981.1)	2 wedge	173	41.3	371.8	
*CK12 Sandwich, Toasted or Panini, Ham ... (41217.9)	1 ea	171	38.7	464.8	
*CK12 Sandwich, Toasted or Panini, Turk... (41217.10)	1 ea	169	38.0	456.2	
*CK12 Sandwich, WG Breaded Chicken, WG ... (34921)	1 ea	148	46.1	350.6	
*CK12 Sandwich, Chicken, Spicy, Breaded... (40134.2)	1 ea	146	35.6	331.0	
*CK12 Potato, Wedges, Fresh, Roma Herb ... (34801.2)	1/2 cup	138	29.0	143.5	
*CK12 Salad, Side, Lettuce (Romaine) an... (35657.2)	1/2 cup	50	1.9	9.0	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Pizza, Red Hot Chicken (Cooked Di... (34238.8)	1 slice	187	38.9	367.3	
*CK12 Hot Pocket, Cheese (39566.1)	1 ea	238	60.0	649.8	
*CK12 Dipping Sauce, Tomato, 1/2 cup (38974)	1/2 cup	126	11.4	58.0	
*CK12 Salad, Side, Caesar (100% romaine... (34815.1)	1/2 cup	39	2.9	20.2	
*CK12 Bar, Deli, Great Lakes, High Scho... (34963.5)	1 sandwich	215	40.8	433.6	
*CK12 Salad, Chicken, Oriental (40060)	1 ea	150	14.9	209.8	
*CK12 Chicken, Taco Meat, Dry Taco Mix ... (34810.7)	2 oz meat	62	3.1	103.0	
*CCK12 Tacos, Fish (Breaded), 6" Flour ... (43129)	2 ea	219	57.4	486.0	
*CK12 Beans, Pinto, Mexican Style (1/2 ... (39343.3)	1/2 cup	191	26.7	147.9	
*CK12 Vegetables, Roasted Italian (zucc... (34811)	1/2 cup	154	8.2	78.1	
*CK12 Fruit, with Pudding and Marshmall... (40244)	1/2 cup	129	26.6	103.4	
*CK12 Salad, Side, Apple, Yogurt Honey ... (40078)	1/2 cup	93	17.8	72.3	
*CK12 Celery Sticks, Fresh (37458.1)	1/2 cup	74	2.2	11.9	
*CK12 Apple, Red Delicious, Whole (34124)	1 ea	118	16.3	61.5	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	119.8	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	48.7	
*CK12 Mayonnaise, Lite, Bulk Condiment (34927)	1 tbsp	15	1.3	50.1	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

HS January Menu

Lunch

Friday - February 10, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Salad Dressing, Italian, Light, B... (34931.1)	1 tbsp	16	1.3	27.2	
Lunch Totals			894.6	7443.7	
Daily Totals for 2/10/2012			894.6	7443.7	
Daily Value			300.0	2000.0	
% Daily Value			298%	372%	
Daily Average for Week (2/4/2012 - 2/10/2012)			6275.8	54354.2	
% Daily Value Average for Week (2/4/2012 - 2/10/2012)			2092%	2718%	
Daily Average for Date Range (2/1/2012 - 2/29/2012)			784.5	6794.3	
% Daily Value Average for Date Range (2/1/2012 - 2/29/2012)			261%	340%	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

Copyright © 2012 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.