

# Menu Item Nutrients

Generated on: 3/1/2022 4:47:23 PM by Antonia Etzel

Date: 03/29/2022 - 03/31/2022

Meal Service: -- ALL --

## Molalla Elementary

Menu Item	Carb (g)
<b>Tuesday 03/29/2022, Breakfast, B-Café Classics</b>	
<b>Menu Item &amp; Assembly; May Choose: 1</b>	
Cocoa Puffs Cereal - SR1170 (1 bowl) May contain Gluten, Wheat.	25.00
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	22.68
Mini Maple Waffles - NWR1408 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.	35.00
<b>Grains; May Choose: 1</b>	
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	14.32
<b>Fruit; May Choose: 2</b>	
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	12.69
<b>Milk; May Choose: 1</b>	
1% White Milk - NWR4130 (1 Carton) Contains Milk.	12.00
Skim Milk - NWR4210 (1 Carton) Contains Milk.	12.00

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Menu Item	Carb (g)
<b>Tuesday 03/29/2022, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>	
<b>Entrée/Combo; May Choose: 1</b>	
Variety of Entrees - SR2092 (1 serving)	0.00
<b>Fruit; May Choose: 1</b>	
Diced Peaches - SR3040 (1/2 c.)	13.78
<b>Vegetable; May Choose: 2</b>	
Celery Sticks - SR1014 (6 stick.)	1.92
Fresh Broccoli Florets - SR1027 (1/2 c.)	2.12
<b>Milk; May Choose: 1</b>	
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	24.00
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	13.00
<b>Condiment; May Choose: 1</b>	
Ketchup - SR2542 (1 packet)	3.00
Ranch Dressing - SR2540 (1 packet) Contains Egg, Milk.	1.00
<b>Tuesday 03/29/2022, Lunch, CH-Main Event (II-Play)</b>	
<b>Menu Item &amp; Assembly; May Choose: 1</b>	
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Soy, Wheat. May contain Soy.	42.00
<b>Entrée/Combo; May Choose: 1</b>	
Poppin Chicken Salad - NWR1328 (1 salad) Contains Gluten, Milk, Soy, Wheat.	12.60
<b>Grains; May Choose: 1</b>	
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Wheat. May contain Soy.	24.00
<b>Wednesday 03/30/2022, Breakfast, B-Café Classics</b>	
<b>Menu Item &amp; Assembly; May Choose: 1</b>	
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	22.00
Ham & Cheese English Muffin Sandwich - NWR4222 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Soy.	22.00

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Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	22.68
<b>Grains; May Choose: 1</b>	
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	14.32
<b>Fruit; May Choose: 2</b>	
Blueberries - SR2219 (1/2 c.)	8.87
<b>Milk; May Choose: 1</b>	
1% White Milk - NWR4130 (1 Carton) Contains Milk.	12.00
Skim Milk - NWR4210 (1 Carton) Contains Milk.	12.00
<b>Wednesday 03/30/2022, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>	
<b>Entrée/Combo; May Choose: 1</b>	
Variety of Entrees - SR2092 (1 serving)	0.00
<b>Fruit; May Choose: 1</b>	
Fruit Cocktail - SR3023 (1/2 c.)	21.67
<b>Vegetable; May Choose: 2</b>	
Baby Carrots - SR1016 (1/2 c.)	5.98
<b>Milk; May Choose: 1</b>	
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	24.00
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	13.00
<b>Wednesday 03/30/2022, Lunch, CH-Main Event (II-Play)</b>	
<b>Menu Item &amp; Assembly; May Choose: 1</b>	
Pretzel and Cheese Sauce - NWR1699 (1 portion) Contains Gluten, Milk, Wheat.	34.40
Turkey & Cheese Sandwich - NWR2791 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	33.00
<b>Thursday 03/31/2022, Breakfast, B-Café Classics</b>	
<b>Menu Item &amp; Assembly; May Choose: 1</b>	
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	22.00
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	22.68

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<b>Grains; May Choose: 1</b>	
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	14.32
Soft Baked Blueberry Breakfast Bar - NWR2479 (1 Bar) Contains Gluten, Milk, Soy, Wheat.	30.00
<b>Fruit; May Choose: 2</b>	
Orange Smiles - SR1172 (6 slice or wedge)	11.28
<b>Milk; May Choose: 1</b>	
1% White Milk - NWR4130 (1 Carton) Contains Milk.	12.00
Skim Milk - NWR4210 (1 Carton) Contains Milk.	12.00
<b>Thursday 03/31/2022, Lunch, CH-From the Garden Bar (Garden, Milk, Condiments)</b>	
<b>Entrée/Combo; May Choose: 1</b>	
Variety of Entrees - SR2092 (1 serving)	0.00
<b>Fruit; May Choose: 1</b>	
Diced Pears - SR3041 (1/2 c.)	15.33
<b>Vegetable; May Choose: 2</b>	
Chilled Black Beans - SR2006 (1/2 c.)	21.91
<b>Milk; May Choose: 1</b>	
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	24.00
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	13.00
<b>Condiment; May Choose: 1</b>	
Ketchup - SR2542 (1 packet)	3.00
Ranch Dressing - SR2540 (1 packet) Contains Egg, Milk.	1.00
Yellow Mustard PC - SR2517 (1 packet)	0.92
<b>Thursday 03/31/2022, Lunch, CH-Main Event (II-Play)</b>	
<b>Menu Item &amp; Assembly; May Choose: 1</b>	
American Sandwich - NWR4173 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	32.69
Corn Dog - SR1023 (1 corn dog) Contains Egg, Gluten, Soy, Wheat.	30.00