

# Lakewood School District

## Food Source List

Oct 26, 2017

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Recipe No. Recipe Name	Portion Size	Cals	G T-Fat	G S-fat	\$ Cost	G Prot	MG Iron	MG Calc	IU Vit-A	MG Vit-C	MG Chol	MG Sodm	G Carb	G Fiber
000489 14-15 Milk MS Breakfast	HALF PINT	134	1.18 7.95%	0.77 5.19%	\$0.00	8.52 25.45%	0.24	290	515	0.7	9	158	22.07 65.93%	0.00
000027 14-15 milk MS for lunch	cup	169	0.46 2.42%	0.30 1.58%	\$0.00	9.55 22.58%	0.37	308	590	1.2	7	210	31.24 73.86%	0.00
000111 17-18 milk Elem	1 cup	136	0.50 3.31%	0.33 2.16%	\$0.00	7.81 23.04%	0.29	254	481	0.9	6	167	24.60 72.59%	0.00
000112 17-18 milk LES breakfast	each	93	1.10 10.69%	0.72 6.97%	\$0.00	8.32 35.93%	0.03	292	303	0.6	8	115	12.16 52.51%	0.00
005066 CHEESE, STRING	OZ	82	5.26 57.37%	3.18 34.64%	\$0.00	8.09 39.20%	0.08	209	183	0.0	16	170	0.71 3.45%	0.00
000327 milk, lakewood CC	half pint	184	0.56 2.74%	0.37 1.79%	\$0.00	10.46 22.75%	0.40	338	646	1.3	8	228	33.77 73.41%	0.00
000228 MILK,1% Chocolate	HALF PINT	178	2.50 12.68%	1.54 7.81%	\$0.00	8.10 18.25%	0.68	290	490	2.3	8	153	31.50 70.99%	1.25
000230 Milk,1% Lowfat	HALF PINT	102	2.37 20.79%	1.54 13.56%	\$0.00	8.22 32.10%	0.07	305	478	0.0	12	107	12.18 47.52%	0.00
000227 MILK,2% Chocolate	HALF PINT	190	4.75 22.50%	2.93 13.86%	\$0.00	7.48 15.74%	0.60	273	568	0.0	20	165	30.33 63.84%	1.75
000229 MILK,2% Lowfat	HALF PINT	122	4.83 35.64%	3.07 22.63%	\$0.00	8.05 26.40%	0.05	293	464	0.5	20	115	11.71 38.40%	0.00
000231 MILK,Skim	HALF PINT	83	0.20 2.12%	0.14 1.48%	\$0.00	8.26 39.65%	0.07	299	500	0.0	5	103	12.15 58.35%	0.00
000226 MILK,Whole	HALF PINT	149	7.93 47.95%	4.55 27.52%	\$0.00	7.69 20.66%	0.07	276	395	0.0	24	105	11.71 31.48%	0.00
005060 STRING CHEESE	1 oz	83	5.27 57.37%	3.18 34.64%	\$0.00	8.10 39.20%	0.08	209	183	0.0	16	171	0.71 3.45%	0.00
005065 YOGURT, RASPBERRY	4 oz	108	0.82 6.82%	0.51 4.26%	\$0.00	5.22 19.37%	0.20	170	29	1.8	6	81	19.96 74.11%	0.11
005063 YOGURT, STRAWBER	4 oz	115	0.81 6.33%	0.51 4.01%	\$0.00	5.22 18.22%	0.23	171	29	2.8	6	83	21.55 75.25%	0.08

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.