

Ingredient Group	Meals Plus ID Number	Product Description	Calories (kcal)	Carb (g)
14-15 ALTERNATE OFFERINGS	R-0829	BURGER 9-12	260.0	27.0
14-15 ALTERNATE OFFERINGS	R-0846	BURGER K-8	280.0	28.0
14-15 ALTERNATE OFFERINGS	R-0908	CHEESE SANDWICH	354.6	30.0
14-15 ALTERNATE OFFERINGS	R-0830	CHEESEBURGER 9-12	313.0	27.5
14-15 ALTERNATE OFFERINGS	R-0871	CHEF SALAD WITH EGG & CHEESE LARGE 10.23.14	177.5	6.0
14-15 ALTERNATE OFFERINGS	R-0870	CHEF SALAD WITH EGG & CHEESE SMALL 10.23.14	170.0	4.5
14-15 ALTERNATE OFFERINGS	R-0873	CHEF SALAD WITH HAM & CHEESE LARGE 10.23.14	170.2	6.5
14-15 ALTERNATE OFFERINGS	R-0991	CHEF SALAD WITH HAM & CHEESE SMALL 10.23.14	162.7	5.0
14-15 ALTERNATE OFFERINGS	R-0872	CHEF SALAD WITH TURKEY & CHEESE LARGE 10.23.14	164.0	6.5
14-15 ALTERNATE OFFERINGS	R-0990	CHEF SALAD WITH TURKEY & CHEESE SMALL 10.23.14	156.5	5.0
14-15 ALTERNATE OFFERINGS	R-0868	CHICKEN TENDER WRAP- HS	471.3	46.8
14-15 ALTERNATE OFFERINGS	R-0926	CHICKEN TENDER WRAP- JH	332.7	31.0
14-15 ALTERNATE OFFERINGS	R-0795	CRISPY CHICKEN SALAD	320.0	20.5
14-15 ALTERNATE OFFERINGS	R-0881	DOUBLE CHEESE BURGER 7-12	475.1	30.5
14-15 ALTERNATE OFFERINGS	R-0865	FISH SANDWICH	330.0	40.0
14-15 ALTERNATE OFFERINGS	R-0820	FUN TRAY	280.0	35.0
14-15 ALTERNATE OFFERINGS	R-0854	GRAPE JAMWICH K-12	490.0	50.0
14-15 ALTERNATE OFFERINGS	R-0831	GRILLED CHICKEN SANDWICH	270.0	28.0
14-15 ALTERNATE OFFERINGS	R-0899	GRILLED CHICKEN WRAP- HS	341.3	32.8
14-15 ALTERNATE OFFERINGS	R-0834	HOMESTYLE CHICKEN SANDWICH	400.0	42.0
14-15 ALTERNATE OFFERINGS	R-0866	HOMESTYLE CHICKEN WRAP- HS	471.3	46.8
14-15 ALTERNATE OFFERINGS	R-0971	HUMMUS PITA	340.0	36.0
14-15 ALTERNATE OFFERINGS	R-0857	NACHOS AND CHEESE 7-12 10.17.14	650.0	55.0
14-15 ALTERNATE OFFERINGS	R-0874	SALAD W. GRILLED CHICKEN	210.0	7.0
14-15 ALTERNATE OFFERINGS	R-0875	SALAD W. SPICY CRISPY CHICKEN	350.0	22.0
14-15 ALTERNATE OFFERINGS	R-0833	SPICY CHICKEN SANDWICH	410.0	43.0
14-15 ALTERNATE OFFERINGS	R-0867	SPICY CHICKEN WRAP- HS	481.3	47.8
14-15 ALTERNATE OFFERINGS	R-0855	STRAWBERRY JAMWICH K-12 10.21.14	480.0	49.0
14-15 ALTERNATE OFFERINGS	R-0948	SUPER NACHOS AND CHEESE 9-12 10.17.14	770.0	77.0
14-15 ALTERNATE OFFERINGS	R-0993	TACO SALAD 10.28.14	338.2	35.0
14-15 ALTERNATE OFFERINGS	R-0979	TACO SALAD WITH BEEF 10.28.14	364.1	38.3
14-15 ALTERNATE OFFERINGS	R-0954	TURKEY AND CHEESE PITA	265.0	22.5
14-15 ALTERNATE OFFERINGS	R-0801	TURKEY AND CHEESE WRAP- HS	338.8	33.3
14-15 ALTERNATE OFFERINGS	R-0927	TURKEY AND CHEESE WRAP- JH	230.9	21.9
14-15 ALTERNATE OFFERINGS	R-0876	TURKEY HAM SANDWICH	286.0	30.4
14-15 ALTERNATE OFFERINGS	R-0869	TURKEY SANDWICH	278.9	30.4
14-15 ALTERNATE OFFERINGS	R-0201	YOGURT PARFAIT	384.2	73.2
14-15 BREAKFAST ENTREES	R-0988	APPLE RAISIN BARS- SCRATCH 10.28.14	219.9	37.7
14-15 BREAKFAST ENTREES	R-0897	BISCUIT WITH CHEESE 9-12	223.0	22.5
14-15 BREAKFAST ENTREES	R-0924	BISCUIT WITH CHICKEN RINGS 7-12	282.9	22.1
14-15 BREAKFAST ENTREES	R-0925	BISCUIT WITH CHICKEN RINGS K-6	221.0	19.0
14-15 BREAKFAST ENTREES	R-0896	BISCUIT WITH EGG 9-12	238.0	23.0
14-15 BREAKFAST ENTREES	R-0898	BISCUIT WITH SAUSAGE 9-12	230.0	22.0
14-15 BREAKFAST ENTREES	R-0955	BISCUIT WITH TURKEY HAM 9-12	205.0	22.0
14-15 BREAKFAST ENTREES	R-0960	BLUEBERRY BREAD- SCRATCH 10.21.14	134.1	22.1
14-15 BREAKFAST ENTREES	R-0957	ENGLISH MUFFIN WITH CHEESE 7-12	206.0	19.0
14-15 BREAKFAST ENTREES	R-0956	ENGLISH MUFFIN WITH EGG 7-12	168.0	19.0
14-15 BREAKFAST ENTREES	R-0887	ENGLISH MUFFIN WITH EGG AND CHEESE 7-12	221.0	19.5
14-15 BREAKFAST ENTREES	R-0895	ENGLISH MUFFIN WITH EGG AND SAUSAGE 7-12	228.0	19.0
14-15 BREAKFAST ENTREES	R-0894	ENGLISH MUFFIN WITH EGG AND TURKEY HAM 7-12	203.0	19.0
14-15 CONDIMENTS/ SAUCES	R-0859	BROWN GRAVY	10.0	1.5
14-15 CONDIMENTS/ SAUCES	R-0986	CHEESE SAUCE- SCRATCH 10.23.14	233.2	3.6
14-15 CONDIMENTS/ SAUCES	R-0860	CHICKEN GRAVY	17.5	3.5

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14-15 CONDIMENTS/ SAUCES	R-0929	HOMEMADE BUTTERMILK RANCH 10.21.14	58.3	2.9
14-15 CONDIMENTS/ SAUCES	R-0992	JALAPENO CHEESE SAUCE- SCRATCH 10.23.14	233.5	3.6
14-15 FRUIT/VEGETABLE/ SIDES	R-0907	BAKED BEANS 10.16.14	65.2	15.4
14-15 FRUIT/VEGETABLE/ SIDES	R-0287	BAKED CINNAMON APPLES	30.1	5.5
14-15 FRUIT/VEGETABLE/ SIDES	R-0983	BROWN RICE 10.16.14	42.8	9.3
14-15 FRUIT/VEGETABLE/ SIDES	R-0941	COLE SLAW	64.7	5.6
14-15 FRUIT/VEGETABLE/ SIDES	R-0965	CROUTONS	96.7	14.0
14-15 FRUIT/VEGETABLE/ SIDES	R-0286	FRUIT CRISP 10.20.14	47.5	9.9
14-15 FRUIT/VEGETABLE/ SIDES	R-0878	MASHED POTATOES	34.6	6.9
14-15 FRUIT/VEGETABLE/ SIDES	R-0921	ROASTED CAULIFLOWER 10.17.14	6.5	1.3
14-15 FRUIT/VEGETABLE/ SIDES	R-0880	ROMAINE & SPRING BLEND	9.0	1.8
14-15 FRUIT/VEGETABLE/ SIDES	R-0322	SCRATCH MAC N CHEESE 10.29.14	125.7	11.3
14-15 FRUIT/VEGETABLE/ SIDES	R-0935	SEASONED BLACK BEANS 10.15.14	85.3	15.6
14-15 FRUIT/VEGETABLE/ SIDES	R-0923	SEASONED GREEN BEANS	17.9	1.5
14-15 FRUIT/VEGETABLE/ SIDES	R-0985	TOMATO SOUP 9-12 10.22.14	93.7	16.4
14-15 FRUIT/VEGETABLE/ SIDES	R-0984	TOMATO SOUP K-8 10.22.14	62.5	10.9
14-15 FRUIT/VEGETABLE/ SIDES	R-0359	WITH BUTTER 10.23.14	56.0	9.5
14-15 FRUIT/VEGETABLE/ SIDES	R-0304	WITH CHICKEN FLAVORING 10.23.14	47.3	10.0
14-15 FRUIT/VEGETABLE/ SIDES	R-0951	WITH SPAGHETTI SAUCE 10.23.14	51.0	10.8
14-15 MAIN ENTREE	R-0946	BAGEL MEAL	320.1	49.5
14-15 MAIN ENTREE	R-0989	BAKED BBQ CHICKEN DRUMSTICK 10.29.14	142.3	12.7
14-15 MAIN ENTREE	R-0792	BAKED POTATO LOADED W. BROCCOLI	401.3	40.5
14-15 MAIN ENTREE	R-0274	BAKED POTATO LOADED WITH CHILI 9-12	537.4	68.3
14-15 MAIN ENTREE	R-0968	BAKED POTATO LOADED WITH CHILI K-8	491.7	37.0
14-15 MAIN ENTREE	R-0827	BBQ RIBLET 10.16.14	375.3	47.5
14-15 MAIN ENTREE	R-0892	BURRITO W. BEEF AND RICE	375.0	44.0
14-15 MAIN ENTREE	R-0891	BURRITO W. FAJITA CHICKEN AND RICE	344.0	39.2
14-15 MAIN ENTREE	R-0842	CHEESE CONEY	357.8	29.6
14-15 MAIN ENTREE	R-0847	CHEESEBURGER K-8 10.17.14	333.0	28.5
14-15 MAIN ENTREE	R-0902	CHICKEN PARMESAN	309.4	30.1
14-15 MAIN ENTREE	R-0911	CORN DOG 10.16.14	240.0	30.0
14-15 MAIN ENTREE	R-0877	COUNTRY STEAK	260.0	18.0
14-15 MAIN ENTREE	R-0974	ENCHILADA CASSEROLE 10.28.14	265.4	32.0
14-15 MAIN ENTREE	R-0890	FAJITA BEEF BOWL	340.5	42.5
14-15 MAIN ENTREE	R-0889	FAJITA CHICKEN BOWL	370.2	37.5
14-15 MAIN ENTREE	R-0893	FOR LUNCH FRENCH TOAST 9-12 10.17.14	605.0	93.0
14-15 MAIN ENTREE	R-0863	FOR LUNCH PANCAKE 9-12 10.17.14	507.0	72.0
14-15 MAIN ENTREE	R-0862	FOR LUNCH PANCAKE K-8 10.17.14	427.0	58.3
14-15 MAIN ENTREE	R-0906	GRECIAN PITA POCKET	415.0	36.0
14-15 MAIN ENTREE	R-0905	GREEK PIZZA	250.0	20.0
14-15 MAIN ENTREE	R-0844	HOT DOG 10.16.14	260.0	29.0
14-15 MAIN ENTREE	R-0976	ITALIAN DUNKERS	314.5	30.6
14-15 MAIN ENTREE	R-0900	LOADED NACHOS	393.1	43.8
14-15 MAIN ENTREE	R-0950	MACARONI AND CHEESE PREMADE	287.2	29.7
14-15 MAIN ENTREE	R-0824	MEATBALL SUB	363.5	31.7
14-15 MAIN ENTREE	R-0836	MINI CHEESEBURGER SLIDERS	412.6	33.0
14-15 MAIN ENTREE	R-0856	NACHOS AND CHEESE K-8 10.17.14	560.0	51.0
14-15 MAIN ENTREE	R-0987	NACHOS AND CHEESE SAUCE- SCRATCH 10.17.14	533.2	45.6
14-15 MAIN ENTREE	R-0882	NUGGETS WITH DINNER ROLL 10.16.14	285.0	29.0
14-15 MAIN ENTREE	R-0939	NUGGETS WITH PRETZEL ROD 10.16.14	250.0	28.0
14-15 MAIN ENTREE	R-0958	PASTA WITH MEAT SAUCE K-12 10.28.14	343.0	47.1
14-15 MAIN ENTREE	R-0273	PASTA WITH MEATBALLS K-12 10.28.14	404.0	52.0
14-15 MAIN ENTREE	R-0839	PHILLY CHEESESTEAK	400.0	21.0

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14-15 MAIN ENTREE	R-0843	PHONY CONEY	335.6	28.2
14-15 MAIN ENTREE	R-0903	PIZZA BAGEL 9-12	317.4	33.6
14-15 MAIN ENTREE	R-0901	PIZZA BURGER	365.0	30.0
14-15 MAIN ENTREE	R-0849	PIZZA DIPPERS 6 INCH 10.16.14	315.0	38.0
14-15 MAIN ENTREE	R-0982	POPCORN WITH DINNER ROLL 10.16.14	361.8	30.4
14-15 MAIN ENTREE	R-0884	POPCORN WITH PRETZEL ROD 10.16.14	326.8	29.4
14-15 MAIN ENTREE	R-0825	PULLED PORK SANDWICH	370.0	42.0
14-15 MAIN ENTREE	R-0886	QUESADILLA W. FAJITA CHICKEN	322.7	30.5
14-15 MAIN ENTREE	R-0885	RINGS WITH PRETZEL ROD	311.9	26.1
14-15 MAIN ENTREE	R-0975	ROASTED BBQ CHICKEN DRUMSTICK 10.29.14	147.3	12.7
14-15 MAIN ENTREE	R-0944	ROASTED BBQ CHICKEN PIECES 10.29.14	315.3	12.8
14-15 MAIN ENTREE	R-0967	SLOPPY JOE SLIDERS	325.0	42.0
14-15 MAIN ENTREE	R-0823	SOFT TACO WITH BEEF 10.15.14	289.5	25.5
14-15 MAIN ENTREE	R-0977	SOFT TACO WITH BEEF/ BEAN 10.15.14	319.3	30.7
14-15 MAIN ENTREE	R-0840	SOFT TACO WITH CHICKEN FAJITA 10.15.14	300.9	20.3
14-15 MAIN ENTREE	R-0978	SOFT TACO WITH DICED FAJITA CHICKEN	270.1	20.8
14-15 MAIN ENTREE	R-0845	SPAGHETTI	419.1	43.6
14-15 MAIN ENTREE	R-0851	SUPER BOSCOS 7 INCH 10.16.14	455.0	60.0
14-15 MAIN ENTREE	R-0841	TACO IN A BAG WITH BEEF 10.15.14	329.5	21.5
14-15 MAIN ENTREE	R-0826	TANGERINE CHICKEN BOWL	437.5	63.8
14-15 MAIN ENTREE	R-0883	TENDERS WITH PRETZEL ROD	330.0	30.0
14-15 MAIN ENTREE	R-0972	TOASTED CHEESE SANDWICH 10.16.14	421.3	30.0
14-15 MAIN ENTREE	R-0910	WITH CHEESE SAUCE- SCRATCH 10.23.14	311.9	26.1
14-15 SPECIALTY ITEMS	R-0315	GHOST IN GRAVEYARD 10.24.14	78.333	14.833
14-15 SPECIALTY ITEMS	R-0276	THANKSGIVING TURKEY ROAST	80.769	0

**Milford Exempted Village Schools Nutrition Disclaimer:** Nutrition information provided is for informational purposes only. The accuracy of the nutrition information contained on this site is based on data obtained from food manufacturers, food distributors, and product packaging. Nutrition information is to be used as an approximate guideline and is subject to change without notice due to preparation modifications and food substitutions. Milford Exempted Village Schools Nutrition Services Department neither assumes any legal liability nor makes any warranty or guarantee, either express or implied, regarding the completeness, accuracy, usefulness, or currency of this information.

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