

RMS Lunch B & Salad													
Menu Items for 23/24	GFS#	Brand	Serving	Serv/case	Credit	Cal	Sodium	Fat	Carb	Fiber	Sugar	Protein	Allergens
<b>Uncrustable</b>													
Grape	527462	Smuckers	1 ea	72	1 M/MA 1 Grain	300	280	16	32	4	15	9	Nuts, Wheat
Strawberry	536012	Smuckers	1 ea	72	1 M/MA 1 Grain	300	280	16	33	4	15	9	Nuts, Wheat
String Cheese (Light)	786801	LOL	1 ea	168	1 M/MA	60	200	3	1	0	1	7	Milk
<b>Chef Salad</b>													
					1.25 Other .5 Dk. Green .25 R/O 3 M/MA .5 Grain	<b>237.05</b>	<b>681.75</b>	<b>13.25</b>	<b>16.5</b>	<b>1.75</b>	<b>3.73</b>	<b>20</b>	
Mixed Greens	DOD	DOD	2 cups		1 cup Other	20	20	0	4	1	2	1	-
Spinach	DOD	DOD	1 cup		.5 Dk Green	2.5	12.5	0	0.5	0.5	0	0.5	-
Cucumber	DOD	DOD	1 oz		.25 R/O	1.25	0	0	0.25	0	0.1	0	-
Grape Tomatoes	DOD	DOD	1 oz		.25 R/O	4	1.25	0	1	0.25	0.63	0.25	-
Diced Ham	202150	Jennie-O	1oz	160	1 M/MA	37	160	2	0	0	0	5	-
Diced Turkey	451300	Jennie-O	1oz	160	1 M/MA	2.3	148	0.25	0.75	0	0	4.25	-
Shredded Cheddar	150250	LOL	2oz	160	1 M/MA	110	190	9	1	0	0	7	-
Croutons	661022	Fresh	1 pkg	250	0.5 Grain	60	150	2	9	0	1	2	-
<b>Crackers</b>													
Bug Bites	859560		1 pkg	210	1 Grain	120	115	3.5	21	1	8	2	Wheat, Soy
Chocolate Elf Grahams	123171		1 pkg	150	1 Grain	120	125	4	21	2	7	2	Wheat, Soy
Cheddar Goldfish	112702		1 pkg	300	1 Grain	100	170	3.5	14	1	0	2	Milk, Wheat
CheezIts	282422		1 pkg	175	1 Grain	100	150	3.5	14	1	2	2	Milk, Wheat, Soy
Cheddar ChexMix	599282		1 pkg	60	1 Grain	110	130	2.5	20	2	4	2	Milk, Wheat
<b>Dressing</b>													
Ranch	195774		1 pkg	60		190	270	20	2	0	0	1	Egg, Milk
Italian	825001		1 pkg	60		170	470	17	3	0	2	0	Soy, Milk
French	825020		1 pkg	60		210	200	17	14	0	14	0	-