

**2021-2022  
Nutrient Information**

	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs	Allergens
<b>Milk</b>								
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12	Milk
Milk, Skim plain	8 oz	80	0	0	125	8	12	Milk
Milk, Skim, Chocolate	8 oz	110	0	0	100	8	19	Milk
<b>Fruit</b>								
Juice, Orange	4 oz	60	0	0	0	0	13	N/A
Juice, Apple	4 oz	60	0	0	5	0	14	N/A
Applesauce Cup	1/2 cup	60	0	0	15	0	17	N/A
Fresh Apple Slices	2 oz	30	0	0	0	0	7	N/A
Fresh Banana	1 each	122	0	0	1	1	31	N/A
Fresh Orange	1 each	53	0	0	0	1	13	N/A
Peach Cup	1/2 cup	70	0	0	10	1	18	N/A
Pear Cup	1/2 cup	70	0	0	5	0	19	N/A
Pineapple Tidbits	1/2 cup	69	0	10	10	0	17	N/A
Raisins	1 pack	110	0	0	10	1	29	N/A
Blueberries	1/2 cup	46	0	0	0	0	10	N/A
Strawberry Cup	1/2 cup	80	0	0	10	1	21	N/A
<b>Breakfast Entrees</b>								
Banana Bread	1 slice	280	10	2	220	5	44	Eggs, Milk, Soy, Wheat, Gluten
Breakfast Bun	1 bun	230	7	2	340	6	39	Eggs, Milk, Soy, Wheat, Gluten
Cereal Bowl Cocoa Puffs	1 each	210	3	0	220	3	47	Wheat, Gluten,
Cereal Bowl Lucky Charms	1 each	210	3	0	350	4	46	Wheat
Cereal Bowl Blueberry Chex	1 each	240	5	1	350	3	46	N/A
Cereal Bowl Cinnamon Toast C	1 each	230	5	1	320	3	44	Whear, Gluten, Soy
Chicken Biscuit	1 sandwich	305	15	7	587	11	32	Eggs, Soy, Milk, Wheat, Gluten
Chicken Patty	1 patty	95	4.5	1	217	7	6	Soy, Wheat, Gluten
Breakfast Chicken Tenders	2 tenders	190	9	1.5	310	16	11	Soy, Wheat, Gluten
Maple Waffles, Mini	2 waffles	90	3.5	0	120	2	15	Eggs, Milk, Soy, Wheat, Gluten
Maple Waffle, Prepackaged	1 waffle	370	9	4	290	6	68	Eggs, Milk, Wheat
Sausage, Egg, Cheese, Tornad	2 stick	360	14	3	560	14	44	Egg, Soy, Milk, Wheat, Gluten
Cinnamon Glazed French Toas	1 slice	210	8	2	290	8	26	Eggs, Milk, Soy, Wheat, Gluten
Syrup Cup	1 each	120	0	0	0	0	31	N/A
Mini Blueberry Muffin	2 muffins	118	3	0.5	74	2	19.5	Eggs, Milk, Soy, Wheat, Gluten

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<b>Turkey Sausage Patty</b>	1 patty	60	4	1	90	6	0	N/A
<b>Mini Cinnamon Waffle Bites</b>	1 package	190	2	1.5	260	4	35	Eggs, Milk, Soy, Wheat, Gluten
<b>Syrup Cup</b>	1 each	120	0	0	0	0	31	N/A
<b>Mini Confetti Pancakes</b>	1 package	220	7	1	300	4	36	Egg, Milk, Soy, Wheat, Gluten
<b>Turkey Sausage Patty</b>	1 patty	60	4	1	90	6	0	N/A
<b>Pancake on a Stick</b>	1 each	200	10	2.5	310	7	17	Eggs, Soy, Wheat, Gluten
<b>Sausage Cheese Bagel</b>	1 each	220	5	2.5	340	5	39	Milk, Soy, Wheat, Gluten
<b>Sausage Cheese Biscuit</b>	1 each	306	16	8	567	4	27	Eggs, Milk, Soy, Wheat, Gluten
<b>Whole Grain Donut Stick</b>	1 each	230	7	2	220	4	39	Soy, Milk, Eggs, Wheat Gluten
<b>Whole Grain Pop Tart</b>	2 pastries	340	6	2	360	4	72	Soy, Wheat, Gluten
<b>Turkey Sausage Patty</b>	1 patty	60	4	1	90	6	0	N/A
<b>Vegetable</b>								
<b>Baked Fries</b>	1/2 cup	122	4	0	207	1	18	N/A
<b>Broccoli</b>	1/2 cup	20	0	0	20	2	4	N/A
<b>Corn</b>	1/2 cup	72	1	0	0	3	15	N/A
<b>Flame Roasted Jal. Corn</b>	1/2 cup	106	3	1	133	3	18	N/A
<b>Fresh Baby Carrots</b>	3 oz	35	0	0	30	1	9	N/A
<b>Fresh Cucumber Slices</b>	3 oz	13	0	0	2	1	3	N/A
<b>Glazed Carrots</b>	1/2 cup	45	0	0	68	1	11	N/A
<b>Green Beans</b>	1/2 cup	29	0	0	0	1	7	N/A
<b>Lettuce, Tomato, Pickle Cup</b>	1 cup	16	0	0	122	1	3	N/A
<b>Marinara Cup</b>	1 each	40	0	0	200	2	6	N/A
<b>Mashed Potatoes &amp; Gravy</b>	1/2 cup	102	2	0.5	316	2	19	Egg, Milk, Wheat, Gluten, Soy
<b>Peas</b>	1/2 cup	79	0	0	113	6	14	N/A
<b>Potato Smiles</b>	4 smiles	130	4.5	0.5	180	2	20	N/A
<b>Potato Smiles 3/4 Cup</b>	6 smiles	207	7	1	286	3	32	N/A
<b>Sweet Potato Waffle Fries</b>	1/2 cup	185	9	2	238	1	24	N/A
<b>Ranchero Beans</b>	1/2 cup	110	0.5	0	490	6	20	N/A
<b>Salsa</b>	1/2 cup	42	0	0	294	0	8	N/A
<b>Tots</b>	8 tots	92	3.6	0	164	1	15	N/A
<b>Grains</b>								
<b>Baked Cheetoes</b>	1 package	120	4.5	1	200	2	16	Milk
<b>Garlic Bread Stick</b>	1 each	100	3.5	0.5	95	1	15	Milk, Soy, Wheat, Gluten
<b>Gold Fish</b>	1 package	100	3.5	0.5	160	2	14	Milk, Wheat, Gluten
<b>Mac &amp; Cheese</b>	1/2 cup	207	9	4.5	486	11	23	Milk, Eggs, Wheat, Gluten

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<b>Tortilla Chips</b>	1 package	270	15	1.5	220	3	31	N/A
<b>Wheat Roll</b>	1 each	170	3	0.5	170	5	31	Milk, Wheat, Gluten
<b>Lunch Entrees</b>								
<b>Beef Hot Dog</b>	1 each	320	17	6	630	14	30	Wheat, Gluten
<b>BBQ Rib Sub</b>	1 each	330	11	4	500	17	38	Milk, Soy, Wheat, Gluten
<b>Burrito, Nacho Beef Chili</b>	1 each	348	15	6	458	18	35	Milk, Soy, Wheat, Gluten
<b>Cheese Stuffed Breadsticks</b>	2 sticks	290	11	6	500	19	28	Eggs, Milk, Soy, Wheat, Gluten
<b>Cheeseburger</b>	1 each	387	15.5	6	621	31	30	Wheat, Gluten, Milk, Soy
<b>Hamburger</b>	1 each	352	13	4.5	514	27	29	Wheat, Gluten
<b>Cheeseburger Slider</b>	2 sliders	272	9	3	475	19	30	Milk, Soy, Wheat, Gluten
<b>Chicken Tenders</b>	3 tenders	285	13	2	465	24	16	Soy, Wheat, Gluten
<b>Chicken Drumstick, Breaded</b>	1 each	190	11	2.5	450	16	5	Wheat, Gluten
<b>Chicken Drumstick, Glazed</b>	1 each	180	11	2.5	310	16	4	N/A
<b>Chicken Sandwich, Crispy</b>	1 each	375	10	1	856	24	47	Wheat, Gluten, Milk
<b>Chicken Sandwich, Spicy</b>	1 each	371	10	1	780	26	45	Wheat, Gluten, Milk
<b>Chicken Smackers</b>	10 pieces	240	11	2	570	18	16	Milk, Soy, Wheat, Gluten
<b>Corn Dog, Mini</b>	6 pieces	270	12	3.5	410	10	30	Eggs, Soy, Wheat, Gluten
<b>Grilled Cheese Sandwich</b>	1 each	280	10	6	581	19	31	Milk, Soy, Wheat, Gluten
<b>Grilled Chicken Alfredo</b>	1 each	378	9	4	667	22	48	Milk, Wheat, Gluten
<b>PB&amp;J Uncrustable</b>	1 each	600	34	7	540	18	64	Peanuts, Wheat, Gluten
<b>Pizza Slice, Cheese</b>	1 slice	360	16	7	470	21	36	Milk, Soy, Wheat, Gluten
<b>Pizza Slice, Pepperoni</b>	1 slice	370	17	7	550	21	35	Milk, Soy, Wheat, Gluten
<b>Pizza, Fiestada</b>	1 each	360	14	6	710	17	43	Milk, Soy, Wheat, Gluten
<b>Pizza, Mini Bagel</b>	4 pieces	260	9	5	560	21	24	Milk, Soy, Wheat, Gluten
<b>Salad, Chicken Popper</b>	1 Salad	500	27	5	1362	26	39	Milk, Wheat Gluten, Soy, Eggs
<b>Salad, Fiesta</b>	1 Salad	555	30	5	1322	20	44	Milk, Eggs
<b>Smoked Turkey Cheese Sub</b>	1 each	291	7	3	683	25	31	Milk, Soy, Wheat, Gluten
<b>Soft Beef Taco</b>	1 each	287	14	6	606	18	24	Milk, Soy, Wheat, Gluten
<b>Taco Stick</b>	1 each	345	13	8	331	20	32	Milk, Soy, Wheat, Gluten
<b>Pizza Munchable</b>	1 plate	424	18	8.5	1001	18	36	Milk, Wheat, Gluten, Soy
Flat Bread (Pizza Munchable)	1 each	180	5	1	320	6	28	Milk, Wheat, Gluten, Soy
Mozzarella Cheese (Pizza Munchable)	2 oz	180	12	7	360	7	2	Milk
Pepperoni (Pizza Munchable)	8 slices	23	1	0	121	2	0	N/A
Marinara Cup (Pizza Munchable)	1 each	40	0	0	200	2	6	N/A
<b>Bento Box</b>	1 plate	653	28	6	542	21	87	Egg, Milk, Wheat, Gluten, Soy

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Cheese stick (Bento Box)	1 each	60	3	2	200	7	1	Milk
Raisins (Bento Box)	1 pack	110	0	0	10	1	29	N/A
Benefit Bar (Bento Box)	1 bar	270	8	2.5	230	5	48	Egg, Milk, Wheat, Gluten, Soy
Sunflower Seeds (Bento Box)	1 pack	200	17	2	100	6	7	N/A
Cucumber Slices (Bento Box)	3 oz	13	0	0	2	0.6	3	N/A
<b>Yogurt Plate</b>	1 plate	420	10	1.5	331	14.5	71	Milk, Soy, Wheat, Gluten
Yogurt, Strawberry (Yogurt Plate)	4 oz	70	0	0	60	4	14	Milk
Protien Granola, Cinnamon (Yogu	1 each	180	6	0.5	50	8	24	Soy
Applesauce Cup (Yogurt Plate)	1/2 cup	60	0	0	15	0	17	N/A
Cheez Its (Yogurt Plate)	1 each	100	3.5	1	150	2	14	Milk, Soy, Wheat, Gluten
Celery Sticks (Yogurt Plate)	2.5 oz	10	0	0	57	0	2	N/A
<b>Yogurt Parfait Plate</b>	1 plate	493	13	2.5	152	16	81	Milk, Soy, Wheat, Gluten
Yogurt, Strawberry (Yogurt Parfai	4 oz	70	0	0	60	4	14	Milk
Protien Granola, Cinnamon (Yogu	1 each	180	6	0.5	50	8	24	Soy
Cucumber Slices (Yogurt Parfait	3 oz	13	0	0	2	0.6	3	N/A
Fresh Apple Slices (Yogurt Parfai	2 oz	30	0	0	0	0	7	N/A
Zee Zee Bar Cocoa Cherry	1 bar	200	7	2	140	3	33	Soy, Wheat, Gluten, Milk
<b>Condiments</b>								
<b>Syrup Cup</b>	1 each	120	0	0	0	0	31	N/A
<b>Mayonnaise</b>	1 packet	40	2.5	0	105	0	3	Egg, Soy
<b>Ketchup</b>	1 packet	10	0	0	25	0	2	N/A
<b>Mustard</b>	1 packet	0	0	0	65	1	1	N/A
<b>Taco Sauce</b>	1 packet	5	0	0	70	0	1	N/A
<b>Marinara Cup</b>	1 each	40	0	0	200	2	6	N/A
MARINARA (ala carte)	1 oz	15	0	0	120	1	3	N/A
BBQ SAUCE (ala carte)	1 oz	40	0	0	65	0	10	N/A
<b>Ala Carte</b>								
<b>BOSCO STICK W/MARINARA</b>	1 each	205	6	2	340	10	28	Milk, Wheat, Gluten
BOSCO STICK	1 stick	190	6	2	220	9	25	Milk, Wheat, Gluten
MARINARA	1 oz	15	0	0	120	1	3	N/A
<b>BROWNIE FUDG WGRAIN</b>	1 each	160	3.5	1.5	180	2	32	Milk, Soy, Eggs, Wheat, Gluten
<b>CHICKEN TENDERS W/SAUCE</b>	2 tenders	187	5	1	379	15	22	Milk, Wheat, Gluten
CHICKEN TENDERS	2 tenders	147	5	1	314	15	12	Milk, Wheat, Gluten
BBQ SAUCE	1 oz	40	0	0	65	0	10	N/A

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CHIP DORITO COOL RNCH	1 bag	130	5	0.5	150	2	20	Milk
CHIP DORITO FLAMAS	1 bag	130	5	0.5	200	2	20	Milk
CHIP DORITO NACHO	1 bag	130	5	1	200	2	20	Milk
CHIP DORITO SPCY SWT	1 bag	130	5	0.5	200	2	20	Milk, Soy
CHIPS CHEETOS	1 bag	120	4.5	1	200	2	16	Milk
CHIPS HOT FANTASTIX	1 bag	130	5	1	200	2	20	Milk
CHOCOLATE CHIP COOKIE	1 each	200	7	2	180	3	36	Eggs, Milk, Soy, Wheat, Gluten
DOMINO'S PIZZA CHEESE	1 slice	220	6	1.5	390	14	28	Milk, Soy, Wheat, Gluten
DOMINO'S PIZZA PEPPERONI	1 slice	210	6	2	390	12	28	Milk, Soy, Wheat, Gluten
FRUIT ROLL UP	1 each	50	1	0.5	55	0	11	N/A
G2 GATORADE GRAPE, FRUIT PUNCH, FREEZE	12 oz	30	0	0	160	0	8	N/A
G2 GATORADE ORANGE	12 oz	35	0	0	160	0	8	N/A
HERSHEY CHOCOLATE MILK	1 each	120	0	0	120	9	22	Milk
ICE ITAL CRYBABY SR CHRY	1 each	99	0	0	15	0	25	N/A
KETTLE CORN	1 each	130	5	0.5	140	2	20	N/A
MOZZARELLA CHEESE STICKS	5 sticks	301	12	6	442	16	33	Milk, Wheat, Gluten
PROPEL (ALL FLAVORS)	16 oz	0	0	0	230	0	0	N/A
SNACK MUNCHIE MIX FLAMIN	1 bag	110	4	0.5	90	2	17	Milk, Wheat, Gluten
SNAPPLE GRAPE, FRUIT PUNCH	1 each	170	0	0	30	0	42	N/A
SNAPPLE GREEN APPLE	1 each	170	0	0	30	0	41	N/A
SUSHI CALIF ROLL	1 tray	210	8	1	200	5	31	Fish, Egg, Wheat, Soy, Gluten, Shellfish, Sesame
SUSHI CRAB SPCY ROLL	1 tray	180	4	0.5	230	5	31	Fish, Egg, Wheat, Soy, Gluten, Shellfish, Sesame
SWITCH (ALL FLAVORS)	1 each	120	0	0	5	0	29	N/A
TORNADO, STEAK	1 stick	180	6	1.5	350	8	23	Milk, Soy, Wheat, Gluten
TREAT RICE KRISPIE	1 each	160	4	1	140	2	30	Milk, Soy
WGRAIN (SMALL)	2.6 oz	300	17	3	280	9	32	Peanuts, Wheat, Gluten
ZERO GATORADE CHERRY	20 oz	10	0	0	270	0	1	N/A
ZERO GATORADE FREEZE, FRUIT PUNCH	20 oz	5	0	0	270	0	2	N/A
ZERO GATORADE ORANGE	20 oz	5	0	0	270	0	1	N/A
<b>After School Care Program</b>								
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12	Milk

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<b>Milk, Skim plain</b>	8 oz	80	0	0	125	8	12	Milk
<b>Milk, Skim, Chocolate</b>	8 oz	110	0	0	100	8	19	Milk
<b>Juice, Apple (ASCP Only)</b>	6 oz	80	0	0	20	0	21	N/A
<b>Crackers, Goldfish, Cheddar</b>	1 package	100	3.5	0.5	160	2	14	Milk, Wheat, Gluten
<b>Cheese stick, Mozzarella</b>	1 each	60	3	2	200	7	1	Milk
<b>Muffin, Blueberry, Mini</b>	2 muffins	118	3.3	0.5	74	2.4	19.5	Eggs, Milk, Soy, Wheat, Gluten
<b>Crackers, Goldfish, Vanilla</b>	1 package	120	4	1	105	1	19	Wheat, Gluten
<b>Cookie, Whole Grain, Choco. Chip</b>	1 each	200	6	1.5	180	3	36	Eggs, Milk, Soy, Wheat, Gluten
<b>Crackers, Cheez-It, Cheddar</b>	1 package	100	3.5	1	150	2	14	Milk, Soy, Wheat, Gluten
<b>Yogurt, Strawberry</b>	4 oz	70	0	0	60	4	14	Milk