

Nutrient Information

	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs	Allergens
Milk								
Milk, 1% plain	8 oz	100	2.5	1.5	120	8	11	Milk
Milk, Skim plain	8 oz	80	0	0	120	8	11	Milk
Milk, Skim, Chocolate	8 oz	130	0	0	125	8	23	Milk
Milk, Skim, Strawberry	8 oz	120	0	0	95	8	22	Milk
Iced Cold Brew Latte	10 oz	92	0	0	105	9	18	Milk
Fruit								
Apple Slices	2 oz	30	0	0	0	0	7	N/A
Flavored Applesauce Cup	1/2 cup	60	0	0	15	0	17	N/A
Banana	1 each	122	0	0	1	1	31	N/A
Blueberries	1/2 cup	46	0	0	0	0	10	N/A
Grapes	1 pk	52	0	0	2	0	13	N/A
Juice, Orange	4 oz	60	0	0	0	1	13	N/A
Juice, Apple	4 oz	60	0	0	10	0	13	N/A
Juice, Rockin Rio	4 oz	50	0	0	0	0	12	N/A
Juice, Berry Blast	4 oz	60	0	0	5	0	13	N/A
Mandarin Cup	4 oz	80	0	0	15	1	21	N/A
Mango Fruit Pop	1 each	70	0	0	0	1	17	N/A
Orange, Easy Peel	2 pieces	64	0	0	2	1	16	N/A
Orange	1 each	53	0	0	0	1	13	N/A
Peach Barrel	1/2 cup	80	0	0	0	0	18	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 Fruit Pop	1 each	60	0	0	0	1	19	N/A
Pineapple Tidbits	1/2 cup	69	0	10	10	0	17	N/A
Sour Infused Raisins	1 pack	110	0	0	10	1	29	N/A
Bulk Dried Fruit	2 oz	164	0	0	6	1	43	N/A
Strawberry Cup	1/2 cup	27	0	0	1	1	7	N/A
Dried Mixed Fruit Zee Zee	0.5 cup	108	0	0	20	1	29	N/A
Mixed Fruit Cup	1/2 cup	80	0	0	0	1	19	N/A
Whole Peach	1 Peach	55	0	0	0	1	14	N/A
Fresh Plum	1 Plum	35	0	0	0	1	9	N/A
Juice, Apple (ASCP Only)	6 oz	80	0	0	20	0	21	N/A
Strawberry Fruit Pop	1 each	80	0	0	0	1	19	N/A
Breakfast Entrees								
Apple Cinnamon Texas Toast	3.3 oz	310	13	2	450	5	44	Milk, Soy, Wheat, Gluten
Apple Fritter (7-12)	3 oz	320	18	8	260	5	36	Eggs, Milk, Soy, Wheat, Gluten
Bacon, Egg, Cheese Taco	1 Taco	280	15	7	561	14	22	Eggs, Milk, Wheat, Gluten
Banana Bread (7-12)	1 Slice	260	8	2	240	5	45	Eggs, Milk, Soy, Wheat, Gluten
Banana Muffin (7-12)	1 Muffin	310	9	2	170	6	52	Eggs, Milk, Soy, Wheat, Gluten
Barbacoa Tacos	1 Taco	180	6	2	470	13	21	Wheat, Gluten
Blueberry Lemon Crisp	1 package	120	4	1	60	2	21	Milk, Soy, Wheat, Gluten
Blueberry Vanilla Parfait	1 serving	130	1	0	53	3	26	Milk
Breakfast Bun	1 bun	230	7	2	340	6	39	Eggs, Milk, Soy, Wheat, Gluten
Breakfast Chicken Tenders	2 tenders	190	9	1.5	310	16	11	Soy, Wheat, Gluten
Buttermilk Pancakes	2 pancakes	180	4	0	220	4	30	Eggs, Milk, Soy, Wheat, Gluten
Cereal Bowl Blueberry Chex	1 each	240	5	1	350	3	46	N/A
Cereal Bowl Cinnamon Toast Crunch	1 each	230	5	1	320	3	44	Wheat, Gluten, Soy
Cereal Bowl Cocoa Puffs	1 each	210	3	0	220	3	47	Wheat, Gluten,
Cereal Bowl Honey Cheerios	1 bowl	210	3	1	320	5	45	N/A
Cereal Bowl Lucky Charms	1 each	210	3	0	350	4	46	N/A
Cereal Bowl Trix	1 bowl	220	3	1	320	3	47	N/A
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

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Chicken Tender Biscuit	1 sandwich	400	19	8	680	20	37	Eggs, Milk, Soy, Wheat, Gluten
Chocolate Chip Muffin (7-12)	1 Muffin	310	9	2	170	6	52	Eggs, Milk, Soy, Wheat, Gluten
Chocolate Chip Muffin Top	1 Muffin	220	11	5	135	3	28	Eggs, Milk, Soy, Wheat, Gluten
Cinnamon Pop Tart (7-12)	2 Poptarts	354	6	2	396	5	76	Soy, Wheat, Gluten
Cinnamon Toast Crunch Bar	1 bar	300	260	0.5	200	4	52	Milk, Wheat, Gluten
Donut Blueberry Holes (7-12)	1 Container	260	11	4	230	4	39	Eggs, Milk, Soy, Wheat, Gluten
Donut Stick, Whole Grain	1 each	230	7	2	220	4	39	Soy, Milk, Eggs, Wheat, Gluten
Donuts, Chocolate, Mini	6 pieces	320	15	7	270	5	41	Eggs, Milk, Soy, Wheat, Gluten
Donuts, Powdered, Mini	6 pieces	270	11	3	230	4	41	Eggs, Milk, Soy, Wheat, Gluten
Double Egg and Cheese Hashbrown	2 ea	460	22	8	900	16	48	Eggs, Milk, Wheat, Gluten
Double Pork Sausage Biscuit	1 sandwich	451	30	14	771	16	28	Eggs, Milk, Soy, Wheat, Gluten
Dutch Waffle	1 waffle	300	13	3	350	4	43	Eggs, Milk, Soy, Wheat, Gluten
Egg and Cheese Hashbrown	1 Hashbrown	230	11	4	450	8	24	Eggs, Milk, Wheat, Gluten
French Toast Slice, Cinnamon Glazed	1 slice	210	8	2	290	8	26	Eggs, Milk, Soy, Wheat, Gluten
French Toast Sticks, Bake Crafters	3 pieces	360	11	2	390	9	57	Eggs, Milk, Soy, Wheat, Gluten
French Toast Sticks, Cinnamon Glazed	3 sticks	210	9	2	290	8	26	Eggs, Milk, Soy, Wheat, Gluten
French Toast, Mini	1 pk	220	7	1	200	4	37	Eggs, Milk, Soy, Wheat, Gluten
Fried Egg	1 each	90	8	2	105	5	1	Egg
Fudge Pop Tart (7-12)	2 pop tarts	370	5	2	380	5	75	Soy, Wheat, Gluten
Iced Cinnamon Roll	1 Roll	230	7	2	180	2	37	Soy, Wheat, Gluten
Kolache 3 oz	1 each	270	12	4	600	9	32	Eggs, Milk, Soy, Wheat, Gluten
Lemon Bread (7-12)	1 Slice	230	8	2	250	5	44	Eggs, Milk, Soy, Wheat, Gluten
Lucky Charms Cereal Bar	1 bar	300	280	0.5	170	5	51	Milk, Wheat, Gluten
Mocha Crumble (7-12)	1 Serving	310	12	2	290	5	48	Eggs, Milk, Wheat, Gluten
Muffin, Blueberry	1 muffin	280	8	1	160	5	48	Eggs, Milk, Soy, Wheat, Gluten
Muffin, Cherry	1 muffin	276	8	1	288	5	47	Eggs, Milk, Wheat, Gluten
Muffin, Mini Blueberry	2 muffins	118	3	0.5	74	2	19.5	Eggs, Milk, Soy, Wheat, Gluten
Oatmeal Round	1 each	280	12	4	240	5	39	Eggs, Milk, Soy, Wheat, Gluten
Pancake on a Stick	1 each	200	10	2.5	310	7	17	Eggs, Soy, Wheat, Gluten
Pancake on a Stick (2)	2 ea	400	20	5	620	14	34	Eggs, Soy, Wheat, Gluten
Pancakes, Mini Confetti	1 package	220	7	1	300	4	36	Egg, Milk, Soy, Wheat, Gluten
Pizza, Breakfast	1 each	210	7	2	480	9	27	Milk, Soy, Wheat, Gluten
Pork Sausage Biscuit	1 Sandwich	330	20	10	571	10	27	Eggs, Milk, Soy, Wheat, Gluten
Pork Sausage Patty	1 patties	120	10	4	200	6	1	N/A
Pork Sausage Patty	2 patties	241	20	8	401	12	2	N/A
Potato, Egg, Cheese Taco	1 Taco	306	16	7	545	13	29	Eggs, Milk, Wheat, Gluten
Powdered Donut Holes (7-12)	1 Donut	300	13	6	260	3	43	Eggs, Milk, Soy, Wheat, Gluten
Pumpkin Bread	1 each	251	8	3	197	4	41	Milk, Wheat, Gluten
Sausage Biscuit	1 sandwich (1 patty, 1 biscuit)	270	14	7	460	10	26	Eggs, Milk, Soy, Wheat, Gluten
Sausage Cheese Bagel	1 each	220	5	2.5	340	5	39	Milk, Soy, Wheat, Gluten
Sausage Cheese Biscuit	1 each	306	16	8	567	4	27	Eggs, Milk, Soy, Wheat, Gluten
Sausage Pancake Sandwich	1 sandwich	160	6	2	220	8	17	Eggs, Milk, Soy, Wheat, Gluten
Sausage, Bacon, & Egg Pizza 9-12	1 Slice	322	12	4	668	15	37	Eggs, Milk, Soy, Wheat, Gluten
Sausage, Bacon, & Egg Pizza K-8	1 Slice	241	9	3	500	11	28	Eggs, Milk, Soy, Wheat, Gluten
Sausage, Egg, Cheese, Tornado	2 stick	360	16	4	560	12	42	Egg, Soy, Milk, Wheat, Gluten
Sausage, Potato, & Cheese Taco 9-12	2 Tacos	300	15	5	717	17	28	Milk, Soy, Wheat, Gluten
Sausage, Potato, & Cheese Taco K-8	1 Tacos	150	8	3	358	8	14	Milk, Soy, Wheat, Gluten
Strawberry Pop Tart	2 pastries	340	6	2	360	4	72	Soy, Wheat, Gluten
Strawberry Vanilla Parfait	1 serving	117	1	0	54	3	24	Milk
Toast	1 slice	70	1	0	115	3	14	Soy, Wheat, Gluten
Turkey Bacon	2 slices bacon	39	3	0	193	4	0	N/A
Turkey Sausage Links	2 pieces	120	8	2	160	12	0	N/A
Turkey Sausage Patty	1 patty	60	4	1	90	6	0	N/A
Waffle Bites, Mini Cinnamon	1 package	190	2	1.5	260	4	35	Eggs, Milk, Soy, Wheat, Gluten
Waffle, Blueberry, Prepackaged	1 waffle	250	9	4	290	6	37	Eggs, Milk, Wheat, Gluten

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Waffle, Maple, Prepackaged	1 waffle	370	9	4	290	6	68	Eggs, Milk, Wheat, Gluten
Waffles	1 Serving (2 waffles)	159	6	0	299	4	24	Eggs, Milk, Soy, Wheat, Gluten
Waffles, Eggoji	2 waffles	180	6	2	210	4	30	Eggs, Milk, Soy, Wheat, Gluten
Waffles, Maple, Mini	2 waffles	90	3.5	0	120	2	15	Eggs, Milk, Soy, Wheat, Gluten
Yogurt Smoothie	1 smoothie	125	0	0	70	5	35	Milk
Vegetable								
Baby Baked Potatoes	1 each	111	2	0	199	3	19	N/A
Baby Carrots, Fresh, Chili Lime	1/2 cup	30	0	0	200	1	7	N/A
Baby Carrots, Fresh, Ranch	1/2 cup	30	0	0	200	1	7	Milk
Baked Beans	1/2 cup	150	0	0	370	7	30	N/A
Baked Curly Fries 3/4 C	3/4 cup	144	4	0	216	1	24	N/A
Beans, Ranchero	1/2 cup	110	0.5	0	490	6	20	N/A
Beans, Refried	1/2 cup	120	2	0	140	6	20	N/A
Broccoli	1/2 cup	20	0	0	20	2	4	N/A
Buffalo Ranch Fava Beans	1 Package	190	7	1	380	10	22	N/A
California Blend	1/2 cup	30	0	0	40	2	6	N/A
Carrot Celery Sticks	1/2 cup	19	0	0	53	1	4	N/A
Carrots, Baby	3 oz	35	0	0	30	1	9	N/A
Carrots, Glazed	1/2 cup	45	0	0	68	1	11	N/A
Celery Sticks	1/2 cup	20	0	0	53	1	4	N/A
Cheesy Refried Beans x17	1/2 cup	216	6	3	270	14	29	Milk
Corn	1/2 cup	72	1	0	0	3	15	N/A
Cucumber Slices	3 oz	13	0	0	2	1	3	N/A
Flame Roasted Jal. Corn	1/2 cup	106	3	1	133	3	18	N/A
Green Beans	1/2 cup	29	0	0	0	1	7	N/A
Jicama Sticks	1 pk	32	0	0	3	1	8	N/A
Lettuce, Tomato, Pickle Cup	1 cup	16	0	0	122	1	3	N/A
Marinara Cup	1 each	40	0	0	200	2	6	N/A
Mashed Potatoes & Gravy	1/2 cup	102	2	0.5	316	2	19	Egg, Milk, Wheat, Gluten, Soy
Mashed Potatoes and White Gravy x14	1/2 Cup	138	4	2	318	2	22	Eggs, Milk, Soy, Wheat, Gluten
Peas	1/2 cup	79	0	0	113	6	14	N/A
Potato, Baked Crinkle Cut Fries	1/2 cup	122	4	0	207	1	18	N/A
Potato, Baked Crinkle Cut Fries 3/4 cup	3/4 cup	189	6	0	231	2	28	N/A
Potato, Smiles	4 smiles	130	4.5	0.5	180	2	20	N/A
Potato, Smiles 3/4 Cup	6 smiles	207	7	1	286	3	32	N/A
Potato, Sweet Potato Crinkle Cut Fries	1/2 cup	121	5	1	182	2	17	N/A
Potato, Sweet Potato Crinkle Cut Fries 3/4 cup	3/4 cup	189	7	1	284	3	27	N/A
Potato, Sweet Potato Waffle Fries	1/2 cup	185	9	2	238	1	24	N/A
Potato, Tots	8 tots	92	3.6	0	164	1	15	N/A
Potato, Tots 3/4 cup	12 tots	143	6	0	254	2	22	N/A
Roasted Garbonzo Beans	1/2 cup	113	2	1	307	6	17	N/A
Salsa	1/2 cup	42	0	0	294	0	8	N/A
Seasoned Potato Wedges 3/4 C	3/4 cup	175	6	1	204	3	29	N/A
Side Salad, Romaine	1 each	18	0	0	7	1	4	N/A
Spring Mix Side Salad	1/2 cup	25	0	0	2	1	6	N/A
Sweet Mini Peppers	1/2 cup	59	1	0	9	2	14	N/A
Tomato Soup	1/2 cup	66	0	0	357	1	15	Wheat, Gluten
Tomatoes, Grape	1/2 cup	15	0	0	3	0	3	N/A
Grains								
Garlic Knot	1 Knot	170	6	2	190	5	27	Soy, Wheat, Gluten
Garlic Toast	1 slice	100	4	1	120	4	14	Milk, Soy, Wheat, Gluten
Baked Cheetoes	1 package	120	4.5	1	200	2	16	Milk
Cheesy Cornbread Muffin	1 package	190	7	1.5	260	5	30	Eggs, Milk, Wheat, Gluten
Chips, WG RF Doritos	1 each	130	5	1	200	2	20	Milk
Cornbread Star	1 package	148	5	1	91	3	23	Eggs, Milk, Soy, Wheat, Gluten

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Garlic Bread Stick	1 each	170	6	1	170	2	25	Milk, Soy, Wheat, Gluten
Gold Fish	1 package	100	3.5	0.5	160	2	14	Milk, Wheat, Gluten
Mac & Cheese	1/2 cup	207	9	4.5	486	11	23	Milk, Eggs, Wheat, Gluten
Tortilla Chips	1 package	270	15	1.5	220	3	31	N/A
Wheat Roll (large)	2 oz	170	3	0.5	170	5	31	Milk, Wheat, Gluten
Grandma Cookies Mini	1 package	160	6	2	160	2	25	Milk, Soy, Wheat, Gluten
Dick and Jane Cookie	1 oz	120	4	0	65	2	22	Eggs , Milk, Wheat, Gluten
Lunch Entrees								
Alfredo Lasagna	1 plate	554	19	11	1315	35	56	Milk, Wheat, Gluten
Asian Salad x24	1 Salad	449	19	4	835	25	44	Milk, Soy, Wheat, Gluten
Asian Salad x24 9-12	1 Salad	501	22	4	945	29	48	Milk, Soy, Wheat, Gluten
BBQ Beef Baby Baked Potatoes	1 plate	351	12	5	1018	19	42	Soy
BBQ Rib Sub	1 Sandwich	291	9	4	452	18	32	Wheat, Gluten
Bean and Cheese Papiusas 9-12	2 Pupusas	559	21	7	925	25	67	Milk
Bean and Cheese Pupusa	1 Pupusa	279	11	3	463	13	34	Milk
Beef Hot Dog	1 each	330	18	6	660	13	31	Wheat, Gluten
Beef Hot Dog w/Turkey Chili	1 each	574	31	14	1280	36	37	Milk, Wheat, Gluten
Beef Steak Fingers	4 pieces	290	18	6	510	16	16	Wheat, Gluten
Bosco Sticks	2 sticks	300	10	5	440	20	34	Milk, Wheat, Gluten
Burrito, Nacho Beef Chili	1 each	348	15	6	458	18	35	Milk, Soy, Wheat, Gluten
Cheese Enchiladas	2 enchilada	323	18	10	523	18	21	Milk
Cheese Pizza Boli	1 each	310	12	6	640	14	34	Milk, Wheat, Gluten
Cheese Stuffed Breadsticks	2 sticks	290	11	6	500	19	28	Eggs, Milk, Soy, Wheat, Gluten
Cheese Stuffed Breadsticks (3) 9-12 Only	3 Sticks	435	17	9	750	29	42	Eggs, Milk, Soy, Wheat, Gluten
Cheeseburger	1 each	381	16	6	633	31	29	Milk, Wheat, Gluten
Cheeseburger 9-12 (1/4 #)	1 burger	447	19	7	722	38	29	Milk, Wheat, Gluten
Chef Salad	1 salad	500	23	10	894	27	45	Eggs, Milk, Soy, Wheat, Gluten
Chicken Chow Mein 9-12	1 Serving	623	24	5	1635	36	67	Eggs, Milk, Soy, Wheat, Gluten
Chicken Chow Mein K-8	1 Serving	544	21	5	1478	31	59	Eggs, Milk, Soy, Wheat, Gluten
Chicken Drumstick, Breaded	1 each	190	11	2.5	450	16	5	Wheat, Gluten
Chicken Drumstick, Buffalo, Glazed	1 each	170	10	2.5	250	16	0	N/A
Chicken Drumsticks, Breaded 9-12	2 drumsticks	380	22	5	900	32	12	Wheat, Gluten
Chicken Fajita and Pepper Taco 7-12	1 each	347	8	4	1073	30	41	Milk, Wheat, Gluten
Chicken Fajita and Pepper Taco K-6	1 each	243	5	2	796	22	27	Milk, Wheat, Gluten
Chicken Melt Sandwich, Crispy	1 each	405	12	3	976	26	47	Wheat, Gluten, Milk
Chicken Melt Sandwich, Spicy	1 each	401	12	2	900	45	45	Wheat, Gluten, Milk
Chicken Popper Mac & Cheese Bowl	1 bowl	492	23	8	1097	32	43	Eggs, Milk, Soy, Wheat, Gluten
Chicken Popper Salad	1 salad	610	29	10	1060	31	58	Milk, Wheat Gluten, Soy
Chicken Popper Salad 9-12	1 salad	662	32	11	1170	35	61	Milk, Wheat Gluten, Soy
Chicken Sandwich, Crispy	1 each	350	11	2	550	24	37	Soy, Wheat, Gluten
Chicken Sandwich, Spicy	1 each	350	12	2	590	24	37	Soy, Wheat, Gluten
Chicken Smackers 9-12	12 Pieces	322	16	4	682	24	21	Milk, Soy, Wheat, Gluten
Chicken Smackers	10 Pieces	269	13	3	568	20	18	Milk, Soy, Wheat, Gluten
Chicken Taco	1 each	250	7	3	809	23	26	Milk, Wheat, Gluten
Chicken Tenders	3 each	285	14	2	465	24	17	Soy, Wheat, Gluten
Chicken Tenders 9-12	4 each	380	18	3	620	32	22	Soy, Wheat, Gluten
Chicken Wings 9-12	8 wings	835	68	18	994	56	4	N/A
Chicken Wings K-8	5 Wings	546	44	12	650	36	3	N/A
Chickpea Sandwich	1 Sandwich	280	14	3	200	9	28	Milk, Soy, Wheat
Corn Dog, Mini	6 pieces	270	12	3.5	410	10	30	Eggs, Soy, Wheat, Gluten
Corn Dog, Mini Grades 7-8	8 pieces	360	16	5	547	13	40	Eggs, Soy, Wheat, Gluten
Corn Dogs, Mini Chicken 9-12	10 corndogs	450	20	6	683	17	50	Eggs, Soy, Wheat, Gluten
Crispy Beef and Cheese Taco 9-12	3 Tacos	454	30	11	832	18	30	Milk, Soy
Crispy Beef and Cheese Taco K-8	2 Tacos	303	20	8	555	12	20	Milk, Soy
Crispy Chicken and Cheese Wrap	1 each	520	23	8	711	32	49	Milk, Soy, Wheat, Gluten

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DIY Chopped Beef Sandwich	1 each	380	12	5	1060	20	49	Soy, Wheat, Gluten
DIY Pulled Pork Sandwich	1 sandwich	482	21	7	519	25	47	Soy, Wheat, Gluten
DIY Sloppy Joe	1 Sandwich	286	8	2	749	18	36	Wheat, Gluten
Fiesta Salad	1 Salad	441	17	7	1126	22	43	Milk
Fiesta Salad 9-12	1 Salad	542	20	8	1264	26	59	Milk
Garlic Chicken & Three Cheese Cavatappi x13	3 oz	465	20	10	1587	38	33	Eggs, Milk, Wheat, Gluten
Garlic Chicken & Three Cheese Cavatappi x6 9-12	1 Serving	1008	43	22	3437	82	71	Eggs, Milk, Wheat, Gluten
Green Chile Cheese Tamale	1 Tamale	345	18	9	711	16	30	Milk, Soy
Green Chile Chicken Tamale	1 Tamale	330	17	2	510	18	28	N/A
Grilled Cheese Sandwich	1 each	280	10	6	581	19	31	Milk, Soy, Wheat, Gluten
Grilled Chicken Alfredo	1 each	378	9	4	667	22	48	Milk, Wheat, Gluten
Grilled Chicken and Cheese Wrap	1 wrap	330	10	5	861	26	37	Milk, Wheat, Gluten
Hamburger	1 burger	346	14	5	527	27	28	Wheat, Gluten
Hamburger 9-12 (1/4 #)	1 burger	412	17	6	616	34	28	Wheat, Gluten
Italian Dunkers	1 each	340	15	8	810	18	35	Milk, Soy, Wheat, Gluten
Italian Turkey and Cheese Croissant	1 Sandwich	358	18	7	856	20	33	Eggs, Milk, Soy, Wheat, Gluten
Meatball Dipper	3 pieces	180	11	2	210	16	6	Soy, Wheat, Gluten
Meaty Cheese Papas	1 each	552	26	6	921	21	60	Milk
Nuggets, Turkey Dill 9-12	9 pieces	370	19	2	1095	33	24	Wheat, Gluten
Nuggets, Turkey Dill K-8	6 pieces	240	12	2	708	22	15	Wheat, Gluten
Orange Smackers w/ Fried Rice & Egg roll 9-12	1 Serving	767	24	5	1208	38	100	Eggs, Milk, Soy, Wheat, Gluten
Orange Smackers w/ Fried Rice & Egg roll	1 Serving	579	20	5	1058	32	69	Eggs, Milk, Soy, Wheat, Gluten
PB&J Uncrustable Large	1 each	600	34	7	540	18	64	Peanuts, Wheat, Gluten
PB&J Uncrustable Small	1 each	300	17	3	280	9	32	Peanuts, Wheat, Gluten
Pepperoni Stuffed Pocket	1 each	300	11	5	410	18	32	Eggs, Milk, Soy, Wheat, Gluten
Pizza Mega Slice, Cheese Big Daddy	1 slice	480	21	9	628	28	48	Milk, Soy, Wheat, Gluten
Pizza Mega Slice, Pepperoni Big Daddy	1 slice	492	23	9	732	28	47	Milk, Soy, Wheat, Gluten
Pizza Slice, Cheese Big Daddy	1 slice	360	16	7	470	21	36	Milk, Soy, Wheat, Gluten
Pizza Slice, Pepperoni Big Daddy	1 slice	370	17	7	550	21	35	Milk, Soy, Wheat, Gluten
Pizza, Fiestada	1 each	360	14	6	710	17	43	Milk, Soy, Wheat, Gluten
Pizza, Mini Bagel	4 pieces	260	9	5	560	21	24	Milk, Soy, Wheat, Gluten
Pizza, Personal Cheese	1 piece	360	17	8	580	22	32	Milk, Soy, Wheat, Gluten
Pizza, Personal Pepperoni	1 piece	364	17	7	657	21	32	Milk, Soy, Wheat, Gluten
Pork Cutlet Sandwich	1 Sandwich	410	19	5	590	21	39	Soy, Wheat, Gluten
Pulled Pork Sidewinders 9-12	1 Serving	670	34	10	965	30	59	Soy
Pulled Pork Sidewinders k-8	1 Serving	484	25	8	697	22	43	Soy
Rib Sandwich	1 sandwich	291	9	4	452	18	32	Wheat, Gluten
Rotini w/ Beef Marinara Sauce	1 serving	338	18	7	651	18	25	Eggs, Wheat, Gluten
Rotini w/ Beef Marinara Sauce 9-12	1 serving	676	36	14	1302	36	50	Eggs, Wheat, Gluten
Smoked Turkey Cheese Sub	1 each	291	7	3	683	25	31	Milk, Soy, Wheat, Gluten
Soft Beef Taco	1 each	287	14	6	606	18	24	Milk, Soy, Wheat, Gluten
Southwest Taco Salad	1 salad	579	29	10	1519	22	53	Milk
Spicy Chicken Tenders	3 each	258	12	2	621	20	17	Wheat, Gluten
Spicy Chicken Tenders 9-12 Nashville Hot	4 each	339	16	3	818	26	22	Wheat, Gluten
Taco Stick	1 each	345	13	8	331	20	32	Milk, Soy, Wheat, Gluten
Teriyaki Chicken Bites w/ Rice	1 each	498	11	2	798	24	75	Milk, Soy, Wheat, Gluten
Teriyaki Chicken Meatballs w/ Fried Rice	1 plate	399	10	2	271	16	60	Soy, Wheat, Gluten
Thin Crust Cheese Mega Pizza	1 Pizza Slice	482	20	9	857	28	44	Milk, Soy, Wheat, Gluten
Thin Crust Cheese Pizza	1 Pizza Slice	372	15	7	661	22	34	Milk, Soy, Wheat, Gluten
Thin Crust Pepperoni Mega Pizza	1 Pizza Slice	509	24	11	1031	29	44	Milk, Soy, Wheat, Gluten
Thin Crust Pepperoni Pizza	1 Pizza Slice	382	18	8	773	22	33	Milk, Soy, Wheat, Gluten
Three Cheese Cavatappi	1 serving	330	17	9	823	16	28	Eggs, Milk, Wheat, Gluten
Three Cheese Cavatappi 9-12	1 serving	714	39	20	1784	34	60	Eggs, Milk, Wheat, Gluten
Turkey and Bacon Avocado Croissant	1 Sandwich	356	16	4	762	28	31	Eggs, Milk, Soy, Wheat, Gluten
Turkey Bacon Wrap	1 Wrap	345	14	4	722	28	34	Wheat, Gluten

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Turkey Chili	1 each	132	5	2	428	17	5	N/A
Turkey Chili Pie (cheese Sauce)	1 bowl	464	26	8	1053	28	32	Milk
Turkey Chili Pie (shredded cheese)	1 bowl	413	21	5	1074	27	32	Milk
Two Cheese Croissant Melt	1 Sandwich	371	20	11	843	17	33	Eggs, Milk, Soy, Wheat, Gluten
Two Cheese Roll Up	1 each	291	16	9	747	15	23	Milk, Wheat, Soy, Gluten
Vegetarian Burger	1 burger	320	11	4	480	19	34	Soy, Wheat, Gluten
Vegetarian Macaroni and Cheese	1 each	286	6	6	673	16	31	Eggs, Milk, Wheat, gluten
Vegetarian Nuggets	5 nuggets	250	11	2	463	15	25	Soy, Wheat, Gluten
Vegetarian Nuggets 9-12	8 nuggets	400	18	3	740	24	40	Soy, Wheat, Gluten
Vegetarian Nuggets and Cheese Wrap	1 each	435	19	8	616	20	53	Milk, Soy, Wheat, Gluten
Charcuterie Box	1 Plate	473	19	6	742	52	52	Eggs, Milk, Soy, Wheat, Gluten
<i>Deli Meat (Deli Box)</i>	3 slices	66	3	1	231	8	1	N/A
<i>Cheese Stick (Deli Box)</i>	1 each	60	3	2	200	7	1	Milk
<i>Grape Tomatoes (Deli Box)</i>	1/2 cup	15	0	0	3	0	3	N/A
<i>Apple Slices (Deli Box)</i>	2 oz	30	0	0	0	0	7	N/A
<i>Veggie Crackers (Deli Box)</i>	1 Pk	210	7	1	250	4	34	Milk, Soy, Wheat, Gluten
<i>Boiled Egg (Deli Box)</i>	1 each	70	5	1.5	56	6	0.5	Egg
Chickpea Sandwich (Meal)	1 Sandwich	280	14	3	200	9	28	Milk, Soy, Wheat
<i>Chips, Nacho Doritos (Meal)</i>	1 each	130	5	1	200	2	20	Milk
PB&J Uncrustable Meal	1 meal	525	25	6	710	19	62	Peanuts, Wheat, Gluten, Milk
<i>Cheese stick (Meal)</i>	1 each	60	3	2	200	7	1	Milk
<i>PB&J Uncrustable Small (Meal)</i>	1 each	300	17	3	280	9	32	Peanuts, Wheat, Gluten
<i>Chips, Nacho Doritos (Meal)</i>	1 each	130	5	1	200	2	20	Milk
Peanut Butter Pretzel Box	1 Box	729	34	7	709	25	90	Milk, Peanuts, Wheat, Gluten
<i>Peanut Butter Spread (Box)</i>	2 cups	360	30	5	260	12	16	N/A
<i>Apple Slices (Box)</i>	1 Pack	30	0	0	0	0	7	N/A
<i>Dried Fruit Mix (Box)</i>	0.5 cup	108	0	0	20	1	29	N/A
<i>Pretzels (Box)</i>	4 bites	124	1	0	131	3	25	Wheat, Gluten
<i>Celery bites (Box)</i>	3 oz	12	0	0	68	1	3	N/A
<i>Baby Carrots</i>	3 oz	35	0	0	30	1	9	N/A
<i>Cheese Stick (Box)</i>	1 each	60	3	2	200	7	1	Milk
Deli Box	1 each	451	19	6	740	25	45	Eggs, Milk, Soy, Wheat, Gluten
<i>Deli Meat (Deli Box)</i>	3 slices	66	3	1	231	8	1	N/A
<i>Cheese Stick (Deli Box)</i>	1 each	60	3	2	200	7	1	Milk
<i>Grape Tomatoes (Deli Box)</i>	1/2 cup	15	0	0	3	0	3	N/A
<i>Apple Slices (Deli Box)</i>	2 oz	30	0	0	0	0	7	N/A
<i>Veggie Crackers (Deli Box)</i>	1 Pk	210	7	1	250	4	34	Milk, Soy, Wheat, Gluten
<i>Boiled Egg (Deli Box)</i>	1 each	70	5	1.5	56	6	0.5	Egg
Chickpea Lunchbox	1 Lunchbox	512	21	6	513	15	64	Milk, Wheat, Gluten
<i>Chickpea Spread (Box)</i>	1 each	170	10	2	35	5	15	N/A
<i>Apple Slices (Box)</i>	2 oz	30	0	0	0	0	7	N/A
<i>Crackers, Goldfish, Vanilla (Box)</i>	1 package	240	8	2	210	2	38	Wheat, Gluten
<i>Cheese stick (Box)</i>	1 each	60	3	2	200	7	1	Milk
<i>Celery bites (Box)</i>	3 oz	12	0	0	68	1	3	N/A
Pizza Munchable	1 plate	424	18	8	1001	24	36	Milk, Wheat, Gluten, Soy
<i>Flat Bread (Pizza Munchable)</i>	2 each	180	5	1	320	6	28	Milk, Wheat, Gluten, Soy
<i>Mozzarella Cheese (Pizza Munchable)</i>	2 oz	180	12	7	360	7	2	Milk
<i>Pepperoni (Pizza Munchable)</i>	8 slices	23	1	0	121	2	0	N/A
<i>Marinara Cup (Pizza Munchable)</i>	1 each	40	0	0	200	2	6	N/A
Fruit and Yogurt Bento	1 Plate	527	19	8	542	19	74	Eggs, Milk, Soy, Wheat, Gluten
<i>Cheese stick (Bento)</i>	1 each	90	6	4	180	8	1	Milk
<i>Mandarin (Bento)</i>	2 oranges	65	0	0	4	1	16	N/A
<i>Oatmeal Round (Bento)</i>	1 bar	280	12	4	240	5	39	Egg, Milk, Wheat, Gluten, Soy
<i>Yogurt (Bento)</i>	4 oz	80	1	0	50	4	15	Milk
<i>Celery bites (Box)</i>	3 oz	12	0	0	68	1	3	N/A

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Yogurt Plate	1 plate	420	10	1.5	331	14.5	71	Milk, Soy, Wheat, Gluten
<i>Yogurt, Strawberry (Yogurt Plate)</i>	4 oz	70	0	0	60	4	14	Milk
<i>Protien Granola, Cinnamon (Yogurt Plate)</i>	1 each	180	6	0.5	50	8	24	Soy
<i>Applesauce Cup (Yogurt Plate)</i>	1/2 cup	60	0	0	15	0	17	N/A
<i>Cheez Its (Yogurt Plate)</i>	1 each	100	3.5	1	150	2	14	Milk, Soy, Wheat, Gluten
<i>Celery Sticks (Yogurt Plate)</i>	2.5 oz	10	0	0	57	0	2	N/A
Yogurt Parfait Plate	1 plate	493	13	2.5	152	16	81	Milk, Soy, Wheat, Gluten
<i>Yogurt, Strawberry (Yogurt Parfait Plate)</i>	4 oz	70	0	0	60	4	14	Milk
<i>Protien Granola, Cinnamon (Yogurt Parfait Plate)</i>	1 each	180	6	0.5	50	8	24	Soy
<i>Cucumber Slices (Yogurt Parfait Plate)</i>	3 oz	13	0	0	2	0.6	3	N/A
<i>Fresh Apple Slices (Yogurt Parfait Plate)</i>	2 oz	30	0	0	0	0	7	N/A
<i>Zee Zee Bar Cocoa Cherry (Yogurt Parfait Plate)</i>	1 bar	200	7	2	140	3	33	Soy, Wheat, Gluten, Milk
Condiments								
Asian Dressing 2 oz	2 oz	256	22	4	384	0	11	N/A
BBQ SAUCE	1 oz	40	0	0	65	0	10	N/A
Buffalo Ranch Sauce	1 Cup	60	5	1	140	0	5	Eggs, Milk
Chick N Dippin Sauce	1 each	130	12	2	135	0	6	Eggs
Dynamite Sauce	1 ounce	130	14	2	130	0	3	Egg
Honey	1 each	25	0	0	0	0	7	N/A
Jelly	1 each	35	0	0	5	0	9	N/A
Ketchup	1 packet	10	0	0	25	0	2	N/A
Ketchup Dunker Cup	1 ounce	25	0	0	76	0	6	N/A
MARINARA (ala carte)	1 oz	15	0	0	120	1	3	N/A
Marinara Cup	2.5 oz	40	0	0	200	2	6	N/A
Mayonnaise	1 packet	40	2.5	0	105	0	3	Egg, Soy
Mustard	1 packet	0	0	0	65	1	1	N/A
Ranch (Small)	1 oz	70	7	1	150	1	2	Milk, Eggs
Ranch Dressing 1.5 oz	1.5 oz	107	10	2	394	1	3	Eggs, Milk
Shredded Cheese	1 oz	110	9	6	190	6	1	Milk
Sour Cream	1 each	61	5	4	15	1	1	Milk
Sweet & Sour Sauce	1 each	15	0	0	70	0	4	N/A
Syrup Cup	1 each	120	0	0	0	0	31	N/A
Taco Sauce	1 packet	5	0	0	70	0	1	N/A
Ala Carte								
Breaded Mozzarella Sticks	1 serving (5 sticks)	301	12	6	442	16	33	Milk, Wheat, Gluten
Brookee	1 Serving	150	5	2	150	5	23	Eggs, Milk, Soy, Wheat, Gluten
Ice Cream Blue Raspberry	1 each	70	1	0	31	0	14	N/A
Ice Cream Strawberry Shortcake	1 piece	130	4	1	45	1	45	Milk, Soy, Wheat, Gluten
Egg Roll	1 egg roll	160	5	2	390	9	20	Eggs, Milk, Soy, Wheat, Gluten
Baked Curly Fries x30	1 serving (1/2 cup)	101	3	0	151	1	17	N/A
Beef Jerky Teriyaki	1 package	70	1	0	200	10	6	Soy, Wheat, Gluten
Breaded Onion Rings	1 serving (5 rings)	200	8	2	200	3	28	Milk, Wheat, Gluten
Brownie	1 each	160	4	2	180	3	32	Milk, Soy, Eggs, Wheat, Gluten
California Sushi Roll	1 tray	210	8	1	200	5	31	Fish, Egg, Wheat, Soy, Gluten, Shellfish, Sesame
Chips, Cheetos Baked	1 bag	120	5	1	200	2	16	Milk
Chips, Flamas Doritos	1 bag (1.5 oz G)	130	5	1	200	2	20	Milk
Chips, Hot Cheetos	1 each	119	4	0	199	2	16	Milk
Chips, Nacho Doritos	1 each	130	5	1	200	2	20	Milk
Chips, Ranch Doritos	1 each	130	5	1	200	2	20	Milk
Chips, Sweet and Spicy Chili	1 each	130	5	1	200	2	20	Milk, Soy
Chocolate Chip Cookie	1 each	200	6	2	180	3	36	Eggs, Milk, Soy, Wheat, Gluten
Chocolate Fudge Filled Cookies IW	1 pkg	200	7	2	130	3	31	Eggs, Milk, Soy, Wheat, Gluten
Corn Dog	1 piece	240	8	3	390	9	30	Eggs, Milk, Soy, Wheat, Gluten
Fruit Roll Up, hot colors	1 roll up	50	1	1	55	0	11	N/A
Gatorade 12 oz Berry	1 bottle	0	0	0	160	0	0	N/A

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Gatorade 12 oz Glacier Cherry	1 bottle	0	0	0	160	0	0	N/A
Gatorade 12 oz Glacier Freeze	1 each	0	0	0	160	0	0	N/A
Gatorade 20 oz Fruit Punch	1 bottle	5	0	0	270	0	2	N/A
Gatorade 20 oz Glacier Cherry	1 bottle	10	0	0	270	0	1	N/A
Gatorade 20 oz Glacier Freeze	1 bottle	5	0	0	270	0	2	N/A
Ice Sparkling Water	1 can	5	0	0	231	0	0	N/A
Ice Sparkling Water	1 can	5	0	0	231	0	0	N/A
Ice Sparkling Water	1 can	5	0	0	231	0	0	N/A
Italian Ice, Cry Baby	1 each	99	0	0	15	0	25	N/A
Kettle corn	1 each	130	5	1	140	2	20	N/A
Marinara Sauce, 1 oz cup	1 (1 oz cup)	15	0	0	120	1	3	N/A
Milk Skim Choc 11 oz (7-12)	1 (11 oz carton)	165	0	0	261	12	28	Milk
Propel, Grape	1 bottle	0	0	0	230	0	0	N/A
Propel, Strawberry Kiwi	1 bottle	0	0	0	230	0	0	N/A
Rice Krispies Treat	1 each	160	4	1	140	2	30	Milk, Soy
Seasoned Potato Wedges x27	1 serving (1/2 cup)	123	4	1	144	2	21	N/A
Spicy Crab Sushi Roll	1 tray	180	3	1	230	5	31	Fish, Egg, Wheat, Soy, Gluten, Shellfish, Sesame
Sweet Potato Crinkle Cut Fries	1 serving (1/2 cup)	121	5	1	182	2	17	N/A
Switch, Black Cherry	1 piece	120	0	0	5	0	29	N/A
Switch, Fruit Punch	1 piece	120	0	0	5	0	29	N/A
Switch, Kiwi Strawberry	1 piece	120	0	0	5	0	30	N/A
Switch, Orange	1 piece	120	0	0	5	0	30	N/A
Switch, Watermelon Strawberry	1 piece	120	0	0	5	0	29	N/A
Tater Tots x31	1 serving (1/2 cup)	92	4	0	164	1	14	N/A
Tea, Red Diamond	1 bottle	0	0	0	5	0	0	N/A
Uncrustable	1 each	300	17	3	280	9	32	Peanuts, Wheat, Gluten
Vanilla Frosting Filled Cookies, IW	1 pkg	190	7	2	160	2	29	Eggs, Milk, Soy, Wheat, Gluten
Water, 24 oz	1 bottle (24 oz)	0	0	0	20	0	0	N/A
Domino's Pepperoni	1 slice	200	6	2	370	13	27	Milk, Soy, Wheat, Gluten
Domino's Cheese	1 slice	200	6	2	360	14	27	Milk, Soy, Wheat, Gluten
After School Care Program								
Turkey and Cheese on Bun ASCP 9-12	1 sandwich	281	7	3	773	25	30	Milk, Soy, Wheat, Gluten
Large Grape Uncrustable ASCP 9-12	1 Sandwich	600	34	7	540	18	64	Peanuts, Wheat, Gluten
Large Strawberry Uncrustable ASCP 9-12	1 Sandwich	600	34	7	540	18	64	Peanuts, Wheat, Gluten
Orange Juice ASCP 9-12	1 (4 oz)	60	0	0	0	1	13	N/A
Apple Juice ASCP 9-12	1 (4 oz)	60	0	0	5	0	14	N/A
1% Milk	1 (8 oz)	100	3	2	125	8	12	Milk
Apple Juice ASCP	1 (6 oz)	80	0	0	20	0	21	N/A
Blueberry Lemon Crisp	1 package	120	4	1	60	2	21	Milk, Soy, Wheat, Gluten
Breakfast Bar, Apple Crisp	1 bar	150	5	2	50	2	24	Soy, Wheat, Gluten
Cheese Stick, Mozz	1 oz stick	60	3	2	200	7	1	Milk
Chips, Cheetos Baked	1 bag	120	5	1	200	2	16	Milk
Chips, Nacho Doritos	1 each	130	5	1	200	2	20	Milk
Chips, Ranch Doritos	1 each	130	5	1	200	2	20	Milk
Chocolate Chip Cookie	1 each	200	6	2	180	3	36	Eggs, Milk, Soy, Wheat, Gluten
Cracker, WG	1 bag	210	7	1	250	4	34	Milk, Soy, Wheat, Gluten

Nutrient Information

