

COLUMBUS CITY SCHOOL DISTRICT SECONDARY MENUS

FOR MS, HS AND SCHOOLS WITH GRADES preK-8

2016-2017

revised 5/2/2017

Current Breakfast Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Apple Frudel	2.29 oz.	Wheat, Apple, Corn, Molasses, Milk	210	36g	2g	11g	5g	280mg	6g	2g	0mg	2 grain
Bagel, whole grain, blueberry	2.2 oz.	Wheat, Barley, Molasses, Corn, Soy, Blue #2, Red #40, artificial flavor, Honey	140	29g	2g	5g	5g	220mg	1g	0g	0mg	2 grain
Bagel, whole grain, cinnamon raisin	2.2 oz.	Wheat, Barley, Molasses, Corn, Soy, Raisins, Cinnamon, Honey	160	35g	3g	7g	6g	260mg	0.5g	0g	0mg	2 grain
Bagel, whole grain, plain	2.2 oz.	Wheat, Barley, Molasses, Corn, Soy, Honey	160	34g	4g	4g	5g	280mg	<1g	0g	0mg	2.5 grain
Cereal, Apple Cinnamon Cheerios, gluten-free	1 bowl	Oat, Corn, Apple, Cinnamon	110	22g	2g	10g	2g	110mg	1.5g	0g	0mg	1 grain
Cereal, Cheerios, gluten-free	1 bowl	Oats, Corn starch	100	20g	3g	1g	3g	140mg	2g	0g	0mg	1 grain
Cereal, Cinnamon Toast Crunch, reduced sugar	1 bowl	Wheat, Soy, Cinnamon, Rice	110	22g	3g	6g	1g	160mg	3g	0.5g	0mg	1 grain
Cereal, Cocoa Puffs, reduced sugar	1 bowl	Corn, Cocoa	110	25g	2g	8g	2g	120mg	1.5g	0g	0mg	1 grain
Cereal, Golden Grahams	1 bowl	Wheat, Corn	100	24g	1g	8g	1g	220mg	1g	0g	0mg	1 grain
Cereal, Honey Nut Cheerios	1 bowl	Wheat, Oat, Corn, Almond, Honey	110	22g	2g	9g	2g	160mg	1.5g	0g	0mg	1 grain
Cereal, Honey Nut Chex	1 bowl	Corn, Molasses, Rice, Almond, Honey	120	27g	1g	9g	2g	190mg	0.5g	0g	0mg	1 grain
Cereal, Rice Chex, gluten-free	1 bowl	Molasses	100	24g	1g	2g	2g	250mg	0g	0g	0mg	1 grain
Cereal, Trix, reduced sugar	1 bowl	Corn, Rice, Turmeric, Fruit/Vegetable Juice	110	24g	1g	7g	1g	140mg	1.5g	0g	0mg	1 grain
Cherry Frudel	2.29 oz.	Wheat, Cherry, Carrot, Corn, Milk	210	37g	2g	11g	5g	290mg	6g	1.5g	0mg	2 grain
Cream Cheese	1 oz.	Milk	100	2g	0g	1g	2g	100mg	9g	6g	30mg	none
Peanut Butter	2 T.	Peanut, Corn	200	6g	2g	3g	7g	140mg	16g	3g	0mg	1 meat
Cheese, mozzarella string, light	1 oz.	Milk	60	1g	0g	1g	7g	200mg	3g	2g	10mg	1 meat
Cinnamon Roll	1.5 oz.	Wheat, Barley, Soy, Corn, Milk, Cinnamon, Orange	130	20g	2g	4g	3g	140mg	4.5g	1g	0mg	1 grain
Egg and Cheese English Muffin	1 serving		228	28g	3g	2g	13g	540mg	9g	2g	95mg	1.25 meat; 2 grain
Egg patty, precooked,	1 patty	Egg, Milk	50	0g	0g	0g	3g	90mg	4.5g	1g	90mg	0.75 meat
American Cheese, yellow	1/2 oz.	Milk, Soy	35	1.5g	0g	1g	3g	190mg	2g	1g	5mg	0.5 meat
English muffin, whole grain	2.2 oz.	Wheat, Soy	143	26g	3g	1g	7g	260mg	2g	0g	0mg	2 grain
Egg, Turkey Sausage, & Cheese Burrito	1 burrito	Wheat, Legume, Soy, Corn, Egg, Milk, Liquid Pepper Extract, Tomato, Chili Pepper, Garlic	220	25g	4g	2g	10g	310mg	9g	4g	40mg	1 meat; 1 grain
French Toast Sticks, whole grain	4 sticks	Wheat, Corn, Soy, Milk	300	43g	3g	15g	6g	400mg	13g	3g	0mg	2 grain
French Toast Sticks, whole grain, USDA	4 sticks	Wheat, Corn, Soy, Milk, Egg	213	31g	3g	3g	9g	373mg	5g	1g	147mg	1 meat; 2 grain
Goldfish Giant Grahams	0.9 oz.	Wheat, Soy, Cinnamon	120	19g	1g	6g	1g	110mg	4g	1.5g	0mg	1 grain
Muffin, Apple Cinnamon	1 each (2 oz.)	Milk, Wheat, Egg, Oats, Soy, Corn, Apple, Cinnamon, Turmeric	160	26g	1g	13g	2g	130mg	5g	<1g	25mg	1 grain
Muffin, Banana	1 each (2 oz.)	Milk, Wheat, Egg, Banana, Apple, Soy, Turmeric, Corn	160	28g	1g	14g	2g	135mg	5g	<1g	20mg	1 grain
Muffin, Blueberry	1 each (2 oz.)	Milk, Wheat, Egg, Blueberry, Soy, Corn	160	26g	2g	13g	2g	180mg	5g	1g	20mg	1 grain
Muffin, Chocolate Chip	1 each (2 oz.)	Wheat, Soy, Milk, Egg, Chocolate, Turmeric, Corn	170	28g	1g	15g	2g	130mg	6g	1g	20mg	1 grain
Pancakes, Mini Maple	3.17 oz. pkg	Wheat, Egg, Milk, Rice	220	39g	3g	14g	4g	130mg	6g	<1g	0mg	2 grain
PB & J Graham Sandwich, grape jelly (HS and Grades 6-8 only)		Peanut, Wheat, Soy, Corn	290	30g	3g	11g	8 g	260mg	17 g	3g	0 mg	1 meat; 0.75 grain
PB & J Graham Wafers grape jelly, USDA (HS and Grades 6-8 only)	2.3 oz.	Peanut, Wheat, Soy, Corn, Molasses	300	32g	4g	14g	9g	220mg	17g	4g	0mg	1 meat; 1 grain
Turkey Ham, Egg, and Cheese English Muffin	1 sandwich		263	28g	3g	2g	17g	690mg	10g	3g	110mg	1.75 meat; 2 grain
Canadian Style Turkey Ham, fully cooked	0.76 oz.	Sodium Nitrite	35	0g	0g	0g	4g	130mg	2g	<1g	15mg	0.5 meat
Egg patty, precooked,	1 patty	Egg, Milk	50	0g	0g	0g	3g	90mg	4.5g	1g	90mg	0.75 meat
American Cheese, yellow	1/2 oz.	Milk, Soy	35	1.5g	0g	1g	3g	190mg	2g	1g	5mg	0.5 meat
English muffin, whole grain	2.2 oz.	Wheat, Soy	143	26g	3g	1g	7g	260mg	2g	0g	0mg	2 grain

Current Breakfast Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Turkey Sausage & Cheese Pancake Sandwich	1 sandwich		230	30g	2g	7g	13g	615mg	9g	2g	25mg	1.25 meat; 2 grain
Turkey Sausage, fully cooked	1.25 oz.	Caramel color	55	<1g	0g	<1g	6g	225mg	4g	1g	20mg	0.9 meat
American cheese, yellow	1/2 oz.	Milk, Soy, Corn	35	1.5g	0g	1g	3g	190mg	2g	1.25g	5mg	0.5 meat
Pancakes, whole grain, buttermilk	2 each	Wheat, Milk, Egg, Soy	140	28g	2g	6g	4g	200mg	3g	0g	0mg	2 grain
Turkey Sausage, Egg, and Cheese Pancake Sandwich	1 serving		290	29g	2g	6g	16g	715mg	15g	4g	123mg	2 meat; 2 grain
Turkey Sausage, fully cooked	1.25 oz.	Caramel color	55	<1g	0g	<1g	6g	225mg	4g	1g	20mg	0.9 meat
American cheese, yellow	1/2 oz.	Milk, Soy, Corn	45	<1g	0g	<1g	3g	200mg	3.5g	2g	13mg	0.5 meat
Egg patty, precooked,	1 patty	Egg, Milk	50	0g	0g	0g	3g	90mg	4.5g	1g	90mg	0.75 meat
Pancake, buttermilk, whole grain	2.6 oz.	Wheat, Milk, Egg, Soy	140	28g	2g	6g	4g	200mg	3g	0g	0mg	2 grain
Ultimate Breakfast Round, Chocolate Chip	2.2 oz.	Egg, Milk, Soy, Wheat, Chocolate, Molasses, Corn, Raisin	270	44g	6g	19g	5g	180mg	8g	2.5g	5mg	2 grain
Ultimate Breakfast Round, Cinnamon	2.2 oz.	Egg, Milk, Soy, Wheat, Cinnamon, Molasses, Corn, Raisin	280	44g	6g	18g	5g	190mg	8g	3g	5mg	2 grain
Yogurt Parfait (vanilla) with Blueberries	1 serving	Corn, Egg, Milk, Soy, Oat, Honey, Blueberry	351	65g	3.6g	46g	9g	199mg	8g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt Parfait (vanilla) with Mixed Berry	1 serving	Corn, Egg, Milk, Soy, Oat, Honey, Blueberry, Strawberry	376	72g	4g	51g	9g	199mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt Parfait (vanilla) with Peaches	1 serving	Corn, Egg, Milk, Soy, Oat, Honey	381	73g	2g	52g	9g	208mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt Parfait (vanilla) with Pineapple	1 serving	Corn, Egg, Milk, Soy, Oat, Honey, Pineapple	431	75g	2g	43g	9g	208mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt Parfait (vanilla) with Strawberries	1 serving	Corn, Egg, Milk, Soy, Oat, Honey, Strawberry	381	78g	5g	56g	9g	199mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt, raspberry, nonfat, Danimals	4 oz.	Milk, Corn , Fruit Juice and Vegetable Juice	80	15g	0g	12g	4g	65mg	0g	0g	5mg	1 meat
Yogurt, strawberry, nonfat, Danimals	4 oz.	Milk, Corn , Natural Flavors	80	15g	0g	12g	4g	65mg	0g	0g	5mg	1 meat
Condiments	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	T-Fat	Sat-Fat	Cholesterol	USDA Components
Pancake Syrup	2 oz.	Corn, Caramel color	210	52g	0g	24g	0g	95mg	0g	0g	0mg	none
Fruit	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Apple Juice-100%	4 oz.	Apple	70	14g	0g	12g	<1g	0mg	0g	0g	0mg	1 fruit
Apple, Raw , medium	1 apple	Apple	116	21g	4g	n/a	<1g	1mg	0 g	0g	0mg	1 fruit
Banana, Raw, medium	1 banana	Banana	109	28g	3 g	12g	1g	1mg	0 g	0g	0mg	1 fruit
Orange Juice - 100%	4 oz.	Citrus	60	14g	1g	n/a	1g	12mg	0g	0g	0mg	1 fruit
Oranges, Raw	1 med orange	Citrus	62	15g	3g	n/a	0g	0mg	0g	0g	0mg	1 fruit
Pear, raw, medium	1 pear	None	98	25g	4g	n/a	<1g	0mg	<1g	0g	0mg	1 fruit
Dairy: Milk	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
White Milk, 1%	8 oz.	Milk	110	13g	0 g	12g	9g	125mg	2.5g	1.5g	15mg	1 milk
Chocolate Milk, Skim	8 oz.	Milk, Corn Syrup, Cocoa	130	24 g	0 g	21g	8 g	210mg	0g	0g	0mg	1 milk

Lunch Nutrition Information

Main Entrée'	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Orange Chicken over Rice	1 serving	Soy, Garlic, Onion, Wheat, Corn, Sesame Oil, Turmeric, Orange Juice, Rice	551	77g	4g	n/a	19g	726mg	15g	2.5g	25mg	2 meat; 2 grain
Beef Enchilada Dip with Tortilla Chips	1 serving		330	34g	7g	2g	17g	714mg	13g	5g	52mg	2 meat; 1 grain, 0.25 vegetable
Beef Enchilada Dip	6 oz.	Garlic, Onion, Chili powder, Caramel Color, Tomato, Legume, Milk	199	14g	4g	2g	15g	644mg	8g	4g	52mg	2 meat; 0.25 vegetable
Tortilla chips, yellow corn round	1 oz.	Corn	131	21g	3g	0g	2g	70mg	5g	1g	0mg	1 grain
Buffalo Chicken Drumstick and Waffles	1 serving		360	36g	4g	7g	21g	580mg	16g	4g	80mg	2.5 meat; 2 grain
Buffalo Chicken Drumstick, dark meat	1 each	Wheat, Garlic, Corn, Onion, Cayenne pepper, Red pepper, Turmeric	170	4g	0g	0g	17g	300mg	10g	2.5g	60mg	2.5 meat
Waffles, whole grain, Belgian	1 each	Wheat, Milk, Soy	190	32g	4g	7g	4g	280mg	6g	1g	20mg	2 grain

Main Entrée'	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Buffalo Chicken Pizza, whole grain, 8-cut	1 slice	Wheat, Barley, Milk, Soy, Corn, Garlic, Tomato, Onion	394	36g	4g	6g	23g	765mg	16g	9g	56mg	2.5 meat; 2 grain; 1/8 vegetable
Buffalo Chicken Wrap	2 wraps	Wheat, Soy, Corn, Milk, Rice, Cayenne pepper, Garlic, Turmeric	360	40g	4g	0g	28g	680mg	10g	2g	20mg	2 meat; 2 grain
Cheese and Bean Enchilada	1 each		329	42g	n/a	4g	17g	701mg	9g	7.5g	12.5mg	2 meat; 2 grain; 1/8 vegetable
Cheese & Bean Burrito	5 oz.	Wheat, Soy, Corn, Milk, Legume, Chili powder, Garlic, Tomato, Onion, Chili Pepper, Turmeric	310	40g	9g	4g	16g	580mg	9g	7g	10mg	2 meat; 2 grain
Enchilada Sauce	1 oz.	Tomato, Chili powder, Garlic, Corn	10	2g	n/a	0g	0g	105mg	0g	0mg	0mg	1/8 vegetable
Cheddar cheese, shredded, mild	1 tsp.	Milk, Corn	9	0g	0g	0g	<1g	16mg	<1g	0.5g	2.5mg	None
Cheese and Chicken Burrito	1 each		481	54g	2g	1g	29g	1040mg	18g	7g	95mg	2.5 meat; 3.5 grain
Chicken Fajita strips	3 oz.	Corn, Chili powder, Garlic, Lemon, Onion	140	2g	0g	0g	17g	400mg	7g	2g	80mg	2 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Corn	55	0g	0g	0g	4g	90mg	5g	3g	15mg	0.5 meat
Whole Grain Rice	1/2 cup	Rice	86	18g	1g	<1g	2g	0mg	2g	0g	0mg	1 grain
Flour Tortilla , wheat, 10"	1 each	Wheat, Corn	200	33g	1g	1g	6g	550mg	6g	2g	0mg	2.5 grain
Cheese Pizza 8-cut, whole grain	1 slice	Wheat, Barley, Milk, Soy, Corn, Garlic, Tomato, Onion	360	35g	4g	6g	18g	490mg	16g	8g	40mg	2 meat, 2 grain, 1/8 vegetable
Cheese Stuffed Breadsticks with Spaghetti Sauce	2 ea. w/ 1 oz. sauce		455	58g	0g	4g	25g	655mg	14g	7g	30mg	2 meat; 4 grain; 1/8 vegetable
Cheese Bosco Stick 7-inch	2 sticks	Wheat, Milk, Soy	440	55g	0g	2g	24g	620mg	14g	7g	30mg	2 meat; 4 grain
Spaghetti Sauce	1 oz.	Tomato, Onion, Garlic	15	3g	<1g	2g	<1g	35mg	<1g	0g	0mg	1/8 vegetable
Cheesy Chicken Crunch Wrap	1 each		526	56g	4g	1g	29g	1105mg	23g	8g	95mg	2.5 meat; 3.5 grain
Chicken Fajita strips	3 oz.	Corn, Chili powder, Garlic, Lemon, Onion	140	2g	0g	0g	17g	400mg	7g	2g	80mg	2 meat

Cheddar cheese, shredded	1/2 oz.	Milk, Corn	55	0g	0g	0g	4g	90mg	5g	3g	15mg	0.5 meat
Tortilla chips, yellow corn round	1 oz.	Corn	131	21g	3g	0g	2g	70mg	5g	1g	0mg	1 grain
Flour Tortilla , wheat, 10"	1 each	Wheat, Corn	200	33g	1g	1g	6g	550mg	6g	2g	0mg	2.5 grain
Chicken a la King over Rice	1 serving	Onion, Rice, Corn, Soy, Wheat, Milk, Turmeric	264	32g	2g	2g	18g	341mg	6g	1g	54mg	2 meat; 1 grain
Chicken Drumstick and Waffles	1 serving		380	37g	5g	7g	20g	730mg	17g	4g	70mg	2 meat; 2.75 grain
Chicken Drumstick, dark meat	1 each	Wheat, Garlic, Corn, Onion	190	5g	1g	0g	16g	450mg	11g	2.5g	50mg	2 meat; 0.75 grain
Waffles, whole grain, Belgian	1 each	Wheat, Milk, Soy	190	32g	4g	7g	4g	280mg	6g	1g	20mg	2 grain
Chicken Enchilada Dip with Tortilla Chips	1 serving		335	31g	6g	0g	18g	746mg	14g	5g	77mg	2 meat; 1 grain, 0.25 vegetable
Chicken Enchilada Dip	6 oz.	Garlic, Onion, Chili powder, Lemon, Tomato, Legume, Milk	204	10g	3g	0g	16g	676mg	9g	4g	77mg	2 meat; 0.25 vegetable
Tortilla chips, yellow corn round	1 oz.	Corn	131	21g	3g	0g	2g	70mg	5g	1g	0mg	1 grain
Chicken Fajita	1 serving		352	39g	2g	1g	24g	951mg	13g	4g	80mg	2.5 meat; 2.5 grain
Chicken Fajita strips	3 oz.	Lemon, Corn, Chili powder, Garlic, Onion	140	2g	0g	0g	17g	400mg	7g	2g	80mg	2 meat
Bell Peppers/Onions	1/4 cup	Onion	12	4g	1g	0g	<1g	1mg	0g	0g	0mg	0.5 vegetable
Flour Tortilla , wheat, 10"	1 each	Wheat, Corn	200	33g	1g	1g	6g	550mg	6g	2g	0mg	2.5 grain
Chicken Nuggets - whole grain (MS)	5 each	Soy, Onion, Garlic, Wheat, Turmeric, Rice	200	13g	3g	0g	18g	338mg	9g	2g	25mg	2 meat, 1 grain
Chicken Nuggets - whole grain (HS)	6 each	Soy, Onion, Garlic, Wheat, Turmeric, Rice	240	15g	3g	0g	21g	405mg	11g	2g	30mg	2 meat; 1 grain
Chicken Tenders - whole grain	3 each	Turmeric	240	12g	2g	3g	20g	375mg	12g	2g	45mg	2 meat; 1 grain
Chili with Tortilla Chips and Salties	1 serving		531	79g	12g	5g	28g	1278mg	15g	5g	32mg	2.5 meat; 0.5 vegetable; 2 grain
Chili	6 oz.	Beef, Garlic, Tomato, Legume, Soy, Caramel color, Onion, Chili powder	292	38g	9g	5g	23.5g	843mg	6g	2.5g	24mg	2.5 meat; 0.5 vegetable
Cheddar cheese, shredded	1 Tablespoon	Milk, Corn	28	0g	0g	0g	2g	48mg	2g	2g	8mg	none
Tortilla chips, yellow corn round	1 oz.	Corn	131	21g	3g	0g	2g	70mg	5g	1g	0mg	1 grain
Fiesta Nachos	1 serving		431	36g	4g	0g	24g	768mg	22g	8g	98mg	2 meat; 1.5 grain
Chicken Taco Meat	2 oz.	Wheat, Garlic, Corn, Soy	100	2g	0g	0g	13g	210mg	4.5g	1g	65mg	1 meat

Main Entrée'	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Cheddar/Queso cheese sauce	2 oz.	Milk, Soy, Tomato, Coconut oil, Jalapeno, Green Chiles, Onion, Garlic, Corn, Sunflower	118	2g	0g	0g	7g	433mg	9g	5g	30mg	1 meat
Tortilla chips, yellow corn round	1.5 oz.	Corn	204	32g	4g	0g	4g	109mg	7g	2g	0mg	1.5 grain
Cheddar cheese, shredded	1 tsp	Milk, Corn	9	<1g	0g	0g	<1g	16mg	<1g	<1g	3mg	None
Lasagna with beef, whole grain	6 oz.	Soy, Garlic, Onion, Wheat, Tomato, Milk, Egg, Caramel color	340	34g	6g	6g	21g	327mg	15g	6g	48mg	2 meat; 1 grain; 0.25 vegetable
Macaroni & Cheese, Homemade	1 serving (6oz)	Milk, Wheat, Soy, Egg, Onion, Cayenne Pepper, Orange, Tomato, Lemon	350	25g	3g	6g	20g	898mg	19g	12g	67mg	2 meat; 1 grain
Macaroni & Cheese, USDA	1 serving (6oz)	Milk, Wheat, Egg, Corn	290	31g	2g	6g	17g	980mg	11g	6g	30mg	2 meat; 1 grain
Pepperoni Pizza , turkey pepperoni, 8-cut	1 slice	Milk, Wheat, Barley, Soy, Corn, Garlic, Tomato, Onion, Sodium Nitrite	370	35g	4g	6g	19g	560mg	17g	8g	50mg	2.25 meat; 2 grain; 1/8 vegetable
Spaghetti with Meat Sauce	6 oz.	Beef, Soy, Corn, Caramel Color, Wheat, Oat fiber, Tomato, Garlic, Onion, Milk	401	34g	4g	10g	25g	476mg	19g	7g	55mg	2 meat; 1 grain; 0.5 vegetable
Spicy Chicken Tenders - whole grain	3 each	Wheat, Soy, Corn, Garlic, Onion, Rice	225	9g	2g	3g	20g	375mg	12g	5g	45mg	2 meat; 1 grain
Turkey Corn Dog	1 each	Wheat, Barley, Corn, Sodium Nitrite, Soy, Egg, Honey	270	27g	1g	9g	10g	740mg	14g	4g	30mg	2 meat; 2 grain
Turkey Divan	8 oz.	Wheat, Onion, Milk, Soy, Egg, Lemon, Rice	422	33g	2g	1g	23g	1006mg	23g	8g	76mg	2 meat; 1 grain; 0.5 vegetable
Turkey Sausage and French Toast Sticks	1 serving		410	44g	3g	16g	18g	850mg	21g	5g	40mg	2 meat; 2 grain
Turkey Sausage, fully cooked, 1.25 oz. each	2 patties	Caramel color	110	1g	0g	1g	12g	450mg	8g	2g	40mg	1.8 meat
French Toast Sticks, whole grain	4 sticks	Wheat, Corn, Soy, Milk	300	43g	3g	15g	6g	400mg	13g	3g	0mg	0.4 meat; 2 grain
Turkey Sausage and French Toast Sticks, USDA	1 serving		316	30g	3g	12g	23g	810mg	13g	3g	180mg	2.8 meat; 1.25 grain
Turkey Sausage, fully cooked, 1.25 oz. each	2 patties	Caramel color	110	1g	0g	1g	12g	450mg	8g	2g	40mg	1.8 meat
French Toast Sticks, whole grain, USDA	4 sticks	Wheat, Corn, Soy, Milk, Egg	216	29g	3g	11g	11g	360mg	5g	1g	140mg	1 meat; 1.25 grain
Turkey Sausage and Pepperoni Pizza, 8-cut, whole grain	1 slice	Wheat, Barley, Milk, Soy, Corn, Garlic, Tomato, Onion, Sodium Nitrite	397	36g	5g	6g	22g	716mg	19g	8g	61mg	3 meat; 2 grain; 1/8 vegetable
Turkey Sausage Pizza, 8-cut, whole grain	1 slice	Wheat, Barley, Milk, Soy, Corn, Garlic, Onion, Tomato	381	36g	4g	6g	21g	646mg	18g	8g	51mg	2.5 meat; 2 grain; 1/8 vegetable
Turkey with Gravy	1 serving	Refer to "Gravies" for allergens	117	6g	n/a	n/a	19g	590mg	2g	1g	38mg	2 meat
Veggie Pizza, 8-cut, whole grain	1 slice	Wheat, Barley, Milk, Soy, Corn, Garlic, Onion, Tomato	394	43g	7g	n/a	19g	822mg	16g	8g	40mg	2 meat, 2 grain, 1 vegetable
Yogurt Parfait (vanilla) with Blueberries (HS)	1 serving	Corn, Egg, Milk, Soy, Oat, Honey, Blueberry	411	72g	4g	56g	11g	226mg	8g	2g	10mg	2 meat; 2 grain; 1 fruit
Yogurt Parfait (vanilla) with Mixed Berry (HS)	1 serving	Corn, Egg, Milk, Soy, Oat, Honey, Blueberry, Strawberry	436	84g	4g	61g	11g	226mg	8g	2g	10mg	2 meat; 2 grain; 1 fruit
Yogurt Parfait (vanilla) with Peaches (HS)	1 serving	Corn, Egg, Milk, Soy, Oat, Honey	441	85g	2g	53g	11g	235mg	7g	2g	13mg	2 meat; 2 grain; 1 fruit
Yogurt Parfait (vanilla) with Pineapple (HS)	1 serving	Corn, Egg, Milk, Soy, Oat, Honey, Pineapple	431	75g	2g	62g	11g	225mg	7g	2g	13mg	2 meat; 2 grain; 1 fruit
Yogurt Parfait (vanilla) with Strawberries (HS)	1 serving	Corn, Egg, Milk, Soy, Oat, Honey, Strawberry	461	91g	5g	66g	11g	225mg	7g	2g	10mg	2 meat; 2 grain; 1 fruit
Yogurt Parfait (vanilla) with Blueberries (MS)	1 serving	Corn, Egg, Milk, Soy, Oat, Honey, Blueberry	351	65g	3.6g	46g	9g	199mg	8g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt Parfait (vanilla) with Mixed Berry (MS)	1 serving	Corn, Egg, Milk, Soy, Oat, Honey, Blueberry, Strawberry	376	72g	4g	51g	9g	199mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt Parfait (vanilla) with Peaches (MS)	1 serving	Corn, Egg, Milk, Soy, Oat, Honey	381	73g	2g	52g	9g	208mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt Parfait (vanilla) with Pineapple (MS)	1 serving	Corn, Egg, Milk, Soy, Oat, Honey, Pineapple	431	75g	2g	43g	9g	208mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt Parfait (vanilla) with Strawberries (MS)	1 serving	Corn, Egg, Milk, Soy, Oat, Honey, Strawberry	381	78g	5g	56g	9g	199mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Sandwiches	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
BBQ Beef Rib Patty on Bun	1 sandwich		327	37g	3g	13g	17g	727mg	11g	3.5g	30mg	2 meat; 2 grain
Chopped beef rib patty with BBQ sauce	3 oz.	Soy, Caramel Color, Tomato, Corn, Garlic, Wheat, Onion, Honey, Molasses, Milk	187	12g	1g	10g	12g	497mg	9g	3.5g	30mg	2 meat

Sandwiches	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
BBQ Chicken on Whole Grain Bun	1 serving		293	34g	2g	10g	27g	915mg	4.5g	<1g	60mg	2.5 meat; 2 grain
Chicken breast, fully cooked	3 oz.	Onion, Garlic, Soy	120	1g	0g	0g	22g	320mg	2.5g	0.5g	60mg	2.5 meat
BBQ Sauce	2 Tbsp.	Tomato, Corn, Caramel color	33	8g	0g	7g	0g	365mg	0g	0g	0mg	None
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Cheeseburger Meatloaf on Bun	1 serving		330	33g	3g	8g	16g	620mg	14g	6g	40mg	2 meat; 2 grain
Meatloaf with Cheese added, fully cooked	2.9 oz.	Milk, Wheat, Tomato, Turmeric, Corn, Onion, Garlic	190	8g	1g	5g	11g	390mg	12g	6g	40mg	2 meat
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Cheeseburger on Whole Grain Bun	1 sandwich		325	27g	2g	5g	20g	680mg	15g	6g	50mg	2.5 meat; 2 grain
American cheese, yellow	0.5 oz.	Milk, Soy, Corn	35	1.5g	0g	1g	3g	190mg	2g	1.3g	5mg	0.5 meat
Beef Patty	2.3 oz.	Corn, Caramel Color	150	0g	0g	0g	12g	260mg	11g	4.5mg	45mg	2 meat
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Soy, Corn, Honey, Molasses	140	25g	2g	3g	4g	230mg	1.5g	0g	0mg	2 grain
Chicken Patty on Bun	1 each		340	34g	5g	3g	24g	520mg	11g	1.5g	45mg	2 meat; 3 grain
Chicken Patty, whole grain breaded	3.75 oz.	Onion, Garlic, Soy, Wheat, Turmeric	200	9g	3g	0g	19g	290mg	9g	1.5g	45mg	2 meat; 1 grain
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Chili Cheese Coney	1 each		333	31g	3g	n/a	18g	626mg	15g	4g	70mg	2.5 meat; 2 grain; 0.5 vegetable
Hot dog, turkey, precooked	2 oz.	Corn	110	0g	0g	0g	8g	240mg	9g	3g	50mg	2 meat
Sloppy Joe, Beef, precooked	1 oz.	Tomato, Soy, Caramel Color, Green/Red Peppers, Onion, Chili Powder, Garlic	40	3g	<1g	2g	3g	115mg	2g	<1g	12mg	0.5 meat
Onion, raw	1/4 cup	Onion	15	3g	<1g	n/a	0g	1mg	0g	0g	0mg	0.5 vegetable
Cheddar cheese, shredded	1 Tablespoon	Milk, Corn	28	0g	0g	0g	2g	45mg	2g	1g	8mg	none
Hot dog bun, WG, 6 inch	2 oz.	Wheat, Soy	140	25g	2g	4g	5g	230mg	2g	0g	0mg	2 grain
Hamburger on Whole Grain Bun	1 sandwich		290	25g	3g	3g	17g	490mg	7g	2g	35mg	2 meat; 2 grain
Beef Patty, fully cooked	2.3 oz.	Corn, Caramel Color	150	0g	0g	0g	12g	260mg	11g	4.5mg	45mg	2 meat
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Soy, Corn, Honey, Molasses	140	25g	2g	3g	4g	230mg	1.5g	0g	0mg	2 grain
Italian Sub (hot or cold)	1 each		335	30g	2g	18g	23g	1138mg	14g	4.5g	72mg	2.5 meat; 2 grain
Turkey Combo (Ham, Pepperoni, Salami)	3 oz.	Corn, Garlic, Nitrite	125	2g	0g	n/a	14g	623mg	7g	2g	59mg	2 meat
American cheese, white	1/2 oz.	Milk, Soy, Corn	50	0g	0g	0g	3g	255mg	5g	2.5g	13mg	0.5 meat
Hoagie Bun, Whole Grain, 5"	1 bun	Wheat, Soy, Corn, Honey, Molasses	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain
Meatball Sub	1 sandwich		405	44g	5g	15g	24g	1098mg	15g	6g	47mg	2.5 meat; 2 grain; 0.5 vegetable
Meatballs, beef, precooked in Marinara Sauce	4 meatballs	Soy, Wheat, Milk, Garlic, Tomato, Onion, Caramel Color	173	10g	2g	5g	13g	680mg	9g	4g	36mg	2 meat
Spaghetti sauce	2 oz.	Tomato, Garlic, Onion	30	6g	1g	5g	1g	70mg	<1g	0g	0mg	0.5 vegetable
Mozzarella Cheese, shredded	1/2 oz.	Milk	42	<1g	0g	<1g	3g	88mg	3g	2g	11mg	0.5 meat
Hoagie Bun, Whole Grain, 5"	1 bun	Wheat, Soy, Corn, Honey, Molasses	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain
Philly Steak and Cheese Sub	1 each		328	34g	3g	n/a	23g	1161mg	10g	3.5g	44mg	2 meat; 2 grain; 1/4 vegetable
Philly Seasoned Beef Steak Slices	2.7 oz.	Corn, Soy, Wheat, Caramel Color, Tomato, Onion, Garlic, Lemon	106	3.5g	0g	3g	13g	656mg	3.5g	1g	31mg	1.5 meat
American cheese, white	1/2 oz.	Milk, Soy, Corn	50	0g	0g	0g	3g	255mg	5g	2.5g	13mg	0.5 meat
Green Pepper and Onion	1/4 cup	Onion	12	2g	<1g	n/a	<1g	<1g	0g	0g	0mg	1/4 vegetable
Hoagie Bun, Whole Grain, 5"	1 bun	Wheat, Soy, Corn, Honey, Molasses	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain
Bun, Hamburger, whole grain, 3.5"	1 each	Wheat, Soy corn syrup	110	20g	2g	3g	4g	190mg	1.5g	0g	0mg	1.5 grain
Salisbury Steak (beef)	2.7 oz.	Soy, Wheat, Milk, Beef, Caramel color	200	4g	1g	1g	14g	350mg	14g	6g	45mg	2.25 meat
Brown Gravy, low sodium	2 oz.	Milk, Corn, Caramel color, Garlic, Wheat, Spy, Onion, Sunflower, Red #40	20	5g	0g	0g	0g	140mg	0g	0g	0mg	None
Bun, Hamburger, whole grain 4"	1 each	Wheat, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Sloppy Joe on Bun	1 sandwich		299	36g	4g	12g	19g	689mg	8g	2g	44mg	2 meat; 2 grain; 1/8 vegetable
Sloppy Joe, Beef, reduced fat	1/2 cup	Tomato, Soy, Caramel Color, Peppers, Onion, Garlic, Chili Powder	159	11g	2g	9g	14g	459mg	6g	2g	44mg	2 meat; 1/8 vegetable
Bun, Hamburger, whole grain 4"	1 each	Wheat, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Spicy Chicken Patty on Bun			340	34g	3g	4g	27g	560mg	12g	2g	45mg	2 meat; 3 grain
Chicken Patty, spicy, breaded	3.75 oz.	Soy, Wheat, Corn, Garlic, Onion, Rice	200	9g	1g	1g	21g	330mg	10g	2g	45mg	2 meat; 1 grain
Bun, Hamburger, whole grain 4"	1 each	Wheat, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain

Sandwiches	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Toasted Cheese Sandwich	1 sandwich		300	36g	4g	6g	18g	950mg	10g	5g	20mg	2 meat; 2 grain
American cheese, yellow	2 oz.	Milk, Soy, Corn	140	6g	0g	4g	12g	760mg	8g	5g	20mg	2 meat
Texas Toast, whole grain	2 slices	Wheat, Corn	160	30g	4g	2g	6g	190mg	2g	0g	0mg	2 grains
Turkey and Cheese Melt	1 each		275	32g	4g	n/a	26g	750mg	6g	1.5g	40mg	2.5 meat; 2 grains
Turkey Steak, fully cooked	2.8 oz	None	80	0g	0g	0g	17g	370mg	1.5g	0.5g	35mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy, Corn	35	1.5g	0g	1g	3g	190mg	2g	1g	5mg	0.5 meat
Texas Toast, whole grain	2 slices	Wheat, Corn	160	30g	4g	2g	6g	190mg	2g	0g	0mg	2 grains
Turkey and Cheese Sub	1 each		265	30g	2g	5g	27g	870mg	5g	1g	40mg	2.5 meat; 2 grain
Turkey, all natural, fully cooked	3 oz.	None	90	0g	0g	0g	18g	420mg	<1g	0g	35mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy	35	1.5g	0g	1g	3g	190mg	2g	1.3g	5mg	0.5 meat
Hoagie Bun, Whole Grain, 5"	1 bun	Wheat, Soy, Corn syrup	150	28g	3g	4g	5g	260mg	2g	0g	0mg	2 grain
Turkey Ham and Cheese Sub	1 each		315	32g	2g	7g	23g	900mg	10g	3g	65mg	2.5 meat; 2 grain
Turkey Ham, uncured, fully cooked	3 oz.	None	120	2g	0g	2g	14g	450mg	6g	2g	60mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy, Corn	35	1.5g	0g	1g	3g	190mg	2g	1g	5mg	0.5 meat
Hoagie Bun, Whole Grain, 5"	1 bun	Wheat, Soy, Corn, Honey, Molasses	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain
Veggie Burger on Bun	1 each		310	40g	5g	5g	21g	770mg	8g	1g	0 mg	2 meat; 2 grain
Garden Veggie patty, Morningstar	3.5 oz.	Wheat, Soy, Egg, Milk, Corn, Mushroom, Oat, Onion, Garlic, Rice, Jalapeno Pepper	170	15g	3g	2g	16g	540mg	6g	1g	0mg	2 meat
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Vegetarian Sub	1 each		305	36g	4g	9g	18g	1076mg	10g	5g	20mg	2 meat; 2 grain
Tomato, hot pepper, cucumber, lettuce	1/2 cup	Tomato, Hot Pepper	5	2g	2g	1g	0g	56mg	0g	0g	0mg	1 vegetable
American cheese, yellow	2 oz.	Milk, Soy, Corn	140	6g	0g	4g	12g	760mg	8g	5g	20mg	2 meat
Hoagie Bun, Whole Grain, 5"	1 bun	Wheat, Soy, Corn, Honey, Molasses	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain
Salads	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Toppings Bar												
Beans, black, canned	1/4 cup	Legume	65	11g	6g	<1g	4g	175mg	<1g	0g	0mg	0.5 vegetable
Peppers, Banana	.5 oz. /6 slices	None	0	<.5g	n/a	n/a	0g	230mg	0g	0g	0mg	1/16 vegetable
Peppers, Jalapeno	.5 oz./7 slices	None	0	<.5g	n/a	n/a	0g	230mg	0g	0g	0mg	1/16 vegetable
Pickle, dill, slices	.5 oz./3 slices	None	1.5	<1g	0g	0g	0g	190mg	0g	0g	0mg	1/16 vegetable
Salsa, JP's, Hot Roasted Garlic	2 oz.	Tomato, Peppers, Garlic	20	6g	0g	4g	0g	280mg	0g	0g	0mg	1/8 fruit/veg
Chef Salad	1 each		312	25g	6g	n/a	25g	931 mg	11g	4g	63mg	2.5 meat; 4 vegetable; 0.5 grain
Lettuce Salad Mix	2 cups	None	70	6g	3g	4g	1g	140mg	0g	0g	0mg	2 vegetable
Broccoli, raw	1/4 cup	None	6	1g	1g	n/a	<1g	6mg	<1g	0g	0mg	0.5 vegetable
Cucumbers, raw	1/4 cup	None	10	2g	<1g	n/a	<1g	1.5mg	0g	0g	0mg	0.5 vegetable
Tomato, raw	4 quarters	Tomato	26	6g	2g	n/a	1g	11mg	<1g	<1g	<1mg	1 vegetable
Turkey Breast, diced	2 oz.	None	45	1.5g	0g	0g	9g	270mg	<1g	<1g	18mg	1 meat
Turkey-Ham, diced	1.5 oz.	None	50	<1g	0g	0g	7g	265mg	2g	<1g	30mg	1 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Corn	55	0g	0g	0g	3.5g	95mg	5g	3g	15mg	0.5 meat
Croutons	10 croutons	Wheat, Barley, Onion, Milk, Corn, Turmeric	50	8g	0g	0g	2g	142mg	2g	0g	0mg	0.5 grain
Cobb Salad	1 each		301	21g	5g	n/a	22g	918mg	13g	5g	75mg	2.5 meat; 3 vegetable, 0.5 grain
Lettuce Salad Mix	2 cups	None	70	6g	3g	4g	1g	140mg	0g	0g	0mg	2 vegetable
Turkey-Ham, diced	3 oz.	None	100	1g	0g	0g	14g	530mg	4.5g	1.5g	60mg	2 meat
Tomato, raw	4 quarters	Tomato	26	6g	2g	n/a	1g	11mg	<1g	<1g	<1mg	1 vegetable
Cheddar cheese, shredded	1/2 oz.	Milk, Corn	55	0g	0g	0g	3.5g	95mg	5g	3g	15mg	0.5 meat
Croutons, whole grain	10 croutons	Wheat, Barley, Onion, Milk, Corn, Turmeric	50	8g	0g	0g	2g	142mg	2g	0g	0mg	0.5 grain
Crispy Chicken Salad	1 serving		421	29g	8g	n/a	28g	679mg	18g	8g	55mg	3 meat; 1 grain; 3.5 vegetables
Salads	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components

Chicken Nuggets - whole grain	5 each	Soy, Onion, Garlic, Wheat, Turmeric, Rice	200	13g	3g	0g	18g	338mg	9g	2g	25mg	2 meat; 1 grain
Lettuce Salad Mix	2 cups	None	70	6g	3g	4g	1g	140mg	0g	0g	0mg	2 vegetable
Tomato, raw	4 quarters	Tomato	26	6g	1g	n/a	1g	11mg	<1g	<1g	<1mg	1 vegetable
Cucumbers	1/4 cup	None	15	3g	1g	0g	1g	0mg	0g	0g	0mg	0.5 vegetable
Cheddar cheese, shredded	1 oz.	Milk, Corn	110	1g	0g	0g	7g	190mg	9g	6g	30mg	1 meat
El Rancho Salad	1 serving	Milk, Corn, Soy, Tomato, Jalapeno pepper, Onion, Garlic, Chili Pepper, Legume, Rice	353	47g	n/a	9g	15g	896mg	9g	3g	36mg	2 meat; 1 grain; 2 vegetable
Italian Salad	1 serving	Milk, Corn, Garlic, Nitrite, Tomato	246	15g	3g	n/a	21g	732mg	8g	4g	58mg	2.5 meat; 2.25 vegetable
Taco Salad with Tortilla Chips (beef)	1 serving		341	26g	4.5g	4g	22g	511mg	16g	6g	50mg	2.5 meat; 1 + 1/8 vegetable; 1 grain
Beef Taco Meat, USDA	3.2 oz.	Wheat, Garlic, Corn, Soy, Chili Pepper, Tomato, Caramel Color	111	5g	2g	2g	13g	292mg	5g	2g	35mg	2 meat; 1/8 vegetable
Cheddar cheese, shredded	1/2 oz.	Milk, Corn	55	<1g	0g	0g	4g	90mg	5g	3g	15mg	0.5 meat
Lettuce Salad Mix	1 cup	None	35	3g	1.5g	2g	<1g	70mg	0g	0g	0mg	1 vegetable
Tortilla chips, yellow corn round	1 oz.	Corn	140	18g	1g	0g	2g	59mg	6g	1g	0mg	1 grain
Taco Salad with Tortilla Chips (chicken)	1 serving		363	24g	3g	2g	24g	492mg	17g	5g	100mg	2 meat; 1 vegetable; 1 grain
Chicken Taco Meat	2.6 oz.	Wheat, Garlic, Corn, Soy, Chili Pepper, Rice	133	3g	0g	0g	17g	273mg	6g	1g	85mg	1.7 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Corn	55	<1g	0g	0g	4g	90mg	5g	3g	15mg	0.5 meat
Lettuce Salad Mix	1 cup	None	35	3g	1.5g	2g	<1g	70mg	0g	0g	0mg	1 vegetable
Tortilla chips, yellow corn round	1 oz.	Corn	140	18g	1g	0g	2g	59mg	6g	1g	0mg	1 grain
Cold Wraps	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Chicken Wrap	1 wrap		390	43g	4g	3g	25g	927mg	18g	6g	49mg	2 meat; 1 vegetable; 3.25 grain
Chicken Patty, whole grain breaded	2.8 oz.	Onion, Garlic, Soy, Wheat, Turmeric	149	7g	1.5g	0g	14g	217mg	7g	1g	34g	1.5 meat; 0.75 grain
Lettuce Salad Mix	1 cup	None	35	3g	1.5g	2g	<1g	70mg	0g	0g	0mg	1 vegetable
Cheddar cheese, shredded	1/2 oz.	Milk, Corn	55	0g	0g	0g	4g	90mg	5g	3g	15mg	0.5 meat
Flour Tortilla , wheat, 10"	1 each	Wheat, Corn	200	33g	1g	1g	6g	550mg	6g	2g	0mg	2.5 grain
Chicken Salad Wrap	1 wrap	Onion, Egg, Corn, Soy, Milk, Garlic, Wheat, Barley	416	39g	2g	n/a	22g	951mg	21g	4g	46mg	2.5 meat; 2.5 grain; 1/8 vegetable
Spicy Chicken Wrap	1 wrap		439	43g	3g	3g	24g	956mg	19g	6g	49mg	2 meat; 3.25 grain; 1 vegetable
Chicken Breast strips, spicy, whole grain breaded, fully cooked	2.8 oz.	Corn, Garlic, Onion, Wheat, Soy, Rice	149	7g	<1g	<1g	14g	246mg	7.5g	1.5g	34mg	1.5 meat; 0.75 grain
Lettuce Salad Mix	1 cup	None	35	3g	1.5g	2g	<1g	70mg	0g	0g	0mg	1 vegetable
Cheddar cheese, shredded	1/2 oz.	Milk, Corn	55	0g	0g	0g	4g	90mg	5g	3g	15mg	0.5 meat
Flour Tortilla , wheat, 10"	1 each	Wheat, Corn	200	33g	1g	1g	6g	550mg	6g	2g	0mg	2.5 grain
Turkey & Cheese Wrap	1 each		315	36g	1g	2g	21g	1140mg	10g	5g	27mg	2 meat, 2.5 grain
Turkey, all natural , fully cooked	1.5 oz.	None	45	0g	0g	0g	9g	210mg	0g	0g	17mg	1 meat
American cheese, yellow	1 oz.	Milk, Soy, Corn	70	3g	0g	2g	6g	380mg	4g	2.5g	10mg	1 meat
Flour Tortilla , wheat, 10"	1 each	Wheat, Corn	200	33g	1g	1g	6g	550mg	6g	2g	0mg	2.5 grain
Turkey Ham & Cheese Wrap	1 each		325	36g	1g	n/a	17g	1088mg	13g	4g	50mg	2 meat, 2.5 grain
Turkey Ham, uncured, fully cooked	2.3 oz.	None	90	1.5g	0g	n/a	7.5g	338mg	4.5g	1g	45mg	1.5 meat
American cheese, yellow	0.5 oz.	Milk, Soy, Corn	35	1.5g	0g	1g	3g	190mg	2g	1g	5mg	0.5 meat
Flour Tortilla , wheat, 10"	1 each	Wheat, Corn	200	33g	1g	1g	6g	550mg	6g	2g	0mg	2.5 grain
Other Grains	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Breadstick, whole grain, large (HS)	1 breadstick	Wheat, Soy, Corn, Molasses, Honey	90	17g	2g	3g	4g	180mg	0.5g	0g	0mg	1.25 grain
Cornbread, mini loaf	2 oz.	Egg, Milk, Soy, Wheat, Corn, Fruit Juice powder	170	29g	1g	1g	3g	90mg	5g	0.5g	15mg	1 grain
Dinner Roll, whole grain, 1.25 oz.	1 roll	Wheat, Soy, Corn, Molasses, Honey	80	15g	1g	2g	3g	135mg	1g	0g	0mg	1 grain
Other Grains	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components

Muffin, Apple Cinnamon	1 each (2 oz.)	Milk, Wheat, Egg, Oats, Soy, Corn, Apple, Cinnamon, Turmeric	160	26g	1g	13g	2g	130mg	5g	<1g	25mg	1 grain
Muffin, Banana	1 each (2 oz.)	Milk, Wheat, Egg, Banana, Apple, Soy, Turmeric, Corn	160	28g	1g	14g	2g	135mg	5g	<1g	20mg	1 grain
Muffin, Blueberry	1 each (2 oz.)	Milk, Wheat, Egg, Blueberry, Soy, Corn	160	26g	2g	13g	2g	180mg	5g	1g	20mg	1 grain
Muffin, Chocolate Chip	1 each (2 oz.)	Wheat, Soy, Milk, Egg, Chocolate, Turmeric, Corn	170	28g	1g	15g	2g	130mg	6g	1g	20mg	1 grain
Seasoned Rice	1/2 cup	Onion, Rice	86	18g	1g	<1g	2g	0mg	0g	0g	0mg	1 grain
Cooked Vegetables	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Baked Beans	1/2 cup	Legume, tomato, onion, corn	145	28g	6g	3g	7g	479mg	<1g	0g	0mg	1 vegetable
Black Beans, seasoned	1/2 cup	Legume, Onion, Garlic	130	22g	11g	1g	8g	350mg	1g	<1g	0mg	1 vegetable
Broccoli	1/2 cup	None	31	3g	1g	0g	1g	32mg	0g	0g	0mg	1 vegetable
Brussels Sprouts	1/2 cup	None	32	8g	1g	0g	3g	20mg	0g	0g	0mg	1 vegetable
Cabbage, cooked	1/2 cup	None	17	3g	2g	n/a	<1g	6mg	2g	<1g	0mg	1 vegetable
California Mixed Vegetables	1/2 cup	None	17	3g	1g	2g	<1g	20mg	0g	0g	0mg	1 vegetable
Carrot	1/2 cup	None	26	5g	2g	0g	0g	43mg	0g	0g	0mg	1 vegetable
Collard Greens	1/2 cup	Onion, Banana Pepper	18	4g	1g	0g	1g	101mg	0g	0g	0mg	1 vegetable
Corn (canned)	1/2 cup	Corn	72	17	2g	5g	2g	0mg	0g	0g	0mg	1 vegetable
Corn (frozen)	1/2 cup	Corn	87	17	2g	2g	3g	0mg	<1g	0g	0mg	1 vegetable
Fries, Crinkle Cut	2.5 oz.	Caramel color, Turmeric	120	20	1g	0g	2g	20mg	4g	<1g	0mg	1 vegetable
Fries, Cross Cut, seasoned, USDA	3 oz.	Wheat, Garlic, Onion	170	21g	2g	n/a	2g	490mg	9g	1g	0mg	1 vegetable
Fries, Spiral, battered	3 oz.	Wheat, Garlic, Onion	150	21g	3g	0g	2g	360mg	7g	1g	0mg	1 vegetable
Garbanzo Beans, marinated	1/2 cup	Legume, Egg, Corn, Tomato, Onion, Garlic, Lemon, Caramel Color, Bell Pepper	141	20g	4g	<1g	5g	586mg	<1g	0g	0mg	1 vegetable
Green Beans (canned)	1/2 cup	None	17	4g	1g	2g	1g	0mg	0g	0g	0mg	1 vegetable
Green Beans (frozen)	1/2 cup	None	18	4g	2g	2g	<1g	310mg	0g	0g	0mg	1 vegetable
Hash Brown Patties, triangle, USDA	5 oz.	Onion	280	33g	5g	n/a	3g	350mg	15g	2.5g	0mg	
Italian Mixed Vegetables	1/2 cup	Lima bean	27	5g	2g	2g	2g	38mg	0g	0g	0mg	1 vegetable
Mashed Potatoes	1/2 cup	None	110	20g	1g	2g	2g	420mg	3g	<1g	0mg	1 vegetable
Mixed Vegetables	1/2 cup	Peas, Corn, Lima Beans	45	9g	2g	3g	2g	64mg	0g	0g	0mg	1 vegetable
Potato, baked, medium, with skin	1 whole	None	161	37g	4g	2g	4g	17mg	0g	0g	0mg	1 vegetable
Potato, roasted, redskin, cooked, USDA	3 oz.	Corn, Onion, Garlic	100	19g	2g	2g	2g	180mg	2g	0g	0mg	1 vegetable
Potato Rounds, USDA	2.5 oz.	None	120	14g	2g	n/a	2g	260mg	6g	1g	0mg	1 vegetable
Potato, Tater Gems	3 oz.	None	150	22g	2g	0g	2g	310mg	6g	1g	0mg	1 vegetable
Potato Wedges, skin on, country-style	7 pieces	None	90	15g	2g	0g	2g	30mg	3g	0g	0mg	1 vegetable
Potato Wedges, skin on, USDA	8 pieces	None	100	14g	2g	0g	2g	20mg	3g	0g	0mg	1 vegetable
Spinach, chopped, frozen, USDA	1/2 cup	None	32	5g	4g	0g	4g	92mg	1g	0g	0mg	1 vegetable
Sweet potatoes, extra light syrup, canned, USDA	1/2 cup	Corn	103	25g	2g	14g	0g	31mg	0g	0g	0mg	1 vegetable
Sweet potato rounds, USDA	1/2 cup	Corn	120	19g	3g	10g	2g	100mg	4g	<1g	0mg	1 vegetable
Sweet potato wedges, USDA	1/2 cup	Caramel color, Rice	120	19g	2g	7g	1g	140mg	4g	1g	0mg	1 vegetable
Gravies	Portion Size	Food Allergies and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Brown Gravy, low sodium	1 oz.	Milk, Corn, Caramel color, Garlic, Wheat, Onion, Red #40, Sunflower	13	3g	0g	0g	0g	70mg	0g	0g	0mg	None
Chicken Gravy, low sodium	1 oz.	Chicken, Corn, Coconut Oil, Soy, Milk, Caramel Color, Wheat, Turmeric	18	3g	0g	0g	0g	60mg	0g	0g	0mg	None
Fresh Vegetables	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Broccoli	1/4 cup	None	6	1g	<1g	0g	<1g	6mg	0g	0g	0mg	0.5 vegetable
Carrot Sticks	1/4 cup	None	16	4g	1g	n/a	<1g	13mg	0g	0g	0mg	0.5 vegetable
Celery Sticks	1/4 cup	None	3	<1g	<1g	0g	<1g	18mg	0g	0g	0mg	0.5 vegetable
Cucumbers	1/4 cup	None	15	3g	1g	0g	1g	0mg	0g	0g	0mg	0.5 vegetable
Green Pepper	1/4 cup	None	7	2g	<1g	<1g	<1g	<1mg	0g	0g	0mg	0.5 vegetable
Lettuce Salad Mix	1 cup	None	35	3g	3g	2g	<1g	70mg	0g	0g	0mg	1 vegetable
Onion	1/4 cup	Onion	15	3.5g	<1g	n/a	<1g	1mg	0g	0g	0mg	0.5 vegetable
Fresh Vegetables	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components

Tomato	1 oz.	Tomato	4	1g	0g	0g	0g	0mg	0g	0g	0mg	1/8 vegetable
Tomato, Onion, and Cucumber Salad	1/2 cup	Tomato, Onion, Caramel Color	11	2g	<1g	n/a	0g	63mg	0g	0g	0mg	1 vegetable
Fruit	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Apple, raw , medium	1 apple	Apple	116	21g	4g	n/a	<1g	1mg	0 g	0g	0mg	1 fruit
Hot Apple Slices	1/2 cup	Apple, Cinnamon	81	20g	2g	17g	0g	21mg	0g	0g	0mg	1 fruit
Applesauce, blueberry, reduced sugar (USDA)	1/2 cup	Apple, Blueberry	70	16g	2g	n/a	0g	20mg	0g	0g	0mg	1 fruit
Applesauce, blue raspberry, reduced sugar (USDA)	1/2 cup	Apple, FD&C Blue #1	70	16g	2g	n/a	0g	20mg	0g	0g	0mg	1 fruit
Applesauce, sweetened	4 oz. cup	Corn Syrup	90	23g	2g	18g	0g	15mg	0g	0g	0mg	1 fruit
Apricots, diced, peeled, canned, light syrup, USDA	1/2 cup	Corn Syrup	60	14g	0g	11g	0g	0mg	0g	0g	0mg	1 fruit
Apricots, sliced, frozen, light syrup, USDA	1/2 cup	Corn Syrup	110	25g	2g	23g	1g	0mg	0g	0g	0mg	1 fruit
Banana, raw	1 med	Banana	109	28g	3g	n/a	1g	1mg	0g	0g	0mg	1 fruit
Blueberries, frozen, unsweetened, USDA	1/2 cup	Blueberry	40	10g	2g	7g	0g	1mg	1g	0g	0mg	1 fruit
Cherries, frozen, no sugar added (USDA)	1/2 cup	None	36	8.6g	1.2g	7g	<1g	1mg	<1g	<1g	0g	1 fruit
Mandarin oranges, sweetened, canned	1/2 cup	Citrus	64	15g	<1g	13g	0g	10mg	0g	0g	0mg	1 fruit
Mixed fruit (peach, pear, and grape) , extra light syrup, canned, USDA	1/2 cup	Corn Syrup	60	15g	12g	12g	0g	5mg	0g	0g	0mg	1 fruit
Oranges, raw, medium	1 orange	Citrus	62	15g	3g	n/a	1g	0mg	0g	0g	0mg	1 fruit
Peaches, sliced , light syrup, canned	1/2 cup	Corn Syrup	70	17g	0g	13g	0g	10mg	0g	0g	0mg	1 fruit
Peaches, frozen, sliced, extra light syrup, USDA	1/2 cup	Corn Syrup	60	16g	2g	14g	1g	0mg	0g	0g	0mg	1 fruit
Peaches, Hot Cinnamon	1/2 cup	Corn Syrup, Cinnamon	65	17g	0g	14.5g	0g	5mg	0g	0g	0mg	1 fruit
Pears, diced, light syrup	1/2 cup	None	62	16g	2g	12g	0g	5mg	0g	0g	0mg	1 fruit
Pear, raw, medium	1 pear	None	98	25g	4g	n/a	<1g	0mg	<1g	0g	0mg	1 fruit
Pineapple Tidbits in juice	1/2 cup	Pineapple	40	10g	1g	9g	0g	5mg	0g	0g	0mg	1 fruit
Strawberries, whole, frozen, USDA	1/2 cup	Strawberry	39	10g	2g	5g	0g	2mg	0g	0g	0mg	1 fruit
PICNIC LUNCH: Italian Sub (with lettuce/banana pepper), Fritos Corn Chips , Assorted Fresh Fruit, and Milk (white or chocolate)	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Italian Sub (with lettuce/banana pepper)	1 sub	Corn, Garlic, Nitrite, Milk, Wheat, Soy, Honey, Molasses, Banana Pepper	339	34g	5.5g	n/a	23g	1572mg	12g	4g	71mg	2.5 meat; 2 grain; 1 vegetable
Corn Chips, Fritos	1 oz.	Corn	160	15g	1g	<1g	2g	170mg	10g	1.5g	0mg	1.25 grain
Dairy: Milk	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
White Milk, 1%	8 oz.	Milk	110	13g	0g	12g	9g	125mg	2.5g	1.5g	15mg	1 milk
Chocolate Milk, Skim	8 oz.	Milk, Corn Syrup, Cocoa	130	24g	0g	21g	8g	210mg	0g	0g	0mg	1 milk
Condiments	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
BBQ sauce Heinz, dispenser	1 Pump (2 T)	Tomato, Corn, Garlic, Soy, Wheat, Turme	35	9g	1g	1g	0g	390mg	0g	0g	0mg	None
Chipotle Ranch Dressing	2 T	Soy, Milk, Garlic,	50	8g	1g	5g	0g	320mg	2.5g	<1g	0mg	None
French Dressing, PC	1 ea. (12 gm)	Garlic, Corn, Onion, Lemon, Egg	50	3g	0g	0g	0g	130mg	0g	0g	0mg	None
Hot Sauce, dispenser	1 teaspoon	Chili pepper, corn, garlic, onion	0	0g	0g	0g	0g	80mg	0g	0g	0mg	None
Italian Dressing	2 T	Garlic, Caramel Color	10	2g	0g	0g	0g	360mg	0g	0g	0mg	None
Italian Dressing, PC	1 ea. (12 gm)	Garlic, Corn, Onion, Lemon	10	1g	0g	0g	0g	110 mg	0g	0g	0mg	None
Ketchup Heinz, dispenser	1 Pump (2 T)	Tomato, Corn, Onion	40	10g	0g	8g	0g	320mg	0g	0g	0mg	None
Mustard Heinz, dispenser	1 Pump (2 T)	None	0	0g	0g	0g	0g	195mg	0g	0g	0mg	None
Ranch Heinz, dispenser	1 Pump (2 T)	Soy, Milk, Garlic, Corn, Onion, Lemon	50	8g	1g	5g	0g	320mg	2.5g	<1g	0mg	None
Sour Cream, cultured	1 oz.	Milk	60	2g	0g	1g	1g	50mg	5g	3.5g	20mg	None
Spices (Used to season foods, no significant nutritional value)	N/A	Garlic powder, Mrs. Dash Original, Onion Powder, Ground Chili Powder, Cinnamon										None
Pancake Syrup	2 oz.	Corn, Caramel color	210	52g	0g	24g	0g	95mg	0g	0g	0mg	none
Condiments	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components

Wild Wild West Seasoning Blend	N/A	Garlic, Tomato, Lemon										None
Snacks, After School	Portion Size	Food Allergens and Intolerances	Calorie	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	Components
Capri Sun 100% Juice Berry berry	6 oz.	Apple, Grape, Strawberry	90	24g	0g	20g	0g	20mg	0g	0g	0mg	1 fruit
Capri Sun 100% Juice Fruit Punch	6 oz.	Apple, Cherry, Grape	80	21g	0g	20g	0g	25mg	0g	0g	0mg	1 fruit
Cereal, Apple Cinnamon Cheerios, gluten-free	1 bowl	Oat, Corn, Apple, Cinnamon	110	22g	2g	10g	2g	110mg	1.5g	0g	0mg	1 grain
Cereal, Cheerios, gluten-free	1 bowl	Oats, Corn starch	100	20g	3g	1g	3g	140mg	2g	0g	0mg	1 grain
Cereal, Cinnamon Toast Crunch, reduced sugar	1 bowl	Wheat, Soy, Cinnamon, Rice	110	22g	3g	6g	1g	160mg	3g	0.5g	0mg	1 grain
Cereal, Cocoa Puffs, reduced sugar	1 bowl	Corn, Cocoa	110	25g	2g	8g	2g	120mg	1.5g	0g	0mg	1 grain
Cereal, Golden Grahams	1 bowl	Wheat, Corn	100	24g	1g	8g	1g	220mg	1g	0g	0mg	1 grain
Cereal, Honey Nut Cheerios	1 bowl	Wheat, Oat, Corn, Almond, Honey	110	22g	2g	9g	2g	160mg	1.5g	0g	0mg	1 grain
Cereal, Honey Nut Chex	1 bowl	Corn, Molasses, Rice, Almond, Honey	120	27g	1g	9g	2g	190mg	0.5g	0g	0mg	1 grain
Cereal, Rice Chex, gluten-free	1 bowl	Molasses	100	24g	1g	2g	2g	250mg	0g	0g	0mg	1 grain
Cereal, Trix, reduced sugar	1 bowl	Corn, Rice, Turmeric, Fruit/Vegetable Juice	110	24g	1g	7g	1g	140mg	1.5g	0g	0mg	1 grain
Cheez-its, whole grain	0.75 oz.	Wheat, Milk, Soy	100	14g	1g	0g	2g	150mg	3.5g	1g	<5mg	1 grain
Chips, Tortilla Nacho Cheese RF	1 oz. pkg	Corn, Milk, Soy, MSG, Tomato, FD&C Red #40, FD&C Yellow #6, FD&C Yellow #5, Garlic	130	19g	2g	2g	2g	220mg	5g	1g	0mg	1.5 grain
Chips, Tortilla Cool Ranch RF	1 oz. pkg	Milk, Corn, Soy, Tomato, Garlic, MSG, FD&C Red #40, FD&C Blue #1, FD&C Yellow #5	130	19g	2g	1g	2g	160mg	5g	1g	0mg	1.5 grain
Chips, Tortilla Spicy Sweet Chili RF	1 oz. pkg	Corn, Soy, MSG, Garlic, Caramel color	130	20g	2g	<1g	2g	180mg	5g	<1g	0mg	1.5 grain
Corn Chips, Fritos	1 oz.	Corn	160	15g	1g	<1g	2g	170mg	10g	1.5g	0mg	1.25 grain
Goldfish Giant Grahams	0.9 oz.	Wheat, Soy, Cinnamon	120	19g	1g	6g	1g	110mg	4g	1.5g	0mg	1 grain
Muffin, Apple Cinnamon	1 each (2 oz.)	Milk, Wheat, Egg, Oats, Soy, Corn, Apple, Cinnamon, Turmeric	160	26g	1g	13g	2g	130mg	5g	<1g	25mg	1 grain
Muffin, Banana	1 each (2 oz.)	Milk, Wheat, Egg, Banana, Apple, Soy, Turmeric, Corn	160	28g	1g	14g	2g	135mg	5g	<1g	20mg	1 grain
Muffin, Blueberry	1 each (2 oz.)	Milk, Wheat, Egg, Blueberry, Soy, Corn	160	26g	2g	13g	2g	180mg	5g	1g	20mg	1 grain
Muffin, Chocolate Chip	1 each (2 oz.)	Wheat, Soy, Milk, Egg, Chocolate, Turmeric, Corn	170	28g	1g	15g	2g	130mg	6g	1g	20mg	1 grain
PB & J Graham Sandwich, grape jelly (HS and Grades 6-8 only)		Peanut, Wheat, Soy, Corn	290	30g	3g	11g	8 g	260mg	17 g	3g	0 mg	1 meat; 0.75 grain
PB & J Graham Wafers grape jelly, USDA (HS and Grades 6-8 only)	2.3 oz.	Peanut, Wheat, Soy, Corn, Molasses	300	32g	4g	14g	9g	220mg	17g	4g	0mg	1 meat; 1 grain
Pretzel, Goldfish, whole grain	0.75 oz.	Wheat, Corn, Milk, Barley	90	16g	1g	0g	2g	200mg	1.5g	0g	0mg	1 grain
Snacks, After School for K-8 Buildings	Portion Size	Food Allergens and Intolerances	Calorie	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	Components
Animal Crackers, Keebler	1 oz.	Wheat, Soy	130	21g	2g	8g	2g	110mg	4g	1g	0mg	1 grain
Cheez-it, whole grain	0.75 oz.	Wheat, Milk, Soy	100	14g	1g	0g	2g	150mg	3.5g	1g	<5mg	1 grain
Corn Chips, Fritos	1 oz.	Corn	160	15g	1g	<1g	2g	170mg	10g	1.5g	0mg	1.25 grain
Disney Frozen Graham Snacks	1 pkg.	Wheat, Soy, Milk, Cinnamon, Molasses	140	22g	2g	8g	2g	110mg	4.5g	1.5g	0mg	1 grain
Goldfish Pretzels, Whole Grain	0.75 oz.	Wheat, Milk, Corn, Barley	90	16g	1g	0g	2g	200mg	1.5g	0g	0mg	1 grain
President Crackers	1 oz.	Wheat, Milk, Soy	130	22g	1g	8g	2g	95mg	4g	1g	0mg	1 grain
Smart Snacks, a la Carte	Portion Size	Food Allergens and Intolerances	Calorie	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Capri Sun 100% Juice Berry berry	6 oz.	Apple, Grape, Strawberry	90	24g	0g	20g	0g	20mg	0g	0g	0mg	1 fruit
Capri Sun 100% Juice Fruit Punch	6 oz.	Apple, Cherry, Grape	80	21g	0g	20g	0g	25mg	0g	0g	0mg	1 fruit
Cheetos, Crunchy, Oven Baked, Flamin' Hot	.875 oz. pkg	Milk, Corn, Yellow #6, Yellow #5, Yellow #6 Lake, Red #40, Garlic, Onion	120	18g	<1g	0g	2g	190mg	4.5g	0.5g	0mg	1.25 grain
Cheetos, Fantastix, Chili Cheese, Oven Baked	1 oz. pkg	Corn, Milk, Yellow #5, Yellow #6, Garlic, Onion	130	19g	2g	<1g	2g	200mg	5g	1g	0mg	1.25 grain
Cheetos, Fantastix, Flamin' Hot, Oven Baked	1 oz. pkg	Corn, Milk, Tomato, Red #40, Yellow #6, Garlic	130	20g	2g	<1g	2g	200mg	5g	1g	0mg	1.25 grain
Smart Snacks, a la Carte	Portion Size	Food Allergens and Intolerances	Calorie	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components

Chips, Tortilla Nacho Cheese RF	1 oz. pkg	Corn, Milk, Soy, MSG, Tomato, FD&C Red #40, FD&C Yellow #6, FD&C Yellow #5, Garlic	130	19g	2g	2g	2g	220mg	5g	1g	0mg	1.5 grain
Chips, Tortilla Cool Ranch RF	1 oz. pkg	Milk, Corn, Soy, Tomato, Garlic, MSG, FD&C Red #40, FD&C Blue #1, FD&C Yellow #5	130	19g	2g	1g	2g	160mg	5g	1g	0mg	1.5 grain
Chips, Tortilla Spicy Sweet Chili RF	1 oz. pkg	Corn, Soy, MSG, Garlic, Caramel color	130	20g	2g	<1g	2g	180mg	5g	<1g	0mg	1.5 grain
Cookie, Carnival	1 cookie (1.5 oz.)	Nuts, Chocolate, Blue#2, Yellow#6 Lake, Yellow#5, Red#40, Blue#1,	160	26g	2g	12g	2g	120mg	5g	1.5g	10mg	0.5 grain
Cookie, Chocolate Chip	1 cookie (1.5 oz.)	Egg, Milk, Soy, Wheat, Peanuts, Tree Nuts, Molasses, Corn, Chocolate	160	26g	2g	12g	2g	100mg	5g	1.5g	10mg	0.5 grain
Cookie, Chocolate Chip Brownie	1 cookie (1.5 oz.)	Nuts, Molasses, Corn, Chocolate, Oat, Apple, Pear, Plum, Rice	150	26g	2g	12g	2g	115mg	4.5g	1.5g	10mg	0.75 grain
Cookie, Oatmeal Raisin	1 cookie (1.5 oz.)	Egg, Milk, Soy, Wheat, Peanuts, Tree Nuts, Oat, Molasses, Cinnamon, Corn	160	27g	2g	14g	2g	125mg	5g	1.5g	10mg	0.5 grain
Coo Coo Cooler, Blue Raspberry Syrup, 100% Juice	8 oz.	Apple, Grape, Natural flavors (unspecified), FD&C Blue #1	119	30g	1g	28g	0g	15mg	0g	0g	0 mg	2 fruit
Coo Coo Cooler, Cherry Syrup, 100% Juice	8 oz.	Apple, Grape, Natural flavors (unspecified), FD&C Red #40	119	30g	1g	28g	0g	15mg	0g	0g	0 mg	2 fruit
Luigi's 100% Frozen Juice Sorbet, Lime	4.4 oz.	Pineapple, Apple, Yellow #5, Blue #1	70	19g	3g	15g	0g	5mg	0g	0g	0mg	1 fruit
Luigi's 100% Frozen Juice Sorbet, Orange	4.4 oz.	Pineapple, Apple	70	19g	3g	15g	0g	5mg	0g	0g	0mg	1 fruit
Switch Sparking 100% Juice, Black Cherry	8 oz.	Apple, Berry, Acerola, Cherry, Natural Flavors	120	30g	0g	29g	0g	5mg	0g	0g	0mg	2 fruit
Switch Sparking 100% Juice, Fruit Punch	8 oz.	Grape, Apple, Lemon, Cherry, Pineapple, Orange, Acerola, Natural Flavors	120	30g	0g	28g	0g	5mg	0g	0g	0mg	2 fruit
Switch Sparking 100% Juice, Kiwi Berry	8 oz.	Apple, Grape, Kiwi, Acerola, Cherry, Raspberry, Strawberry, Natural Flavors	120	30g	0g	29g	0g	5mg	0g	0g	0mg	2 fruit
Whole Fruit 100% Frozen Juice Cup Wild Cherry	4.4 oz.	Apple, Pineapple	70	19g	3g	16g	0g	10mg	0g	0g	0mg	1 fruit
Yogurt, Chocolate, frozen	6 oz.	Milk, Corn, Cocoa	180	33g	1.5g	26g	4.5g	128mg	3g	1.5g	0mg	None
Yogurt, French Vanilla, frozen	6 oz.	Milk, Corn	165	32g	0g	26g	6g	113mg	0g	0g	0mg	None

GLOSSARY

Calorie – The energy value of food. Calories come mainly from carbohydrate, protein and fat.

Carbohydrate (CHO) – One of the three major energy sources in food.

Cholesterol – A fat-like substance found in foods made with milk, meat, and animal fat.

Fat – One of the three major energy sources in food.

Saturated Fat – A kind of fat that tends to raise blood-cholesterol levels when eaten.

Fiber – A fragment found in plant foods.

Gram (g) – A numerical unit of mass and weight in the metric system

Milligram (mg) - A numerical unit of mass and weight in the metric system.

Ounce (oz.) – A unit of weight of one sixteenth of a pound.

Protein – One of the three major energy sources in food. Can be from animal or plant sources.

Sodium – A mineral found mainly in salt.

Starch – One of the two major types of carbohydrate.

Sugar – One of the two major types of carbohydrate.

USDA Component - United States Department of Agriculture school food group measured by amount and kind of food.