

revised 1/12/2018

Breakfast

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
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, Fruity Cheerios, gluten-free	1 bowl	Oat, Corn, Pear, Fruit/Vegetable Juice	120	26g	2g	10g	2g	150mg	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, gluten-free (HS and Grades 6-8 only)	1 bowl	Wheat, Oat, Corn, Almond, Honey	110	22g	2g	9g	2g	160mg	1.5g	0g	0mg	1 grain
Cereal, Honey Nut Chex, gluten-free (HS and Grades 6-8 only)	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
Cinnabar	2.9 oz.	Soy, Wheat, Barley, Corn, Cinnamon, Orange	280	45g	4g	15g	5g	260mg	9g	2g	0mg	2 grain
Cream Cheese	1 oz.	Milk	100	2g	0g	1g	2g	100mg	9g	6g	30mg	none
Peanut Butter (HS and Grades 6-8 only)	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 Croissant	1 serving		275	28g	3g	4g	17g	510mg	15g	6g	108mg	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	0.5 oz.	Milk, Soy, Corn	45	<1g	0g	<1g	3g	200mg	4g	2g	13mg	0.5 meat
Croissant, whole grain	2.2 oz.	Wheat, Malted Barley, Soy, Egg, Milk	180	27g	3g	3g	11g	220mg	6g	2.5g	5mg	2 grain
Egg, Cheese & Salsa Wrap	1 wrap		310	37g	3g	4g	13g	665mg	13g	6g	110mg	1.5 meat; 2.5 grain; 1/8 vegetable
Scrambled egg, precooked	1 oz.	Egg, Milk, Corn, Liquid Pepper	45	1g	0g	0g	3g	130mg	3g	1g	95mg	1 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Corn	55	0g	0g	0g	4g	95mg	5g	3g	15mg	0.5 meat
Salsa, mild, chunky	1 oz.	Tomato, Jalapeno Pepper, Garlic, Onion	10	2g	0g	2g	0g	160mg	0g	0g	0mg	1/8 vegetable
Tortilla, whole grain, 10-inch	1 each	Wheat, Barley, Potato, Corn, Rye, Oat, Rice, Flaxseed	200	34g	3g	2g	6g	280mg	5g	1.5g	0mg	2.5 grain
Egg, hard boiled, peeled	1	Egg	70	1g	0g	1g	6g	55mg	5g	1.5g	170mg	1 meat
French Toast Sticks, whole grain	3 sticks	Wheat, Barley, Egg, Corn, Soy, Milk, Cinnamon	360	57g	3g	15g	9g	390mg	11g	1.5g	5mg	3 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
Fruitel, Apple	2.29 oz.	Wheat, Barley, Apple, Corn, Molasses, Milk, Legume	210	36g	2g	11g	5g	280mg	6g	2g	0mg	2 grain
Fruitel, Cherry	2.29 oz.	Wheat, Barley, Legume, Corn, Milk	210	37g	2g	11g	5g	290mg	6g	1.5g	0mg	2 grain
Goldfish Giant Grahams	0.9 oz.	Wheat, Soy, Cinnamon	120	19g	1g	6g	2g	110mg	4g	1.5g	0mg	1 grain
Muffin, Apple Cinnamon	1 each (2 oz.)	Milk, Wheat, Egg, Oats, Soy, Corn, Apple, Cinnamon, Turmeric, Fruit Juice, Legume	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, Fruit Juice, Legume	160	28g	1g	14g	2g	135mg	5g	<1g	20mg	1 grain
Muffin, Blueberry	1 each (2 oz.)	Milk, Wheat, Egg, Blueberry, Soy, Corn, Fruit Juice, Legume	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, Fruit Juice, Legume	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	8g	260mg	17g	3g	0mg	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
Scramble Slider	1 sandwich		235-254	31g	n/a	n/a	13g	487mg	6g	1.5g	110mg	2 meat; 2 grain; 1/8 veg
Scrambled egg, precooked with green or red peppers and onion added	2.6 oz.	Egg, Milk, Corn, Peppers, Onion	65-84	6g	n/a	n/a	3.5g	132 mg	3g	1g	95mg	1 meat
Canadian-style Turkey Ham	1 slice	Sodium Nitrite	30	0g	0g	0g	4g	125mg	1g	0.5g	15mg	1 meat
Bun, Hamburger, whole grain 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Turkey Ham, Egg, and Cheese Croissant	1 serving		305	29g	3g	5g	21g	623mg	17g	7g	123mg	1.75 meat; 2 grain
Turkey Ham, uncured, fully cooked	1 oz.	Celery	30	<1g	0g	<1g	3.5g	113mg	1.5g	<1g	15mg	1/11/2018 0.5 meat
Egg patty, precooked,	1 patty	Egg, Milk	50	0g	0g	0g	3g	90mg	4.5g	1g	90mg	0.75 meat

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American cheese, yellow	0.5 oz.	Milk, Soy, Corn	45	<1g	0g	<1g	3g	200mg	4g	2g	13mg	0.5 meat
Croissant, whole grain	2.2 oz.	Wheat, Malted Barley, Soy, Egg, Milk	180	27g	3g	3g	11g	220mg	6g	2.5g	5mg	2 grain
Turkey Sausage & Cheese Pancake Sandwich	1 sandwich		240	29g	2g	7g	13g	625mg	11g	4g	33mg	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	0.5 oz.	Milk, Soy, Corn	45	<1g	0g	<1g	3g	200mg	4g	3g	13mg	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	0.5 oz.	Milk, Soy, Corn	45	<1g	0g	<1g	3g	200mg	4g	3g	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
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 Oranges	1 serving	Corn, Egg, Milk, Soy, Oat, Honey, Orange	375	71g	2g	51g	9g	208mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt Parfait (vanilla) with Peaches	1 serving	Corn, Egg, Milk, Soy, Oat, Honey, Peach	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	371	63g	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
Yogurt, strawberry banana, nonfat, Danimals	4 oz.	Milk, Corn, Natural Flavors, Carrot Juice	80	16g	0g	13g	4g	60mg	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
Syrup, Pancake	2 oz.	Corn	135	36g	0g	12g	0g	90mg	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, 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, sweetened	1/2 cup	Apple, Corn Syrup	90	22g	2g	18g	0g	10mg	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	Cherry	36	8.6g	1.2g	7g	<1g	1mg	<1g	<1g	0g	1 fruit
Mixed fruit (peach, pear, and grape) , extra light syrup, canned, USDA	1/2 cup	Peach, Pear, 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	Peach, Corn Syrup	70	17g	0g	13g	0g	10mg	0g	0g	0mg	1 fruit
Peaches, frozen, sliced, extra light syrup, USDA	1/2 cup	Peach, Corn Syrup	60	16g	2g	14g	1g	0mg	0g	0g	0mg	1 fruit
Peaches, Hot Cinnamon (sliced or diced)	1/2 cup	Peach, Corn Syrup, Cinnamon	99-119	27-28	0g	16-18g	0g	5mg	0g	0g	0mg	1 fruit
Pears, diced, light syrup	1/2 cup	Pear	62	16g	2g	12g	0g	5mg	0g	0g	0mg	1 fruit
Pear, raw, medium	1 pear	Pear	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
Plum	1 medium		36	9g	1g	0g	<1g	114mg	0g	0g	0mg	1 fruit
Strawberries, whole, frozen, USDA	1/2 cup	Strawberry	39	10g	2g	5g	0g	2mg	0g	0g	0mg	1 fruit
Apple Juice-100%	4 oz.	Apple	70	14g	0g	12g	<1g	0mg	0g	0g	0mg	1 fruit
Orange Juice - 100%	4 oz.	Citrus	60	14g	1g	n/a	1g	12mg	0g	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	24g	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
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
Buffalo Chicken Pizza, whole grain, 8-cut	1 slice	Wheat, Barley, Milk, Soy, Corn, Garlic, Tomato, Hot Peppers, Onion	394	36g	4g	6g	23g	765mg	16g	9g	56mg	2.5 meat; 2 grain; 1/8 vegetable

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Buffalo Chicken Wrap	2 wraps	Wheat, Soy, Corn, Milk, Rice, Cayenne pepper, Garlic, Turmeric, Legume	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	4g	2g	29g	770mg	19g	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
Tortilla, whole grain, 10-inch	1 each	Wheat, Barley, Potato, Corn, Rye, Oat, Rice, Flaxseed	200	34g	3g	2g	6g	280mg	5g	1.5g	0mg	2.5 grain
Cheese Pizza 8-cut, whole grain	1 slice	Wheat, Barley, Milk, Soy, Corn, Garlic, Tomato, Onion, Legume	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	57g	6g	2g	29g	835mg	22g	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
Tortilla, whole grain, 10-inch	1 each	Wheat, Barley, Potato, Corn, Rye, Oat, Rice, Flaxseed	200	34g	3g	2g	6g	280mg	5g	1.5g	0mg	2.5 grain
Chicken a la King over Rice	1 serving	Onion, Rice, Corn, Soy, Wheat, Milk, Garlic, Chili Powder, Lemon	309	33g	2g	2g	20g	657mg	9g	2g	90mg	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	40g	4g	2g	24g	682mg	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, Barley, Potato, Corn, Rye, Oat, Rice, Flaxseed	200	34g	3g	2g	6g	280mg	5g	1.5g	0mg	2.5 grain
Chicken Nuggets - whole grain (MS)	5 each	Soy, Onion, Garlic, Wheat, Turmeric, Rice, Carrot	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, Carrot	240	15g	3g	0g	21g	405mg	11g	2g	30mg	2 meat; 1 grain
Chicken Tenders - whole grain	3 each	Wheat, Soy, Onion, Garlic, Rice, Turmeric, Carrot	240	12g	2g	3g	20g	375mg	12g	2g	45mg	2 meat; 1 grain
Chili with Tortilla Chips	1 serving		385	44g	11g	11g	20g	502mg	14g	5g	35mg	2.25 meat; 0.75 vegetable; 1 grain
Chili	6 oz.	Beef, Garlic, Tomato, Legume, Soy, Caramel color, Onion, Chili powder	226	23g	8g	11g	16g	384mg	7g	2.5g	27mg	2.25 meat; 0.75 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, Rice	100	2g	0g	0g	13g	210mg	4.5g	1g	65mg	1 meat
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
Orange Chicken over Rice	1 serving	Soy, Garlic, Onion, Wheat, Corn, Sesame Oil, Turmeric, Carrot, Orange Juice, Rice	535	77g	4g	35	19g	727mg	15g	2.5g	25mg	2 meat; 2 grain; 0.5 vegetable
Pepperoni Pizza , turkey/beef pepperoni, 8-cut	1 slice	Milk, Wheat, Barley, Soy, Corn, Garlic, Onion, Tomato, 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, Carrot	225	9g	2g	3g	20g	375mg	12g	5g	45mg	2 meat; 1 grain

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Turkey Corn Dog	1 each	Wheat, Milk, Corn, Sodium Nitrite, Soy, Egg, Honey	250	30g	3g	19g	11g	760mg	10g	2g	25mg	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		470	58g	3g	18g	21g	840mg	19g	3.5g	45mg	1.75 meat; 3 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	3 sticks	Wheat, Barley, Egg, Corn, Soy, Milk, Cinnamon	360	57g	3g	15g	9g	390mg	11g	1.5g	5mg	3 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 Turkey/Beef Pepperoni Pizza, 8-cut, whole grain	1 slice	Wheat, Barley, Milk, Soy, Corn, Garlic, Tomato, Onion, Sodium Nitrite, Legume	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, Legume	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, Banana Pepper, Red/Green Pepper, Legume	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, Peach	441	85g	2g	53g	11g	235mg	7g	2g	13mg	2 meat; 2 grain; 1 fruit
Yogurt Parfait (vanilla) with Oranges (HS)	1 serving	Corn, Egg, Milk, Soy, Oat, Honey, Orange	435	83g	2g	61g	11g	233mg	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 Oranges (MS)	1 serving	Corn, Egg, Milk, Soy, Oat, Honey, Orange	375	71g	2g	51g	9g	208mg	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, Peach	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	371	63g	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 - K-8 and MS	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
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
BBQ Beef Rib Patty Panini - HS	1 sandwich		357	42g	4g	12g	18g	697mg	12.5g	4g	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
Panini, wheat, whole grain	2 each	Wheat, Soy, Honey, Molasses, Milk	170	30g	3g	2g	6g	200mg	3.5g	0.5g	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, Barley, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Cheeseburger on Whole Grain Bun	1 sandwich		335	26g	2g	4g	20g	690mg	17g	8g	58mg	2.5 meat; 2 grain
American cheese, yellow	0.5 oz.	Milk, Soy, Corn	45	<1g	0g	<1g	3g	200mg	4g	3g	13mg	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, Barley, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	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, Carrot	200	9g	3g	0g	19g	290mg	9g	1.5g	45mg	2 meat; 1 grain
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, 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

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Hot dog bun, WG, 6 inch	2 oz.	Wheat, Barley, 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, Barley, Soy, Corn, Honey, Molasses	140	25g	0g	3g	13g	230mg	3.5g	1g	31mg	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, Barley, Soy, Corn, Honey, Molasses	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain
Meatball Sub	1 sandwich		383	39g	4g	11g	22g	634mg	14g	6g	47mg	2.5 meat; 2 grain; 0.5 vegetable
Meatballs, beef, precooked, reduced sodium	4 meatballs	Soy, Wheat, Milk, Garlic, Tomato, Onion, Caramel Color	151	5g	1g	2g	12g	216mg	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, Barley, Soy, Corn, Honey, Molasses	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain
Nacho Burger on Bun	1 sandwich		353	26g	2g	3g	21g	714mg	18g	7g	61mg	2.5 meat; 2 grain; 0.5 vegetable
Beef Patty, fully cooked	2.3 oz.	Corn, Caramel Color	150	0g	0g	0g	12g	260mg	11g	4.5mg	45mg	2 meat
Cheddar/Queso cheese sauce	1 oz.	Milk, Soy, Tomato, Coconut oil, Jalapeno, Green Chiles, Onion, Garlic, Corn, Sunflower	63	1g	0g	0g	4g	224mg	5g	3g	16mg	0.5 meat
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	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, Barley, Soy, Corn, Honey, Molasses	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain
Salisbury Steak on Bun - K-8 & MS	1 each		360	34g	2g	4g	18g	720mg	17g	6.5g	45mg	2 meat; 2 grain
Salisbury Steak (beef)	2.7 oz.	Soy, Wheat, Milk, Beef, Caramel color	200	4g	1g	1g	14g	350mg	14g	6g	45mg	2 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, Barley, Soy, Corn, Honey, Molasses	140	25g	0g	3g	18g	230mg	<1g	0g	35mg	2 grain
Salisbury Steak Ciabatta - HS	1 each		380	39g	3g	3g	19g	660mg	18g	6.5g	45mg	2 meat; 2 grain
Salisbury Steak (beef)	2.7 oz.	Soy, Wheat, Milk, Beef, Caramel color	200	4g	1g	1g	14g	350mg	14g	6g	45mg	2 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
Ciabatta bread, whole grain	1 serving	Wheat, Barley, Milk, Soy, Corn, Molasses	160	30g	3g	2g	5g	170mg	3.5g	0.5g	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, Barley, 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, Carrot	200	9g	1g	1g	21g	330mg	10g	2g	45mg	2 meat; 1 grain
Bun, Hamburger, whole grain 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Toasted Cheese Sandwich	1 sandwich		320	32g	4g	4g	16g	990mg	16g	9g	20mg	2 meat; 2 grain
American cheese, yellow	2 oz.	Milk, Soy, Corn	180	2g	0g	2g	10g	800mg	14g	9g	50mg	2 meat
Texas Toast, whole grain	2 slices	Wheat, Barley, Corn	160	30g	4g	2g	6g	190mg	2g	0g	0mg	2 grains
Turkey and Cheese Melt	1 each		285	31g	4g	3g	26g	760mg	8g	3g	48mg	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	45	<1g	0g	<1g	3g	200mg	4g	2g	13mg	0.5 meat
Texas Toast, whole grain	2 slices	Wheat, Barley, Corn	160	30g	4g	2g	6g	190mg	2g	0g	0mg	2 grains
Turkey and Cheese Sub	1 each		285	29g	3g	5g	26g	880mg	4g	2g	48mg	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, Corn	45	<1g	0g	<1g	3g	200mg	4g	2g	13mg	0.5 meat
Hoagie Bun, Whole Grain, 5"	1 bun	Wheat, Barley, Soy, Corn, Honey, Molasses	150	28g	3g	4g	5g	260mg	2g	0g	0mg	2 grain
Turkey Ham and Cheese Sub	1 each		325	31g	2g	7g	23g	910mg	12g	4g	73mg	2.5 meat; 2 grain
Turkey Ham, uncured, fully cooked	3 oz.	Celery	120	2g	0g	2g	14g	450mg	6g	2g	60mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy, Corn	45	<1g	0g	<1g	3g	200mg	4g	2g	13mg	0.5 meat
Hoagie Bun, Whole Grain, 5"	1 bun	Wheat, Barley, 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, Barley, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Vegetarian Sub	1 each		383	40g	n/a	n/a	18g	1310mg	16g	9g	50mg	2 meat; 2 grain; 1/4 vegetable; 2 grain

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Garden Salad Mix (iceberg lettuce, carrot and red cabbage)	1/2 cup	Carrot	7	1.5g	1g	2g	<1g	7mg	0g	0g	0mg	0.5 vegetable
Tomato, raw	4 slices	Tomato	26	6g	1g	n/a	1g	11mg	<1g	<1g	<1mg	1 vegetable
Cucumbers, raw, sliced	1/4 cup	Cucumber	10	2g	<1g	n/a	<1g	1.5mg	0g	0g	0mg	0.5 vegetable
Peppers, Banana, mild, bottled	.5 oz. /6 rings	Banana pepper	0	<.5g	n/a	n/a	0g	230mg	0g	0g	0mg	1/16 vegetable
American cheese, yellow	2 oz.	Milk, Soy, Corn	180	2g	0g	2g	10g	800mg	14g	9g	50mg	2 meat
Hoagie Bun, Whole Grain, 5"	1 bun	Wheat, Barley, 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, mild, bottled	.5 oz. /6 rings	Banana Pepper	0	<.5g	n/a	n/a	0g	230mg	0g	0g	0mg	1/16 vegetable
Peppers, Jalapeno, hot, bottled	.5 oz./7 rings	Jalapeno Pepper	0	<.5g	n/a	n/a	0g	230mg	0g	0g	0mg	1/16 vegetable
Pickle, dill, slices	.5 oz./3 slices	Cucumber, Yellow #5, Blue #1	1.5	<1g	0g	0g	0g	190mg	0g	0g	0mg	1/16 vegetable
Salsa, mild, chunky	1/2 cup	Tomato, Jalapeno Pepper, Garlic, Onion	40	8g	0g	8g	0g	640mg	0g	0g	0mg	1 vegetable
Chef Salad	1 each		279	25g	6g	n/a	24g	780mg	9g	5g	63mg	2.5 meat; 4 vegetable; 0.5 grain
Garden Salad Mix (iceberg lettuce, carrot and red cabbage)	2 cups	Carrot	26	4g	2g	4g	2g	26mg	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	Cucumber	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.	Sodium Nitrite	50	<1g	0g	0g	7g	265mg	2g	<1g	30mg	1 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Corn	55	<1g	0g	0g	3.5g	95mg	5g	3g	15mg	0.5 meat
Captain's Wafer, whole grain	4 crackers	Wheat, Corn	60	9g	<1g	1g	1g	105mg	1.5g	<1g	0mg	0.5 grain
Cobb Salad	1 each		267	20g	5g	n/a	22g	767mg	12g	5g	75mg	2.5 meat; 3 vegetable, 0.5 grain
Garden Salad Mix (iceberg lettuce, carrot and red cabbage)	2 cups	Carrot	26	4g	2g	4g	2g	26mg	0g	0g	0mg	2 vegetable
Turkey-Ham, diced	3 oz.	Sodium Nitrite	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
Captain's Wafer, whole grain	4 crackers	Wheat, Corn	60	9g	<1g	1g	1g	105mg	1.5g	<1g	0mg	0.5 grain
Crispy Chicken Salad	1 serving		377	27g	7g	n/a	29g	565mg	18g	8g	55mg	3 meat; 1 grain; 3.5 vegetables
Chicken Nuggets - whole grain	5 each	Soy, Onion, Garlic, Wheat, Turmeric, Rice, Carrot	200	13g	3g	0g	18g	338mg	9g	2g	25mg	2 meat; 1 grain
Garden Salad Mix (iceberg lettuce, carrot and red cabbage)	2 cups	Carrot	26	4g	2g	4g	2g	26mg	0g	0g	0mg	2 vegetable
Tomato, raw	4 quarters	Tomato	26	6g	1g	n/a	1g	11mg	<1g	<1g	<1mg	1 vegetable
Cucumbers, raw, sliced	1/4 cup	Cucumber	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
Italian Salad	1 serving	Milk, Corn, Garlic, Nitrite, Tomato	211	10g	2g	n/a	19g	516mg	3g	5g	66mg	2.5 meat; 2.25 vegetable
Pepperoni, turkey, diced	3oz.	Garlic, Sodium Nitrite, Corn	130	3g	0g	2g	14g	400mg	0g	2.5g	55mg	2 meat
Mozzarella Cheese, shredded	1/2 oz.	Milk	42	<1g	0g	<1g	3g	88mg	3g	2g	11mg	0.5 meat
Tomato, raw, diced	1/8 cup	Tomato	4	<1g	0g	n/a	0g	2g	0g	0g	0mg	1/8 vegetable
Banana pepper rings	1/8 cup	Banana pepper	7	2g	0g	n/a	0g	0g	0g	0g	0mg	1/8 vegetable
Tossed Salad Mix, prepared	2 cups	Carrot	26	4g	2g	4g	2g	26mg	0g	0g	0mg	2 vegetable
Taco Salad with Tortilla Chips (beef)	1 serving		310	29g	6g	4g	20g	465mg	15g	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
Garden Salad Mix (iceberg lettuce, carrot and red cabbage)	1 cup	None	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1 vegetable
Tortilla chips, yellow corn round	1 oz.	Corn	131	21g	3g	0g	2g	70mg	5g	1g	0mg	1 grain
Taco Salad with Tortilla Chips (chicken)	1 serving		332	27g	4g	2g	24g	446mg	16g	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
Garden Salad Mix (iceberg lettuce, carrot and red cabbage)	1 cup	None	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1 vegetable
Tortilla chips, yellow corn round	1 oz.	Corn	131	21g	3g	0g	2g	70mg	5g	1g	0mg	1 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
Vegetarian Salad	1 serving		289	22g	n/a	n/a	14g	1160mg	10g	10g	50mg	2 meat; 2.5 vegetable; 0.5 grain
Garden Salad Mix (iceberg lettuce, carrot and red cabbage)	1 cup	None	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1 vegetable
Tomato, raw	4 quarters	Tomato	26	6g	1g	n/a	1g	11mg	<1g	<1g	<1mg	1 vegetable
Cucumbers, raw, sliced	1/4 cup	Cucumber	10	2g	<1g	n/a	<1g	1.5mg	0g	0g	0mg	0.5 vegetable
Peppers, Banana, mild, bottled	.5 oz. /6 rings	Banana pepper	0	0g	n/a	n/a	0g	230mg	0g	0g	0mg	1/16 vegetable
American cheese, yellow	2 oz.	Milk, Soy, Corn	180	2g	0g	2g	10g	800mg	14g	9g	50mg	2 meat
Captain's Wafer, whole grain	4 crackers	Wheat, Corn	60	9g	<1g	1g	1g	105mg	1.5g	<1g	0mg	0.5 grain
Cold Combos	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
BBQ Chicken Wrap	1 wrap		383	49g	6g	14g	23g	858mg	11g	3g	65mg	2 meat; 1 vegetable; 2.5 grain
BBQ chicken	3 oz.	Sunflower, Honey, Onion, Soy, Wheat, Apple, Corn, Garlic	148	10g	<1g	9g	14g	465mg	6g	1.6g	65mg	2 meat
Garden Salad Mix (with iceberg lettuce, shredded carrot and red cabbage)	1 cup	Carrot	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1 vegetable
Tortilla, whole grain, 10-inch	1 each	Wheat, Barley, Potato, Corn, Rye, Oat, Rice, Flaxseed	200	34g	3g	2g	6g	280mg	5g	1.5g	0mg	2.5 grain
Chicken Wrap	1 wrap		428	43g	5g	7g	24g	603mg	18g	5.5g	45mg	2 meat; 1 vegetable; 3 grain
Chicken Tenders - whole grain	2 each	Wheat, Soy, Onion, Garlic, Rice, Turmeric, Carrot	160	8g	1g	2g	13g	220mg	8g	1g	30mg	1.5 meat, 0.5 grain
Garden Salad Mix (with iceberg lettuce, shredded carrot and red cabbage)	1 cup	Carrot	13	3g	1g	2g	1g	13mg	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
Tortilla, whole grain, 10-inch	1 each	Wheat, Barley, Potato, Corn, Rye, Oat, Rice, Flaxseed	200	34g	3g	2g	6g	280mg	5g	1.5g	0mg	2.5 grain
Egg Combo Box (1 egg + 1 bagel + 1/2 cup fruit or vegetable)	1 box		322-446	34-59g	3-8g	n/a	14-15g	387-461mg	8g	7.5g	200mg	1.75 meat; 2-2.5 grain; 1 fruit or 1 vegetable
Egg, hard boiled, peeled	1	Egg	70	1g	0g	1g	6g	55mg	5g	1.5g	170mg	1 meat
Broccoli, florets	1/4 cup	None	6	1g	<1g	0g	<1g	6mg	0g	0g	0mg	0.5 vegetable
Carrot Sticks	1/4 cup	Carrot	16	4g	1g	n/a	<1g	13mg	0g	0g	0mg	0.5 vegetable
Apple, raw , medium	1 apple	Apple	116	21g	4g	n/a	<1g	1mg	0g	0g	0mg	1 fruit
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
Spicy Chicken Wrap	1 wrap		417	43g	4g	6g	24g	633mg	18g	9g	45mg	2 meat; 3 grain; 1 vegetable
Spicy Chicken Tenders - whole grain	2 each	Wheat, Soy, Corn, Garlic, Onion, Rice, Carrot	150	6g	1g	2g	13g	250mg	8g	1.5g	30mg	1.5 meat, 0.5 grain
Garden Salad Mix (with iceberg lettuce, shredded carrot and red cabbage)	1 cup	Carrot	13	3g	1g	2g	1g	13mg	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
Tortilla, whole grain, 10-inch	1 each	Wheat, Barley, Potato, Corn, Rye, Oat, Rice, Flaxseed	200	34g	3g	2g	6g	280mg	5g	1.5g	0mg	2.5 grain
Turkey & Cheese Wrap	1 each		335	35g	3g	3g	20g	890mg	12g	7g	32mg	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	90	1g	0g	1g	5g	400mg	7g	5g	25mg	1 meat
Tortilla, whole grain, 10-inch	1 each	Wheat, Barley, Potato, Corn, Rye, Oat, Rice, Flaxseed	200	34g	3g	2g	6g	280mg	5g	1.5g	0mg	2.5 grain
Turkey Ham & Cheese Wrap	1 each		335	36g	3g	n/a	17g	668mg	17g	6g	58mg	2 meat, 2.5 grain
Turkey Ham, uncured, fully cooked	2.3 oz.	Celery	90	1.5g	0g	n/a	7.5g	338mg	4.5g	2g	45mg	1.5 meat
American cheese, yellow	0.5 oz.	Milk, Soy, Corn	45	<1g	0g	<1g	3g	200mg	4g	2g	13mg	0.5 meat
Tortilla, whole grain, 10-inch	1 each	Wheat, Barley, Potato, Corn, Rye, Oat, Rice, Flaxseed	200	34g	3g	2g	6g	280mg	5g	1.5g	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	1 breadstick	Wheat, Barley, Soy, Corn, Molasses, Honey, Garlic	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, Legume	170	29g	1g	1g	3g	90mg	5g	0.5g	15mg	1 grain
Dinner Roll, whole grain, 1.25 oz.	1 roll	Wheat, Barley, Soy, Corn, Molasses, Honey	80	15g	1g	2g	3g	135mg	1g	0g	0mg	1 grain
Muffin, Apple Cinnamon	1 each (2 oz.)	Milk, Wheat, Egg, Oats, Soy, Corn, Apple, Cinnamon, Turmeric, Fruit Juice	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, Fruit Juice	160	28g	1g	14g	2g	135mg	5g	<1g	20mg	1 grain
Muffin, Blueberry	1 each (2 oz.)	Milk, Wheat, Egg, Blueberry, Soy, Corn, Fruit Juice	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, Fruit Juice	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, Garlic	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, steamed	1/2 cup	Mrs. Dash - Onion, Cayenne pepper, Garlic, Carrot, Orange, Tomato, Lemon	13	2g	1g	0g	1g	10mg	0g	0g	0mg	1 vegetable
Brussels Sprouts, steamed	1/2 cup	None	39	7g	4g	n/a	4g	10mg	0g	0g	0mg	1 vegetable
Cabbage, steamed	1/2 cup	Garlic	13g	3g	2g	n/a	<1g	6mg	2g	<1g	0mg	1 vegetable
California Mixed Vegetables, steamed	1/2 cup	None	17	3g	1g	2g	<1g	20mg	0g	0g	0mg	1 vegetable
Collard Greens	1/2 cup	Onion, Banana Pepper, Mrs. Dash - Onion, Cayenne Pepper, Garlic, Onion, Carrot, Orange, Tomato	18	4g	1g	0g	1g	101mg	0g	0g	0mg	1/11/2018 1 vegetable
Corn (canned), steamed	1/2 cup	Corn, Jalapeno or Serrano Pepper	72	17	2g	5g	2g	0mg	0g	0g	0mg	1 vegetable

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Corn (frozen), steamed	1/2 cup	Corn, Jalapeno or Serrano Pepper	87	17	2g	2g	3g	0mg	<1g	0g	0mg	1 vegetable
Fries, Crinkle Cut, baked	3 oz.	Caramel color, Turmeric	120	20	1g	0g	2g	20mg	4g	<1g	0mg	1 vegetable
Fries, Cross Cut, seasoned, USDA, baked	3 oz.	Wheat, Garlic, Onion	170	21g	2g	n/a	2g	490mg	9g	1g	0mg	1 vegetable
Fries, Spiral, battered, baked	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, steamed	1/2 cup	Garlic	17	4g	2g	2g	1g	5mg	0g	0g	0mg	1 vegetable
Green Beans, frozen, steamed	1/2 cup	Garlic	26	5g	2g	2g	1g	0mg	0g	0g	0mg	1 vegetable
Hash Brown Patties, triangle, USDA, baked	5 oz.	Onion	280	33g	5g	n/a	3g	350mg	15g	2.5g	0mg	
Italian Mixed Vegetables, steamed	1/2 cup	Lima bean	28	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, steamed	1/2 cup	Peas, Corn, Lima Beans, Carrot	47	9g	2g	3g	2g	64mg	0g	0g	0mg	1 vegetable
Potato, au gratin	1/2 cup	Corn, Milk, Onion, Turmeric	120	25g	1g	3g	2g	270mg	1g	0g	0mg	1 vegetable
Potato, baked, medium, with skin	1 whole	None	161	37g	4g	2g	4g	17mg	0g	0g	0mg	1 vegetable
Potato, Cross Trax fries	3 oz.	Wheat	160	21g	2g	0g	2g	550mg	8g	1g	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, baked	2.5 oz.	None	120	14g	2g	n/a	2g	260mg	6g	1g	0mg	1 vegetable
Potato, scalloped	1/2 cup	Corn, Milk, Onion, Garlic, Legume	120	24g	1g	4g	2g	220mg	1g	0g	0mg	1 vegetable
Potato, Tater Gems, baked	3 oz.	None	150	22g	2g	0g	2g	310mg	6g	1g	0mg	1 vegetable
Potato Wedges, skin on, country-style, baked	7 pieces	None	100	16g	2g	0g	2g	35mg	3g	0g	0mg	1 vegetable
Potato Wedges, skin on, USDA, baked	8 pieces	None	100	14g	2g	0g	2g	20mg	3g	0g	0mg	1 vegetable
Spinach, chopped, frozen, USDA, steamed	1/2 cup	None	32	5g	4g	0g	4g	92mg	1g	0g	0mg	1 vegetable
Sweet potatoes, extra light syrup, canned, USDA, steamed	1/2 cup	Corn	103	25g	2g	14g	0g	31mg	0g	0g	0mg	1 vegetable
Sweet potato, lattice cut	1/2 cup	Corn, rice	140	18g	2g	7g	1g	150mg	7g	1g	0mg	1 vegetable
Sweet potato rounds, USDA, steamed	1/2 cup	Corn	120	19g	3g	10g	2g	100mg	4g	<1g	0mg	1 vegetable
Sweet potato wedges, USDA, steamed	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, florets	1/4 cup	None	6	1g	<1g	0g	<1g	6mg	0g	0g	0mg	0.5 vegetable
Carrot Sticks	1/4 cup	Carrot	16	4g	1g	n/a	<1g	13mg	0g	0g	0mg	0.5 vegetable
Celery Sticks	1/4 cup	Celery	3	<1g	<1g	0g	<1g	18mg	0g	0g	0mg	0.5 vegetable
Cucumbers, sliced	1/4 cup	Cucumber	15	3g	1g	0g	1g	0mg	0g	0g	0mg	0.5 vegetable
Green Pepper, sliced	1/4 cup	Green pepper	7	2g	<1g	<1g	<1g	<1mg	0g	0g	0mg	0.5 vegetable
Garden Salad Mix (with iceberg lettuce, shredded carrot and red cabbage)	1 cup	Carrot	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1 vegetable
Onion, sliced	1/4 cup	Onion	15	3.5g	<1g	n/a	<1g	1mg	0g	0g	0mg	0.5 vegetable
Tomato, quartered	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, Cucumber, Caramel Color, Turmeric, Legume	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	0g	0g	0mg	1 fruit
Hot Apple Slices	1/2 cup	Apple, Cinnamon	81	20g	2g	17g	0g	21mg	0g	0g	0mg	1 fruit
Applesauce, sweetened	1/2 cup	Apple, Corn Syrup	90	22g	2g	18g	0g	10mg	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	Cherry	36	8.6g	1.2g	7g	<1g	1mg	<1g	<1g	0g	1 fruit
Mixed fruit (peach, pear, and grape), extra light syrup, canned, USDA	1/2 cup	Peach, Pear, 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	Peach, Corn Syrup	70	17g	0g	13g	0g	10mg	0g	0g	0mg	1 fruit
Peaches, frozen, sliced, extra light syrup, USDA	1/2 cup	Peach, Corn Syrup	60	16g	2g	14g	1g	0mg	0g	0g	0mg	1 fruit
Peaches, Hot Cinnamon (sliced or diced)	1/2 cup	Peach, Corn Syrup, Cinnamon	99-119	27-28	0g	16-18g	0g	5mg	0g	0g	0mg	1 fruit
Pears, diced, light syrup	1/2 cup	Pear	62	16g	2g	12g	0g	5mg	0g	0g	0mg	1 fruit
Pear, raw, medium	1 pear	Pear	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
Plum	1 medium		36	9g	1g	0g	<1g	114mg	0g	0g	0mg	1/41/20 fruit
Strawberries, whole, frozen, USDA	1/2 cup	Strawberry	39	10g	2g	5g	0g	2mg	0g	0g	0mg	1 fruit

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
PICNIC LUNCH: Italian Sub w/Chips, Milk, and Fresh Fruit	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, Sodium Nitrite, Milk, Wheat, Barley, Soy, Honey, Molasses, Banana Pepper	339	34g	5.5g	n/a	23g	1572mg	12g	4g	71mg	2.5 meat; 2 grain; 1 vegetable
Italian Dressing (pc)	1 pkg.	Corn, Garlic, Onion, Lemon	10	1g	0g	0g	0g	110mg	0g	0g	0mg	None
Corn Chips, Fritos	1 oz.	Corn	160	15g	1g	<1g	2g	170mg	10g	1.5g	0mg	1.25 grain
MISC SPECIAL DIET	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Beef and Beef Gravy, Gerber, strained, 2nd foods	2.5 oz.	Corn, Lemon	70	2g	0g	0g	8g	30mg	2.5g	n/a	n/a	1 meat
Carrots, Gerber, strained/2nd foods	4 oz.	Carrot	40	9g	1g	6g	<1g	40mg	0g	n/a	n/a	1 vegetable
Chicken and Chicken Gravy, Gerber, strained/2nd foods	2.5 oz.	Corn	100	2g	0g	0g	7g	40mg	6g	n/a	n/a	1 meat
Green Beans, Gerber, strained/2nd foods	4 oz.	None	40	6g	2g	3g	1g	5mg	0g	n/a	n/a	1 vegetable
Milk Non-fat Lactose Free	1 cup	Milk	NA	NA	NA	NA	NA	NA	NA	NA	NA	1 Milk
Milk, Soy, Silk	1 cup (8 fl oz.)	Soy	110	9g	2g	6g	8g	95mg	4.5g	0.5g	0mg	1 Milk
Peaches, Gerber, strained/2nd foods	4 oz.	Peach	70	14g	1g	13g	1g	0mg	0g	n/a	n/a	1 fruit
Pears, Gerber, strained/2nd foods	4 oz.	Pear	70	17g	3g	12g	0g	5mg	0g	n/a	n/a	1 fruit
Peas, Gerber, strained/2nd foods	4 oz.	Peas	50	7mg	2g	2g	0g	5mg	0g	n/a	n/a	1 vegetable
Squash, Gerber, strained/2nd foods	4 oz.	Squash	40	8g	1g	4g	0g	5mg	0g	n/a	n/a	1 vegetable
Sweet Potatoes, strained, 1st foods	2.5 oz.	None	50	10g	<1g	6g	<1g	15mg	0g	n/a	n/a	1 vegetable
Turkey and Turkey Gravy, Gerber, strained/2nd foods	2.5 oz.	Corn	80	2g	0g	0g	7g	35mg	4g	n/a	n/a	1 meat
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, Turmeric, Onion	35	9g	1g	1g	0g	390mg	0g	0g	0mg	None
Chipotle Ranch Dressing	2 T	Soy, Milk, Garlic, Lemon, Onion	50	8g	1g	5g	0g	320mg	2.5g	<1g	0mg	None
Cream Cheese	1 oz.	Milk	100	2g	0g	1g	2g	100mg	9g	6g	30mg	none
French Dressing, PC	1 ea. (12 gm)	Garlic, Corn, Onion, Lemon, Egg, Tomato	50	3g	0g	0g	0g	130mg	0g	0g	0mg	None
Hot Sauce, dispenser	1 teaspoon	Chili pepper	0	0g	0g	0g	0g	70mg	0g	0g	0mg	None
Italian Dressing	2 T	Garlic, Caramel Color, Turmeric, Legume	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, Corn, Legume	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
Syrup, Pancake	2 oz.	Corn	135	36g	0g	12g	0g	90mg	0g	0g	0mg	None
Wild Wild West Seasoning Blend	1/4 tsp.	Garlic, Tomato, Lemon, Onion, Cayenne pepper, Carrot	1	0g	0g	0g	0g	0mg	0g	0g	0mg	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, Fruity Cheerios, gluten-free	1 bowl	Oat, Corn, Pear, Fruit/Vegetable Juice	120	26g	2g	10g	2g	150mg	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, gluten-free (HS and Grades 6-8 only)	1 bowl	Wheat, Oat, Corn, Almond, Honey	110	22g	2g	9g	2g	160mg	1.5g	0g	0mg	1 grain
Cereal, Honey Nut Chex, gluten-free (HS and Grades 6-8 only)	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

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
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, Fruit juice	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, Fruit Juice	160	28g	1g	14g	2g	135mg	5g	<1g	20mg	1 grain
Muffin, Blueberry	1 each (2 oz.)	Milk, Wheat, Egg, Blueberry, Soy, Corn, Fruit Juice	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, Fruit Juice	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	8g	260mg	17g	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
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
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 Despicable Me Graham Snacks	1 pkg.	Wheat, Soy, Milk, Cinnamon, Molasses	140	22g	2g	8g	2g	110mg	4.5g	1.5g	0mg	1 grain

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Snyder's Pretzels, Whole Grain	0.75 oz.	Wheat, Malt	100	20g	2g	<1g	3g	200mg	<1g	0g	0mg	1 grain
Nutrition Crackers	1 oz.	Wheat, Milk, Sunflower, Egg, Honey	120	22g	2g	6g	2g	65mg	4g	0g	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.	Grape, strawberry, pear	90	24g	0g	20g	0g	20mg	0g	0g	0mg	1 fruit
Capri Sun 100% Juice Fruit Dive	6 oz.	Grape, apple, cherry	80	21g	0g	20g	0g	25mg	0g	0g	0mg	1 fruit
Capri Sun 100% Juice Fruit Punch	6 oz.	Grape, pear, orange, pineapple	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, MSG	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, MSG	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, MSG	130	20g	2g	<1g	2g	200mg	5g	1g	0mg	1.25 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
Cookie, Carnival (HS and Grades 6-8 only)	1 cookie (1.5 oz.)	Egg, Milk, Soy, Wheat, Peanuts, Tree Nuts, Coconut, Chocolate, Blue#2, Yellow#6 Lake, Yellow#5, Red#40, Blue#1, Yellow#6, Corn, Molasses	170	28g	2g	12g	2g	130mg	5g	1.5g	10mg	1 grain
Cookie, Chocolate Chip (HS and Grades 6-8 only)	1 cookie (1.5 oz.)	Egg, Milk, Soy, Wheat, Peanuts, Tree Nuts, Coconut, Molasses, Corn, Chocolate	160	28g	2g	13g	2g	105mg	5g	1.5g	10mg	1 grain
Cookie, Oatmeal Raisin (HS and Grades 6-8 only)	1 cookie (1.5 oz.)	Egg, Milk, Soy, Wheat, Peanuts, Tree Nuts, Coconut, Oat, Molasses, Cinnamon, Corn	170	28g	2g	14g	2g	130mg	5g	1.5g	15mg	1 grain
Envy 100% Juice Blend, Cherry Apple	8 oz.	Apple, Fruit/Vegetable Juice	110	29g	0g	28g	0g	5mg	0g	0g	0mg	2 fruit
Envy 100% Juice Blend, Fruit Punch	8 oz.	Apple, Pear, Fruit/Vegetable Juice	110	29g	0g	28g	0g	5mg	0g	0g	0mg	2 fruit
Fruit Roll-Up, Crazy Colors	0.5 oz.	Apple, Corn, Fruit/Vegetable Juice	50	11g	2g	4g	0g	55mg	0g	<1g	0mg	None
Ice Dog, blue raspberry or cherry limeade	4 oz.	Pear	60	16g	3g	13g	0g	10mg	0g	0g	0mg	1 fruit
Luigi's 100% Frozen Juice Sorbet, Lime	4.4 oz.	Pineapple, Apple, Yellow #5, Blue #1, Legume	70	19g	3g	15g	0g	5mg	0g	0g	0mg	1 fruit
Luigi's 100% Frozen Juice Sorbet, Orange	4.4 oz.	Pineapple, Apple, Legume	70	19g	3g	15g	0g	5mg	0g	0g	0mg	1 fruit
Luigi's Sours 100% Frozen Juice Sorbet, Lemon	4.4 oz.	Apple, Natural Flavor, Turmeric, Legume	70	20g	3g	15g	0g	10mg	0g	0g	0mg	1 fruit
Luigi's Sours 100% Frozen Juice Sorbet, Raspberry	4.4 oz.	Apple, Natural Flavor, Fruit/Vegetable Juice, Legume	70	20g	3g	15g	0g	10mg	0g	0g	0mg	1 fruit
Luigi's Sours 100% Frozen Juice Sorbet, Watermelon	4.4 oz.	Apple, Natural Flavor, Legume	70	20g	3g	15g	0g	10mg	0g	0g	0mg	1 fruit
Whole Fruit 100% Frozen Juice Cup Mixed Berry and Lemon Swirl	4.4 oz.	Apple, Pineapple, Turmeric, Legume	70	19g	3g	16g	0g	5mg	0g	0g	0mg	1 fruit
Whole Fruit 100% Frozen Juice Cup Wild Cherry	4.4 oz.	Apple, Pineapple, Legume	70	19g	3g	16g	0g	10mg	0g	0g	0mg	1 fruit

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.