

revised 3/5/2019 \*menu subject to change

## Breakfast

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Apple Blueberry Chip Bar	2.5 oz.	Egg, Milk, Soy, Legume, Wheat, Cocoa, Apple, Blueberry	290	8g	3g	23g	5g	200mg	9g	3g	20mg	2 grain
Bagel, whole grain, blueberry	2.2 oz.	Wheat, Barley, Molasses, Corn, Blue #2, Red #40, artificial flavor	140	29g	2g	5g	5g	220mg	1g	0g	0mg	2 grain
Bagel, whole grain, cinnamon raisin	2.2 oz.	Wheat, Barley, Molasses, Corn, 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, 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		270	28g	3g	4g	17g	510mg	14g	6g	93mg	1.25 meat; 2 grain
Egg patty, precooked,	1 patty	Egg, Milk	45	0g	0g	0g	3g	90mg	3.5g	1g	75mg	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, hard boiled, peeled	1	Egg	70-80	1g	0g	1g	6g	55-60 mg	5g	1.5g	170-185mg	1.5-1.75 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
Frudel, Apple	2.29 oz.	Wheat, Barley, Apple, Corn, Molasses, Milk, Legume	210	36g	2g	11g	5g	280mg	6g	2g	0mg	2 grain
Frudel, 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	2 oz.	Milk, Wheat, Egg, Oats, Soy, Corn, Apple, Cinnamon, Turmeric, Fruit Juice, Legume	160	27g	1g	13g	2g	100mg	5g	<1g	25mg	1 grain
Muffin, Banana	2 oz.	Milk, Wheat, Egg, Banana, Soy, Turmeric, Corn, Fruit Juice, Legume	160	28g	1g	15g	2g	100mg	4g	<1g	20mg	1 grain
Muffin, Blueberry	2 oz.	Milk, Wheat, Egg, Blueberry, Soy, Corn, Fruit Juice, Legume	160	26g	1g	14g	3g	95mg	5g	<1g	20mg	1 grain
Muffin, Chocolate Chip	2 oz.	Wheat, Soy, Milk, Egg, Chocolate, Turmeric, Corn, Fruit Juice, Legume	170	28g	1g	15g	2g	130mg	6g	1g	20mg	1 grain
Pancakes, Confetti	3 oz.	Wheat, Milk, Egg, Soy, Corn	220	36g	4g	11g	4g	300mg	7g	1g	10mg	2 grain
Pancakes, Mini Maple	3.17 oz. pkg	Wheat, Egg, Milk, Rice, Grape Juice, Corn, Maple, Molasses	210	38g	3g	11g	4g	270mg	6g	<1g	0mg	2 grain
Pancakes, Mini Strawberry	3.17 oz. pkg	Wheat, Egg, Milk, Rice, Corn, Grape Juice, Potato, Beet Juice	220	40g	3g	14g	4g	260mg	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
Sunflower Seeds, honey roasted	1.2 oz.	Sunflower, Honey	150	11g	3g	5g	6g	65mg	15g	2g	0mg	1 meat
Turkey Ham, Egg, and Cheese Croissant	1 serving		300	29g	3g	5g	21g	623mg	15g	7g	108mg	1.75 meat; 2 grain
Turkey Ham, uncured, fully cooked	1 oz.	Celery	30	<1g	0g	<1g	3.5g	113mg	1.5g	<1g	15mg	0.5 meat
Egg patty, precooked,	1 patty	Egg, Milk	45	0g	0g	0g	3g	90mg	3.5g	1g	75mg	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
Turkey Sausage & Cheese on Biscuit	1 serving		320	27g	0g	4g	13g	810mg	18g	12g	38mg	1.25 meat; 2 grain
Turkey Sausage, fully cooked	1.25 oz.	Caramel color	75	<1g	0g	<1g	6g	200mg	5g	1.5g	25mg	0.9 meat
American cheese, yellow	0.5 oz.	Milk, Soy, Corn	45	<1g	0g	<1g	3g	200mg	4g	3g	13mg	0.5 meat
Biscuit, whole grain	2 oz.	Wheat, Milk, Barley	200	27g	0g	2g	4g	410mg	9g	7g	0mg	2 grain
Turkey Sausage, Egg, and Cheese Pancake Sandwich	1 serving		325	32g	0g	11g	16g	680mg	15g	5g	128mg	2 meat; 2 grain
Turkey Sausage, fully cooked	1.25 oz.	Caramel color	75	<1g	0g	<1g	6g	200mg	5g	1.5g	25mg	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	45	0g	0g	0g	3g	90mg	3.5g	1g	75mg	0.75 meat
Pancake, buttermilk, whole grain	2 each	Wheat, Milk, Egg, Soy	160	30g	0g	10g	4g	190mg	3g	0g	0mg	3/5/2019 2 grain

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Yogurt Parfait (vanilla) with Blueberries	6 oz.	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	6 oz.	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	6 oz.	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	6 oz.	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	6 oz.	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	6 oz.	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
Yogurt, vanilla, nonfat, Danimals	4 oz.	Milk, Corn, Lemon	70	14g	0g	10g	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	0g	0g	0mg	2 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, mandarin, canned	1/2 cup	Citrus	64	15	<1	12	0	8	0	0	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	Plum	36	9g	1g	0g	<1g	114mg	0g	0g	0mg	1 fruit
Raisins, USDA	1 box	Grape	114	30g	1g	23g	1g	4mg	0g	0g	0mg	1 fruit
Strawberries, whole, frozen, USDA	1/2 cup	Strawberry	39	10g	2g	5g	0g	2mg	0g	0g	0mg	1 fruit
100% Juice	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Apple Juice	4 oz.	Apple	70	14g	0g	12g	<1g	0mg	0g	0g	0mg	1 fruit
Dragon Punch	4 oz.	Apple, Pear, Carrot, Celery, Spinach	50	13g	0g	12g	0g	35mg	0g	0g	0mg	1 vegetable
Orange Juice	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	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

### Lunch Nutrition Information

Main Entrée'	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Amazing Lo Mein with Bean	1 serving	Legume, Celery, Onion, Wheat, Soy, Corn, Sesame Oil	320	63g	10g	9g	15g	225mg	3g	<1g	0mg	2 meat; 2 grain; 1 vegetable
Amazing Lo Mein with Egg	1 serving	Legume, Celery, Onion, Wheat, Soy, Corn, Sesame Oil, Egg	290	43g	6g	5g	14g	345mg	7g	1g	95mg	2 meat; 2 grain; 1 vegetable
Blazin' Buffalo Wrap	1 serving		452	51g	5g	3g	18g	1108mg	18.5g	4g	0mg	2 meat; 2.5 grain; 1/4 cup vegetable
Chickenless tenders, breaded, with hot sauce, mayo, and lettuce added	4 tenders	Wheat, Soy, Onion, Rice, Oat, Egg, Peppers, Celery Seed, Sunflower Oil	252	17g	3g	1g	12g	558mg	13.5g	2g	0mg	2 meat; 1/4 cup vegetable
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	2g	2g	6g	550mg	5g	2g	0mg	2.5 grain
Cheese and Bean Burrito	1 serving	Wheat, Soy, Corn, Milk, Legume, Chili powder, Garlic, Tomato, Onion, Chili Pepper, Turmeric	319	40g	9g	4g	17g	596mg	10g	4.5g	13mg	2 meat; 2 grain
Cheese and Bean Enchilada	1 serving		329	42g	n/a	4g	17g	701mg	9g	4.5g	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	4g	10mg	2 meat; 2 grain 3/5/2019

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Enchilada Sauce	1 oz.	Tomato, Chili powder, Garlic, Corn, Onion	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
<b>Cheese and Chicken Burrito</b>	<b>1 serving</b>		<b>481</b>	<b>53g</b>	<b>3g</b>	<b>2g</b>	<b>29g</b>	<b>1040mg</b>	<b>19g</b>	<b>7g</b>	<b>95mg</b>	<b>2.5 meat; 3.5 grain</b>
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	0g	<1g	2g	0mg	2g	0g	0mg	1 grain
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	2g	2g	6g	550mg	5g	2g	0mg	2.5 grain
<b>Cheese Pizza 8-cut, whole grain</b>	<b>1 slice</b>	<b>Wheat, Barley, Milk, Soy, Corn, Garlic, Tomato, Onion, Legume</b>	<b>360</b>	<b>35g</b>	<b>4g</b>	<b>6g</b>	<b>18g</b>	<b>490mg</b>	<b>16g</b>	<b>8g</b>	<b>40mg</b>	<b>2 meat, 2 grain, 1/8 vegetable</b>
<b>Cheese Stuffed Breadsticks with Spaghetti Sauce</b>	<b>1 serving</b>		<b>315</b>	<b>37g</b>	<b>4g</b>	<b>4g</b>	<b>21g</b>	<b>475mg</b>	<b>14g</b>	<b>5g</b>	<b>30mg</b>	<b>2 meat; 2 grain; 1/8 cup vegetable</b>
Cheese Bosco Stick 6-inch	2 sticks	Wheat, Milk, Soy, Corn	300	34g	4g	2g	20g	440mg	14g	5g	30mg	2 meat; 2 grain
Spaghetti Sauce	1 oz.	Tomato, Onion, Garlic	15	3g	<1g	2g	<1g	35mg	<1g	0g	0mg	1/8 vegetable
<b>Cheesy Chicken Crunch Wrap</b>	<b>1 each</b>		<b>526</b>	<b>56g</b>	<b>5g</b>	<b>2g</b>	<b>29g</b>	<b>1110mg</b>	<b>22g</b>	<b>8g</b>	<b>95mg</b>	<b>2.5 meat; 3.5 grain</b>
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, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	2g	2g	6g	550mg	5g	1.5g	0mg	2.5 grain
<b>Cheesy Crescent Roll</b>	<b>1 serving</b>	<b>Wheat, Soy, Milk, Barley, Corn, Garlic</b>	<b>310</b>	<b>33g</b>	<b>3g</b>	<b>2g</b>	<b>18g</b>	<b>560mg</b>	<b>13g</b>	<b>5g</b>	<b>25mg</b>	<b>2 meat; 2.25 grain; 1/8 vegetable</b>
<b>Chicken and Cheese Tacquitos</b>	<b>1 serving</b>	<b>Wheat, Soy, Corn, Milk, Tomato, Legume, Onion, Chili/Jalapeno peppers</b>	<b>280</b>	<b>30g</b>	<b>4g</b>	<b>2g</b>	<b>16g</b>	<b>800mg</b>	<b>12g</b>	<b>3g</b>	<b>30mg</b>	<b>2 meat; 2 grain</b>
<b>Chicken Drumstick and Waffles</b>	<b>1 serving</b>		<b>370</b>	<b>34g</b>	<b>5g</b>	<b>6g</b>	<b>20g</b>	<b>720mg</b>	<b>17g</b>	<b>4g</b>	<b>70mg</b>	<b>2 meat; 2.75 grain</b>
Chicken Drumstick, dark meat, breaded	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, Egg	180	29g	4g	6g	4g	270mg	6g	1g	20mg	2 grain
<b>Chicken Enchilada Dip with Tortilla Chips</b>	<b>1 serving</b>		<b>335</b>	<b>31g</b>	<b>6g</b>	<b>0g</b>	<b>18g</b>	<b>746mg</b>	<b>14g</b>	<b>5g</b>	<b>77mg</b>	<b>2 meat; 1 grain, 0.25 vegetable</b>
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
<b>Chicken Fajita</b>	<b>1 serving</b>		<b>352</b>	<b>39g</b>	<b>3g</b>	<b>2g</b>	<b>24g</b>	<b>951mg</b>	<b>12g</b>	<b>4g</b>	<b>80mg</b>	<b>2 meat; 2.5 grain; 1/4 c. vegetable</b>
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	1/4 c. vegetable
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	2g	2g	6g	550mg	5g	2g	0mg	2.5 grain
<b>Chicken Nuggets - whole grain (MS)</b>	<b>5 each</b>	<b>Soy, Onion, Garlic, Wheat, Turmeric, Rice, Carrot</b>	<b>200</b>	<b>13g</b>	<b>3g</b>	<b>0g</b>	<b>18g</b>	<b>338mg</b>	<b>9g</b>	<b>2g</b>	<b>25mg</b>	<b>2 meat, 1 grain</b>
<b>Chicken Nuggets - whole grain (HS)</b>	<b>6 each</b>	<b>Soy, Onion, Garlic, Wheat, Turmeric, Rice, Carrot</b>	<b>240</b>	<b>15g</b>	<b>3g</b>	<b>0g</b>	<b>21g</b>	<b>405mg</b>	<b>11g</b>	<b>2g</b>	<b>30mg</b>	<b>2 meat; 1 grain</b>
<b>Chicken Tenders - whole grain</b>	<b>3 each</b>	<b>Wheat, Soy, Onion, Garlic, Rice, Turmeric, Carrot, Celery</b>	<b>240</b>	<b>12g</b>	<b>2g</b>	<b>3g</b>	<b>20g</b>	<b>375mg</b>	<b>12g</b>	<b>2g</b>	<b>45mg</b>	<b>2 meat; 1 grain</b>
<b>Chili Cheese Wrap</b>	<b>4.8 oz.</b>	<b>Wheat, Barley, Milk, Soy, Corn, Chili Pepper, Potato, Legume, Turmeric</b>	<b>310</b>	<b>37g</b>	<b>5g</b>	<b>&lt;1g</b>	<b>16g</b>	<b>580mg</b>	<b>11g</b>	<b>3g</b>	<b>10mg</b>	<b>2 meat; 2 grain</b>
<b>Fiesta Nachos</b>	<b>1 serving</b>		<b>431</b>	<b>36g</b>	<b>4g</b>	<b>0g</b>	<b>24g</b>	<b>768mg</b>	<b>22g</b>	<b>8g</b>	<b>98mg</b>	<b>2 meat; 1.5 grain</b>
Chicken Taco Meat	2 oz.	Wheat, Garlic, Onion, 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
<b>Fiesta Rice &amp; Beans with Tortilla Chips</b>	<b>1 serving</b>		<b>420</b>	<b>77g</b>	<b>16g</b>	<b>7g</b>	<b>15g</b>	<b>1210mg</b>	<b>7g</b>	<b>1g</b>	<b>0mg</b>	<b>2 meat; 2 grain; 1 vegetable</b>
Black Bean/Corn filling	1 cup	Legume, Corn, Tomato, Jalapeno Pepper, Onion, Garlic	181	33g	12g	7g	10g	1135mg	1g	0g	0mg	2 meat; 1 vegetable
Rice, brown, long grain	1/2 cup	Rice	108	23g	1g	0g	3g	5mg	1g	0g	0mg	1 grain
Tortilla chips, yellow corn round	1 oz.	Corn	131	21g	3g	0g	2g	70mg	5g	1g	0mg	1 grain
<b>Fiestada</b>	<b>5.44 oz.</b>	<b>Beef, Wheat, Milk, Soy, Barley, Corn, Onion, Garlic, Tomato, Chili Pepper</b>	<b>360</b>	<b>43g</b>	<b>4g</b>	<b>8g</b>	<b>17g</b>	<b>710mg</b>	<b>14g</b>	<b>6g</b>	<b>25mg</b>	<b>2 meat; 2 grain; 0.25 vegetable</b>
<b>Hot &amp; Spicy Chicken Drumstick and Waffles</b>	<b>1 serving</b>		<b>380</b>	<b>33g</b>	<b>3g</b>	<b>2g</b>	<b>18g</b>	<b>730mg</b>	<b>20g</b>	<b>6.5g</b>	<b>75mg</b>	<b>2 meat; 2.75 grain</b>
Chicken Drumstick, dark meat, breaded, hot & spicy	1 each	Wheat, Garlic, Corn, Onion, Rice, Celery Seed	180	6g	1g	0g	14g	320mg	11g	2.5g	75mg	2 meat; 0.75 grain
Biscuit, whole grain	2 oz.	Wheat, Milk, Barley	200	27g	2g	2g	4g	410mg	9g	7g	0mg	2 grain
<b>Lasagna with beef, whole grain</b>	<b>6 oz.</b>	<b>Soy, Garlic, Onion, Wheat, Tomato, Milk, Egg, Caramel color</b>	<b>340</b>	<b>34g</b>	<b>6g</b>	<b>6g</b>	<b>21g</b>	<b>327mg</b>	<b>15g</b>	<b>6g</b>	<b>48mg</b>	<b>2 meat; 1 grain; 0.25 vegetable</b>
<b>Macaroni &amp; Cheese</b>	<b>6 oz.</b>	<b>Milk, Wheat, Soy, Egg, Onion, Cayenne Pepper, Orange, Tomato, Lemon</b>	<b>350</b>	<b>25g</b>	<b>3g</b>	<b>6g</b>	<b>20g</b>	<b>898mg</b>	<b>19g</b>	<b>12g</b>	<b>67mg</b>	<b>2 meat; 1 grain</b>
<b>Pepperoni Pizza , turkey/beef pepperoni, 8-cut</b>	<b>1 slice</b>	<b>Milk, Wheat, Barley, Soy, Corn, Garlic, Onion, Tomato, Sodium Nitrite</b>	<b>370</b>	<b>35g</b>	<b>4g</b>	<b>6g</b>	<b>19g</b>	<b>560mg</b>	<b>17g</b>	<b>8g</b>	<b>50mg</b>	<b>2.25 meat; 2 grain; 1/8 vegetable</b>
<b>Pro Bean Chili &amp; Cornbread</b>	<b>1 serving</b>		<b>528</b>	<b>88g</b>	<b>9g</b>	<b>n/a</b>	<b>25g</b>	<b>849mg</b>	<b>15g</b>	<b>1g</b>	<b>30 mg</b>	<b>2 meat; 2 grain; 2 + 1/8 vegetable</b>
Bean Chili	1 cup	Garlic, Tomato, Legume, Corn, Soy, Onion, Carrot	188	30g	7g	n/a	19g	669mg	5g	0g	0mg	2 meat; 2 + 1/8 vegetable

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Cornbread, mini loaf	2 cornbread	Egg, Milk, Soy, Wheat, Corn, Fruit Juice powder, Legume	340	58g	2g	2g	6g	180mg	10g	1g	30mg	2 grain
<b>Scrambled Egg and French Toast Sticks</b>	<b>1 serving</b>		<b>450</b>	<b>59g</b>	<b>3g</b>	<b>18g</b>	<b>15g</b>	<b>650mg</b>	<b>17g</b>	<b>3.5g</b>	<b>195mg</b>	<b>2 meat; 3 grain</b>
Scrambled egg, precooked	2 oz.	Egg, Milk, Corn, Liquid Pepper	90	2g	0g	0g	6g	260mg	6g	2g	190mg	2 meat
French Toast Sticks, whole grain	3 sticks	Wheat, Barley, Egg, Corn, Soy, Milk, Cinnamon	360	57g	3g	18g	9g	390mg	11g	1.5g	5mg	3 grain
<b>Spaghetti with Meat Sauce</b>	<b>6 oz.</b>	<b>Beef, Soy, Corn, Caramel Color, Wheat, Oat fiber, Tomato, Garlic, Onion, Milk</b>	<b>401</b>	<b>34g</b>	<b>4g</b>	<b>10g</b>	<b>25g</b>	<b>476mg</b>	<b>19g</b>	<b>7g</b>	<b>55mg</b>	<b>2 meat; 1 grain; 0.5 vegetable</b>
<b>Spicy Chicken Tenders - whole grain</b>	<b>3 each</b>	<b>Wheat, Soy, Corn, Garlic, Onion, Rice, Carrot, Celery</b>	<b>225</b>	<b>9g</b>	<b>2g</b>	<b>3g</b>	<b>20g</b>	<b>375mg</b>	<b>12g</b>	<b>5g</b>	<b>45mg</b>	<b>2 meat; 1 grain</b>
<b>Sweet-n-Sour Chicken over Rice</b>	<b>1 serving</b>		<b>348</b>	<b>39g</b>	<b>1g</b>	<b>12</b>	<b>21g</b>	<b>225mg</b>	<b>14g</b>	<b>2.5g</b>	<b>90mg</b>	<b>2 meat; 1 grain</b>
Sweet-n-Sour Chicken	1/2 cup	Wheat, Carrot, Garlic, Soy, Onion, Pineapple, Corn, Tomato, Radish	240	16g	0g	12g	18g	220mg	13g	2.5g	90mg	2 meat
Rice, brown, long grain	1/2 cup	Rice	108	23g	1g	0g	3g	5mg	1g	0g	0mg	1 grain
<b>Turkey Corn Dog</b>	<b>1 each</b>	<b>Wheat, Milk, Corn, Sodium Nitrite, Soy, Egg, Honey</b>	<b>250</b>	<b>30g</b>	<b>3g</b>	<b>19g</b>	<b>11g</b>	<b>760mg</b>	<b>10g</b>	<b>2g</b>	<b>25mg</b>	<b>2 meat; 2 grain</b>
<b>Turkey Divan</b>	<b>8 oz.</b>	<b>Wheat, Onion, Milk, Soy, Egg, Lemon, Rice</b>	<b>423</b>	<b>33g</b>	<b>2g</b>	<b>1g</b>	<b>22g</b>	<b>888mg</b>	<b>22g</b>	<b>8g</b>	<b>66mg</b>	<b>2 meat; 1 grain; 0.5 vegetable</b>
<b>Turkey Sausage and French Toast Sticks</b>	<b>1 serving</b>		<b>470</b>	<b>58g</b>	<b>3g</b>	<b>18g</b>	<b>21g</b>	<b>790mg</b>	<b>21g</b>	<b>4.5g</b>	<b>55mg</b>	<b>1.75 meat; 3 grain</b>
Turkey Sausage, fully cooked, 1.25 oz. each	2 patties	Caramel color	150	<1g	0g	<1g	12g	400mg	10g	3g	50mg	1.75 meat
French Toast Sticks, whole grain	3 sticks	Wheat, Barley, Egg, Corn, Soy, Milk, Cinnamon	360	57g	3g	18g	9g	390mg	11g	1.5g	5mg	3 grain
<b>Vegetable Egg Roll &amp; Egg Fried Rice</b>	<b>1 serving</b>		<b>318</b>	<b>51g</b>	<b>6g</b>	<b>6g</b>	<b>13g</b>	<b>630mg</b>	<b>11g</b>	<b>3g</b>	<b>190mg</b>	<b>2 meat; 2 grain; 1 vegetable</b>
Vegetable Egg Roll	2.93 oz.	Cabbage, Celery, Carrot, Onion, Potato, Corn, Wheat, Barley, Soy, Egg, Rice	140	22g	4g	4g	4g	150mg	3.5g	1g	0mg	1 grain; 1 vegetable
Egg Fried Rice	3/4 cup	Rice, Carrot, Green Pea, Corn, Soy, Wheat, Garlic, Caramel Color, Onion, Sesame Oil	178	29g	2g	2g	9g	480mg	7.5g	2g	190mg	2 meat; 1 grain
<b>Veggie Pasta Bake</b>	<b>1 serving</b>	<b>Tomato, Garlic, Wheat, Legume, Milk, Egg, Soy, Carrot, Onion</b>	<b>231</b>	<b>41g</b>	<b>11g</b>	<b>6g</b>	<b>19g</b>	<b>577mg</b>	<b>4g</b>	<b>0g</b>	<b>0mg</b>	<b>2 meat; 1 grain; 1 vegetable</b>
<b>Veggie Pizza, 8-cut, whole grain</b>	<b>1 slice</b>	<b>Wheat, Barley, Milk, Soy, Corn, Garlic, Onion, Tomato, Banana Pepper, Red/Green Pepper, Legume</b>	<b>394</b>	<b>43g</b>	<b>7g</b>	<b>n/a</b>	<b>19g</b>	<b>822mg</b>	<b>16g</b>	<b>8g</b>	<b>40mg</b>	<b>2 meat, 2 grain, 1 vegetable</b>
<b>Yogurt Parfait (vanilla) with Blueberries (HS)</b>	<b>8 oz.</b>	<b>Corn, Egg, Milk, Soy, Oat, Honey, Blueberry</b>	<b>411</b>	<b>72g</b>	<b>4g</b>	<b>56g</b>	<b>11g</b>	<b>226mg</b>	<b>8g</b>	<b>2g</b>	<b>10mg</b>	<b>2 meat; 2 grain; 1 fruit</b>
<b>Yogurt Parfait (vanilla) with Mixed Berry (HS)</b>	<b>8 oz.</b>	<b>Corn, Egg, Milk, Soy, Oat, Honey, Blueberry, Strawberry</b>	<b>436</b>	<b>84g</b>	<b>4g</b>	<b>61g</b>	<b>11g</b>	<b>226mg</b>	<b>8g</b>	<b>2g</b>	<b>10mg</b>	<b>2 meat; 2 grain; 1 fruit</b>
<b>Yogurt Parfait (vanilla) with Peaches (HS)</b>	<b>8 oz.</b>	<b>Corn, Egg, Milk, Soy, Oat, Honey, Peach</b>	<b>441</b>	<b>85g</b>	<b>2g</b>	<b>53g</b>	<b>11g</b>	<b>235mg</b>	<b>7g</b>	<b>2g</b>	<b>13mg</b>	<b>2 meat; 2 grain; 1 fruit</b>
<b>Yogurt Parfait (vanilla) with Oranges (HS)</b>	<b>8 oz.</b>	<b>Corn, Egg, Milk, Soy, Oat, Honey, Orange</b>	<b>435</b>	<b>83g</b>	<b>2g</b>	<b>61g</b>	<b>11g</b>	<b>233mg</b>	<b>7g</b>	<b>2g</b>	<b>13mg</b>	<b>2 meat; 2 grain; 1 fruit</b>
<b>Yogurt Parfait (vanilla) with Pineapple (HS)</b>	<b>8 oz.</b>	<b>Corn, Egg, Milk, Soy, Oat, Honey, Pineapple</b>	<b>431</b>	<b>75g</b>	<b>2g</b>	<b>62g</b>	<b>11g</b>	<b>225mg</b>	<b>7g</b>	<b>2g</b>	<b>13mg</b>	<b>2 meat; 2 grain; 1 fruit</b>
<b>Yogurt Parfait (vanilla) with Strawberries (HS)</b>	<b>8 oz.</b>	<b>Corn, Egg, Milk, Soy, Oat, Honey, Strawberry</b>	<b>461</b>	<b>91g</b>	<b>5g</b>	<b>66g</b>	<b>11g</b>	<b>225mg</b>	<b>7g</b>	<b>2g</b>	<b>10mg</b>	<b>2 meat; 2 grain; 1 fruit</b>
<b>Yogurt Parfait (vanilla) with Blueberries (MS)</b>	<b>6 oz.</b>	<b>Corn, Egg, Milk, Soy, Oat, Honey, Blueberry</b>	<b>351</b>	<b>65g</b>	<b>3.6g</b>	<b>46g</b>	<b>9g</b>	<b>199mg</b>	<b>8g</b>	<b>1.5g</b>	<b>8mg</b>	<b>1.5 meat; 1 grain; 1 fruit</b>
<b>Yogurt Parfait (vanilla) with Mixed Berry (MS)</b>	<b>6 oz.</b>	<b>Corn, Egg, Milk, Soy, Oat, Honey, Blueberry, Strawberry</b>	<b>376</b>	<b>72g</b>	<b>4g</b>	<b>51g</b>	<b>9g</b>	<b>199mg</b>	<b>7g</b>	<b>1.5g</b>	<b>8mg</b>	<b>1.5 meat; 1 grain; 1 fruit</b>
<b>Yogurt Parfait (vanilla) with Oranges (MS)</b>	<b>6 oz.</b>	<b>Corn, Egg, Milk, Soy, Oat, Honey, Orange</b>	<b>375</b>	<b>71g</b>	<b>2g</b>	<b>51g</b>	<b>9g</b>	<b>208mg</b>	<b>7g</b>	<b>1.5g</b>	<b>8mg</b>	<b>1.5 meat; 1 grain; 1 fruit</b>
<b>Yogurt Parfait (vanilla) with Peaches (MS)</b>	<b>6 oz.</b>	<b>Corn, Egg, Milk, Soy, Oat, Honey, Peach</b>	<b>381</b>	<b>73g</b>	<b>2g</b>	<b>52g</b>	<b>9g</b>	<b>208mg</b>	<b>7g</b>	<b>1.5g</b>	<b>8mg</b>	<b>1.5 meat; 1 grain; 1 fruit</b>
<b>Yogurt Parfait (vanilla) with Pineapple (MS)</b>	<b>6 oz.</b>	<b>Corn, Egg, Milk, Soy, Oat, Honey, Pineapple</b>	<b>371</b>	<b>63g</b>	<b>2g</b>	<b>43g</b>	<b>9g</b>	<b>208mg</b>	<b>7g</b>	<b>1.5g</b>	<b>8mg</b>	<b>1.5 meat; 1 grain; 1 fruit</b>
<b>Yogurt Parfait (vanilla) with Strawberries (MS)</b>	<b>6 oz.</b>	<b>Corn, Egg, Milk, Soy, Oat, Honey, Strawberry</b>	<b>381</b>	<b>78g</b>	<b>5g</b>	<b>56g</b>	<b>9g</b>	<b>199mg</b>	<b>7g</b>	<b>1.5g</b>	<b>8mg</b>	<b>1.5 meat; 1 grain; 1 fruit</b>
<b>Sandwiches</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Pro</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
<b>BBQ Beef Rib Sub</b>	<b>1 serving</b>		<b>347</b>	<b>40g</b>	<b>3g</b>	<b>14g</b>	<b>19g</b>	<b>757mg</b>	<b>11g</b>	<b>3.5g</b>	<b>25mg</b>	<b>2 meat; 2 grain</b>
Chopped beef rib patty with BBQ sauce	3 oz.	Soy, Caramel Color, Tomato, Corn, Garlic, Wheat, Onion, Honey, Molasses, Milk	187	12g	1g	10g	13g	497mg	9g	3.5g	25mg	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
<b>BBQ Chicken on Whole Grain Bun</b>	<b>1 serving</b>		<b>293</b>	<b>34g</b>	<b>2g</b>	<b>10g</b>	<b>27g</b>	<b>915mg</b>	<b>4.5g</b>	<b>&lt;1g</b>	<b>60mg</b>	<b>2.5 meat; 2 grain</b>
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
<b>BBQ Veggie Burger on Bun</b>	<b>1 serving</b>		<b>317</b>	<b>44g</b>	<b>8g</b>	<b>6g</b>	<b>22g</b>	<b>1005mg</b>	<b>7g</b>	<b>1g</b>	<b>&lt;5mg</b>	<b>2 meat; 2 grain</b>
Garden Veggie patty, Morningstar with BBQ sauce	3.5 oz.	Wheat, Soy, Egg, Milk, Corn, Mushroom, Oat, Carrot, Onion, Garlic, Rice, Jalapeno Pepper, Water Chestnut, Olive, Tomato, Turmeric	177	19g	6g	3g	17g	775mg	5g	1g	<5mg	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
<b>Cheeseburger on Whole Grain Bun</b>	<b>1 serving</b>		<b>335</b>	<b>26g</b>	<b>2g</b>	<b>4g</b>	<b>20g</b>	<b>690mg</b>	<b>17g</b>	<b>8g</b>	<b>58mg</b>	<b>2.5 meat; 2 grain</b>
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

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
<b>Chicken Patty on Bun</b>	<b>1 serving</b>		<b>340</b>	<b>34g</b>	<b>5g</b>	<b>3g</b>	<b>24g</b>	<b>520mg</b>	<b>11g</b>	<b>1.5g</b>	<b>45mg</b>	<b>2 meat; 3 grain</b>
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
<b>Chili Cheese Coney</b>	<b>1 serving</b>		<b>333</b>	<b>31g</b>	<b>3g</b>	<b>n/a</b>	<b>18g</b>	<b>626mg</b>	<b>15g</b>	<b>4g</b>	<b>70mg</b>	<b>2.5 meat; 2 grain; 0.5 vegetable</b>
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, Barley, Soy	140	25g	2g	4g	5g	230mg	2g	0g	0mg	2 grain
<b>Egg Salad on Croissant</b>	<b>1 serving</b>		<b>324</b>	<b>32g</b>	<b>3g</b>	<b>4g</b>	<b>13g</b>	<b>514mg</b>	<b>15g</b>	<b>5g</b>	<b>255mg</b>	<b>2 meat; 2 grain</b>
Egg Salad	2.6 oz.	Egg, Corn, Turmeric, Onion, Mustard Seed, Garlic	144	5g	0g	1g	8g	294mg	9g	2.5g	250mg	2 meat
Croissant, whole grain	2.2 oz.	Wheat, Malted Barley, Soy, Egg, Milk	180	27g	3g	3g	5g	220mg	6g	2.5g	5mg	2 grain
<b>Hamburger on Whole Grain Bun</b>	<b>1 serving</b>		<b>290</b>	<b>25g</b>	<b>3g</b>	<b>3g</b>	<b>17g</b>	<b>490mg</b>	<b>7g</b>	<b>2g</b>	<b>35mg</b>	<b>2 meat; 2 grain</b>
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	12g	230mg	6g	3g	27mg	2 grain
<b>Italian Sub (hot or cold)</b>	<b>1 serving</b>		<b>330</b>	<b>30g</b>	<b>2g</b>	<b>n/a</b>	<b>21g</b>	<b>905mg</b>	<b>12g</b>	<b>4g</b>	<b>69mg</b>	<b>2.5 meat; 2 grain</b>
Turkey Combo (Ham, Pepperoni, Salami)	3 oz.	Corn, Garlic, Nitrite	125	2g	0g	n/a	12g	560mg	6g	2g	59mg	2 meat
Provolone cheese	1/2 oz.	Milk, Soy	45	<1g	0g	0g	3g	85mg	3.5g	2g	10mg	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
<b>Philly Steak and Cheese Sub</b>	<b>1 serving</b>		<b>344</b>	<b>34g</b>	<b>3g</b>	<b>n/a</b>	<b>22g</b>	<b>911mg</b>	<b>13g</b>	<b>5g</b>	<b>40mg</b>	<b>2 meat; 2 grain; 1/4 c. vegetable</b>
Philly Style Beef Steak Slices	2.7 oz.	Corn, Soy, Wheat, Caramel Color, Tomato, Onion, Garlic, Lemon, Celery Seed	122	3.5g	0g	3g	12g	396mg	6g	3g	27mg	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 cup 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
<b>Salisbury Steak on Bun</b>	<b>1 serving</b>		<b>300</b>	<b>34g</b>	<b>2g</b>	<b>4g</b>	<b>20g</b>	<b>800mg</b>	<b>10g</b>	<b>3.5g</b>	<b>45mg</b>	<b>2 meat; 2 grain</b>
Salisbury Steak (beef)	3 oz.	Soy, Wheat, Milk	140	4g	1g	1g	16g	430mg	7g	3.5g	45mg	2 meat
Brown Gravy, low sodium	2 oz.	Milk, Corn, Caramel color, Garlic, Wheat, Soy, 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	1.5g	<1g	40mg	2 grain
<b>Sloppy Joe on Bun</b>	<b>1 serving</b>		<b>299</b>	<b>36g</b>	<b>4g</b>	<b>12g</b>	<b>19g</b>	<b>689mg</b>	<b>8g</b>	<b>2g</b>	<b>44mg</b>	<b>2 meat; 2 grain; 1/8 vegetable</b>
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
<b>Southwest Burger on Bun</b>	<b>1 serving</b>		<b>380</b>	<b>26g</b>	<b>2g</b>	<b>3g</b>	<b>28g</b>	<b>1020mg</b>	<b>19g</b>	<b>8g</b>	<b>85mg</b>	<b>3 meat; 2 grain</b>
Turkey Burger, all natural	2.75 oz.	Garlic, Onion	150	0g	0g	0g	17g	430mg	9g	2.5g	60mg	2 meat
Cheese, pepper Jack, sliced	1 oz.	Milk, Jalapeno pepper, Soy	90	1g	0g	0g	6g	360mg	8g	5g	25mg	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
<b>Spicy Chicken Patty on Bun</b>			<b>340</b>	<b>34g</b>	<b>3g</b>	<b>4g</b>	<b>27g</b>	<b>560mg</b>	<b>12g</b>	<b>2g</b>	<b>45mg</b>	<b>2 meat; 3 grain</b>
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
<b>Toasted Cheese Sandwich</b>	<b>1 serving</b>		<b>320</b>	<b>32g</b>	<b>4g</b>	<b>4g</b>	<b>16g</b>	<b>990mg</b>	<b>16g</b>	<b>9g</b>	<b>20mg</b>	<b>2 meat; 2 grain</b>
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
<b>Turkey and Cheese Melt</b>	<b>1 serving</b>		<b>285</b>	<b>31g</b>	<b>4g</b>	<b>3g</b>	<b>26g</b>	<b>760mg</b>	<b>8g</b>	<b>3g</b>	<b>48mg</b>	<b>2.5 meat; 2 grains</b>
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
<b>Turkey and Cheese Sub</b>	<b>1 serving</b>		<b>295</b>	<b>29g</b>	<b>2g</b>	<b>5g</b>	<b>27g</b>	<b>910mg</b>	<b>7g</b>	<b>3g</b>	<b>53mg</b>	<b>2.5 meat; 2 grain</b>
Turkey, all natural, fully cooked	3 oz.	None	90	0g	0g	0g	18g	450mg	1.5g	<1g	40mg	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
<b>Turkey Ham and Cheese Sub</b>	<b>1 serving</b>		<b>335</b>	<b>31g</b>	<b>2g</b>	<b>7g</b>	<b>22g</b>	<b>890mg</b>	<b>13g</b>	<b>4g</b>	<b>73mg</b>	<b>2.5 meat; 2 grain</b>
Turkey Ham, uncured, fully cooked	3 oz.	Celery	130	2g	0g	2g	13g	430mg	7g	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
<b>Veggie Burger on Bun</b>	<b>1 serving</b>		<b>300</b>	<b>39g</b>	<b>8g</b>	<b>5g</b>	<b>22g</b>	<b>810mg</b>	<b>9g</b>	<b>1g</b>	<b>&lt;5mg</b>	<b>2 meat; 2 grain</b>
Garden Veggie patty, Morningstar	3.5 oz.	Wheat, Soy, Egg, Milk, Corn, Mushroom, Oat, Carrot, Onion, Water Chestnut, Garlic, Rice, Jalapeno Pepper, Olive	160	14g	6g	2g	17g	580mg	7g	1g	<5mg	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

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
<b>Veggie Burger with American Cheese on Bun</b>	<b>1 serving</b>		<b>345</b>	<b>40g</b>	<b>8g</b>	<b>6g</b>	<b>25g</b>	<b>1010mg</b>	<b>13g</b>	<b>6g</b>	<b>17mg</b>	<b>2.5 meat; 2 grain</b>
Garden Veggie patty, Morningstar	3.5 oz.	Wheat, Soy, Egg, Milk, Corn, Mushroom. Oat, Carrot, Onion, Water Chestnut, Garlic, Rice, Jalapeno Pepper, Olive	160	14g	6g	2g	17g	580mg	7g	1g	<5mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy, Corn	45	<1g	0g	<1g	3g	200mg	4g	2g	13mg	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
<b>Veggie Burger with Queso Cheese on Bun</b>	<b>1 serving</b>		<b>359</b>	<b>40g</b>	<b>8g</b>	<b>6g</b>	<b>25g</b>	<b>1027mg</b>	<b>13g</b>	<b>4g</b>	<b>19mg</b>	<b>2.5 meat; 2 grain</b>
Garden Veggie patty, Morningstar	3.5 oz.	Wheat, Soy, Egg, Milk, Corn, Mushroom. Oat, Carrot, Onion, Water Chestnut, Garlic, Rice, Jalapeno Pepper, Olive	160	14g	6g	2g	17g	580mg	7g	1g	<5mg	2 meat
Queso cheese, white	1 oz.	Milk, Soy, Corn	90	1g	0g	1g	3g	216mg	4g	3g	15mg	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
<b>Veg Out Sub</b>	<b>1 serving</b>		<b>383</b>	<b>40g</b>	<b>n/a</b>	<b>n/a</b>	<b>18g</b>	<b>1310mg</b>	<b>16g</b>	<b>9g</b>	<b>50mg</b>	<b>2 meat; 2 vegetable; 2 grain</b>
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
<b>Salads</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Pro</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
<b>Toppings Bar</b>												
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
<b>Chef Salad</b>	<b>1 serving</b>		<b>219</b>	<b>17g</b>	<b>6g</b>	<b>n/a</b>	<b>23g</b>	<b>675mg</b>	<b>8g</b>	<b>5g</b>	<b>63mg</b>	<b>2.5 meat; 4 vegetable</b>
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
<b>Cobb Salad</b>	<b>1 serving</b>		<b>287</b>	<b>12g</b>	<b>5g</b>	<b>n/a</b>	<b>21g</b>	<b>662mg</b>	<b>12g</b>	<b>5g</b>	<b>75mg</b>	<b>2.5 meat; 4 vegetable</b>
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
<b>Crispy Chicken Salad</b>	<b>1 serving</b>		<b>377</b>	<b>27g</b>	<b>7g</b>	<b>n/a</b>	<b>29g</b>	<b>565mg</b>	<b>18g</b>	<b>8g</b>	<b>55mg</b>	<b>3 meat; 1 grain; 3.5 vegetables</b>
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
<b>Italian Salad</b>	<b>1 serving</b>		<b>211</b>	<b>10g</b>	<b>2g</b>	<b>n/a</b>	<b>19g</b>	<b>516mg</b>	<b>3g</b>	<b>5g</b>	<b>66mg</b>	<b>2.5 meat; 2.25 vegetable</b>
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
<b>Super Garden Salad</b>	<b>1 serving</b>		<b>239</b>	<b>13g</b>	<b>n/a</b>	<b>n/a</b>	<b>13g</b>	<b>1055mg</b>	<b>14g</b>	<b>10g</b>	<b>50mg</b>	<b>2 meat; 2 vegetable</b>
Garden Salad Mix (iceberg lettuce, carrot and red cabbage)	1 cup	Carrot	13	3g	1g	2g	1g	13mg	0g	0g	0mg	0.5 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
<b>Taco Salad with Tortilla Chips</b>	<b>1 serving</b>		<b>310</b>	<b>29g</b>	<b>6g</b>	<b>4g</b>	<b>20g</b>	<b>465mg</b>	<b>15g</b>	<b>6g</b>	<b>50mg</b>	<b>2.5 meat; 1 + 1/8 vegetable; 1 grain</b>
Beef Taco Meat	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

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 cup	Carrot	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
Cold Combos	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
<b>BBQ Chicken Wrap</b>	<b>1 serving</b>		<b>383</b>	<b>47g</b>	<b>4g</b>	<b>13g</b>	<b>21g</b>	<b>1028mg</b>	<b>11g</b>	<b>3g</b>	<b>65mg</b>	<b>2 meat; 1 vegetable; 2.5 grain</b>
BBQ chicken	3 oz.	Sunflower Oil, Honey, Onion, Soy, Wheat, Apple, Corn, Garlic	148	11g	<1g	9g	14g	465mg	6g	1g	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, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	2g	2g	6g	550mg	5g	2g	0mg	2.5 grain
<b>Chicken Wrap</b>	<b>1 serving</b>		<b>428</b>	<b>44g</b>	<b>4g</b>	<b>6g</b>	<b>24g</b>	<b>873mg</b>	<b>18g</b>	<b>6g</b>	<b>45mg</b>	<b>2.5 meat; 1 vegetable; 3 grain</b>
Chicken Tenders - whole grain	2 each	Wheat, Soy, Onion, Garlic, Rice, Turmeric, Carrot, Celery	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, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	2g	2g	6g	550mg	5g	2g	0mg	2.5 grain
<b>Cottage Cheese Grab-n-Go (includes 1 muffin + 1 fruit)</b>	<b>1 serving</b>											
Cottage Cheese, 1% milkfat, small curd	1/2 cup	Milk	90	6g	0g	4g	13g	340mg	1.5g	1g	10mg	2 meat
Muffin, Apple Cinnamon	2 oz.	Milk, Wheat, Egg, Oats, Soy, Corn, Apple, Cinnamon, Turmeric, Fruit Juice, Legume	160	27g	1g	13g	2g	100mg	5g	<1g	25mg	1 grain
Muffin, Banana	2 oz.	Milk, Wheat, Egg, Banana, Apple, Soy, Turmeric, Corn, Fruit Juice, Legume	160	28g	1g	15g	2g	100mg	4g	<1g	20mg	1 grain
Muffin, Blueberry	2 oz.	Milk, Wheat, Egg, Blueberry, Soy, Corn, Fruit Juice, Legume	160	26g	1g	14g	3g	95mg	5g	<1g	20mg	1 grain
Muffin, Chocolate Chip	2 oz.	Wheat, Soy, Milk, Egg, Chocolate, Turmeric, Corn, Fruit Juice, Legume	170	28g	1g	15g	2g	130mg	6g	1g	20mg	1 grain
<b>Egg Combo (1 egg + 1 bagel + 1/2 cup fruit or vegetable)</b>	<b>1 serving</b>		<b>332-456</b>	<b>34-59g</b>	<b>3-8g</b>	<b>n/a</b>	<b>14-15g</b>	<b>391-466mg</b>	<b>8g</b>	<b>7.5g</b>	<b>200-215mg</b>	<b>1.5 - 1.75 meat; 2-2.5 grain; 1 fruit or 1 vegetable</b>
Egg, hard boiled, peeled	1	Egg	70-80	1g	0g	1g	6g	55-60 mg	5g	1.5g	170-185mg	1.5-1.75 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, Blue #2, Red #40, artificial flavor	140	29g	2g	5g	5g	220mg	1g	0g	0mg	2 grain
Bagel, whole grain, cinnamon raisin	2.2 oz.	Wheat, Barley, Molasses, Corn, 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, Honey	160	34g	4g	4g	5g	280mg	<1g	0g	0mg	2.5 grain
<b>Spicy Chicken Wrap</b>	<b>1 serving</b>		<b>417</b>	<b>42g</b>	<b>3g</b>	<b>6g</b>	<b>24g</b>	<b>903mg</b>	<b>18g</b>	<b>7g</b>	<b>45mg</b>	<b>2 meat; 3 grain; 1 vegetable</b>
Spicy Chicken Tenders - whole grain	2 each	Wheat, Soy, Corn, Garlic, Onion, Rice, Carrot, Celery	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, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	2g	2g	6g	550mg	5g	2g	0mg	2.5 grain
<b>Sun Butter Grab-n-Go (Sun Butter + 1 bagel + Craisins)</b>	<b>1 serving</b>		<b>650-670</b>	<b>71-77g</b>	<b>9-11g</b>	<b>34-37g</b>	<b>19-20g</b>	<b>540-600mg</b>	<b>35g</b>	<b>4g</b>	<b>0mg</b>	<b>2 meat; 2-2.5 grains; 1 fruit</b>
Sun Butter	2.2 oz. cup	Sunflower	400	14g	14g	20g	14g	260mg	34g	4g	0mg	2 meat
Bagel, whole grain, blueberry	2.2 oz.	Wheat, Barley, Molasses, Corn, Blue #2, Red #40, artificial flavor	140	29g	2g	5g	5g	220mg	1g	0g	0mg	2 grain
Bagel, whole grain, cinnamon raisin	2.2 oz.	Wheat, Barley, Molasses, Corn, 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, Honey	160	34g	4g	4g	5g	280mg	<1g	0g	0mg	2.5 grain
Craisins, package, orange or strawberry	1.16 oz.	Cranberry, Elderberry	110	28g	3g	24g	0g	0mg	0g	0g	0mg	1 fruit
<b>Turkey &amp; Cheese Wrap</b>	<b>1 serving</b>		<b>335</b>	<b>34g</b>	<b>1g</b>	<b>2g</b>	<b>27g</b>	<b>1200mg</b>	<b>10g</b>	<b>5g</b>	<b>53mg</b>	<b>2.5 meat, 2.5 grain</b>
Turkey, all natural, fully cooked	3 oz.	None	90	0g	0g	0g	18g	450mg	1.5g	<1g	40mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy, Corn	45	1g	0g	<1g	2.5g	200mg	3.5g	2.5g	13mg	0.5 meat
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	1g	2g	6g	550mg	5g	2g	0mg	2.5 grain
<b>Turkey Ham &amp; Cheese Wrap</b>	<b>1 serving</b>		<b>375</b>	<b>36g</b>	<b>1g</b>	<b>4g</b>	<b>22g</b>	<b>1180mg</b>	<b>16g</b>	<b>6.5g</b>	<b>73mg</b>	<b>2.5 meat, 2.5 grain</b>
Turkey Ham, uncured, fully cooked	3 oz.	Celery	130	2g	0g	2g	13g	430mg	7g	2g	60mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy, Corn	45	<1g	0g	<1g	3g	200mg	3.5g	2.5g	13mg	0.5 meat
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	1g	2g	6g	550mg	5g	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
<b>Biscuit, whole grain</b>	<b>2 oz.</b>	<b>Wheat, Milk, Barley</b>	<b>200</b>	<b>27g</b>	<b>0g</b>	<b>2g</b>	<b>4g</b>	<b>410mg</b>	<b>9g</b>	<b>7g</b>	<b>0mg</b>	<b>2 grain</b>
<b>Breadstick, whole grain, large</b>	<b>1 breadstick</b>	<b>Wheat, Barley, Soy, Corn, Molasses, Honey, Garlic</b>	<b>90</b>	<b>17g</b>	<b>2g</b>	<b>3g</b>	<b>4g</b>	<b>180mg</b>	<b>0.5g</b>	<b>0g</b>	<b>0mg</b>	<b>1.25 grain</b>

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Cornbread, mini loaf	2 oz.	Egg, Milk, Soy, Wheat, Corn, Fruit Juice powder, <b>Vegetable Fiber, Legume, Turmeric</b>	180	29g	1g	15g	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	2 oz.	Milk, Wheat, Egg, Oats, Soy, Corn, Apple, Cinnamon, Turmeric, Fruit Juice, Legume	160	27g	1g	13g	2g	100mg	5g	<1g	25mg	1 grain
Muffin, Banana	2 oz.	Milk, Wheat, Egg, Banana, Apple, Soy, Turmeric, Corn, Fruit Juice, Legume	160	28g	1g	15g	2g	100mg	4g	<1g	20mg	1 grain
Muffin, Blueberry	2 oz.	Milk, Wheat, Egg, Blueberry, Soy, Corn, Fruit Juice, Legume	160	26g	1g	14g	3g	95mg	5g	<1g	20mg	1 grain
Muffin, Chocolate Chip	2 oz.	Wheat, Soy, Milk, Egg, Chocolate, Turmeric, Corn, Fruit Juice, Legume	170	28g	1g	15g	2g	130mg	6g	1g	20mg	1 grain
Saltines 2 ct/pkg.	4 saltines	Wheat, Soy, Corn, Garlic, Onion, Rice, Carrot	48	10g	<1g	0g	<1g	160mg	1g	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
Cauliflower, buffalo style	1/2 cup	Garlic, peppers	25	3g	1g	n/a	1g	95mg	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 vegetable
Corn (canned), steamed	1/2 cup	Corn, Jalapeno or Serrano Pepper	72	17	2g	5g	2g	0mg	0g	0g	0mg	1 vegetable
Corn (frozen), steamed	1/2 cup	Corn, Jalapeno or Serrano Pepper	87	17	2g	2g	3g	0mg	<1g	0g	0mg	1 vegetable
Edamame Medley	1/2 cup	Soy, corn, carrot, red pepper	68	8g	4g	3g	4g	16mg	2g	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
Fries, Thick, seasoned, baked	2.4 oz.	Wheat, Garlic, Onion, Rice	120	20g	2g	0g	2g	135mg	4g	<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, 8-cut, seasoned, baked	7 wedges	Corn, Onion, Garlic	120	20g	2g	0g	2g	140mg	4g	<1g	0mg	1 vegetable
Potato Wedges, skin on, country-style, baked	7 wedges	None	100	16g	2g	0g	2g	35mg	3g	0g	0mg	1 vegetable
Potato Wedges, skin on, USDA, baked	7 wedges	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
Tomato Soup prepared with water	6 oz.	Tomato, Corn, Wheat, Celery extract, Garlic	60	12g	<1g	8g	<1g	308mg	<1g	0g	0mg	1/3 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

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Carrot, baby	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	2 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, mandarin, canned	1/2 cup	Citrus	64	15	<1	12	0	8	0	0	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	Plum	36	9g	1g	0g	<1g	114mg	0g	0g	0mg	1 fruit
Raisins, USDA	1 box	Grape	114	30g	1g	23g	1g	4mg	0g	0g	0mg	1 fruit
Strawberries, whole, frozen, USDA	1/2 cup	Strawberry	39	10g	2g	5g	0g	2mg	0g	0g	0mg	1 fruit
<b>PICNIC LUNCH (MS):</b> Soy Butter & Grape Jelly Sandwich, 1/4 cup Carrot, Apple, Dragon Punch, and Milk <b>PICNIC LUNCH (HS):</b> Soy Butter & Grape Jelly Sandwich, 1/2 cup Carrot, Dragon Punch, Apple and Milk	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
WOW Soy Butter and Grape Jelly Sandwich	4.6 oz.	Wheat, Barley, Soy, Milk, Corn, Grape	570	55g	8g	21g	19g	440mg	32g	6g	0mg	2 meat; 2 grain
Dragon Punch	4 oz.	Apple, Pear, Carrot, Celery, Spinach	50	13g	0g	12g	0g	35mg	0g	0g	0mg	1 vegetable
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	8 fl oz.	Milk	NA	NA	NA	NA	NA	NA	NA	NA	NA	1 Milk
Milk, Soy, Silk	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

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Duck Sauce, prepared	1 ea. (8 gm)	Corn, Caramel Color, Apricot	5	2g	0g	1g	0g	45mg	0g	0g	0mg	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
Hot Sauce, PC	1 ea. (7gm)	Chili pepper	2	0g	0g	0g	0g	120mg	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
Mayonnaise, lite, dispenser	1 Pump (2 T)	Egg, Mustard flour, Corn	70	1g	0g	0g	0g	200mg	7g	1g	<10mg	None
Minor Soup Base, vegetable flavor (used to season vegetables before served)	1 T	Carrot, Onion, Celery, Corn, Tomato, Garlic	55	6g	0g	1g	1g	471mg	2g	<1g	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, PC	1.4 oz.	Corn, Caramel Color	110	29g	0g	22g	0g	0mg	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
<b>Snacks, After School (Middle School &amp; High School)</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calorie</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Pro</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>Components</b>
Capri Sun 100% Juice Berry Breeze	6 oz.	Grape, strawberry, pear	90	24g	0g	20g	0g	20mg	0g	0g	0mg	1 fruit
Capri Sun 100% Juice Fruit Dive	6 oz.	Apple, Cherry, Grape	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
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
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
Goldfish Giant Grahams	0.9 oz.	Wheat, Soy, Cinnamon	120	19g	1g	6g	1g	110mg	4g	1.5g	0mg	1 grain
Muffin, Apple Cinnamon	2 oz.	Milk, Wheat, Egg, Oats, Soy, Corn, Apple, Cinnamon, Turmeric, Fruit juice, Legume	160	27g	1g	13g	2g	100mg	5g	<1g	25mg	1 grain
Muffin, Banana	2 oz.	Milk, Wheat, Egg, Banana, Apple, Soy, Turmeric, Corn, Fruit Juice, Legume	160	28g	1g	15g	2g	100mg	4g	<1g	20mg	1 grain
Muffin, Blueberry	2 oz.	Milk, Wheat, Egg, Blueberry, Soy, Corn, Fruit Juice, Legume	160	26g	1g	14g	3g	95mg	5g	<1g	20mg	1 grain
Muffin, Chocolate Chip	2 oz.	Wheat, Soy, Milk, Egg, Chocolate, Turmeric, Corn, Fruit Juice, Legume	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	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
<b>Snacks, After School/Preschool for Buildings with grades K-8 and Colerain</b>	<b>Portion Size</b>	<b>Food Allergens and Intolerances</b>	<b>Calorie</b>	<b>CHO</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Pro</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>Components</b>
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

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Pretzels, Goldfish, whole grain	0.75 oz.	Wheat, Barley, Milk	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 Breeze	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
Chips, kettle cooked, reduced fat, Applewood Smoked BBQ	1.375 oz.	Milk, Potato, Corn	180	26g	2g	3g	3g	190mg	8g	1g	0mg	None
Chips, kettle cooked, reduced fat, Jalapeno Cheddar	1.375 oz.	Milk, Potato, Barley, Molasses, Corn, Tomato, Garlic, Onion	180	27g	2g	2g	3g	160mg	7g	1g	0mg	None
Chips, kettle cooked, reduced fat, Salt & Vinegar	1.375 oz.	Potato, Corn	180	28g	2g	3g	3g	180mg	7g	1g	0mg	None
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
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
Funyuns, baked onion rings	0.75 oz. pkg	Corn, Onion, Milk, Garlic	100	14g	<1g	<1g	2g	125mg	3.5g	<1g	0mg	1 grain
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
Sidekicks 100% Frozen Juice Cup, Fiesta	4.4 oz.	Grape, Pear, Turmeric, Legume	90	22g	3g	19g	0g	25mg	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.