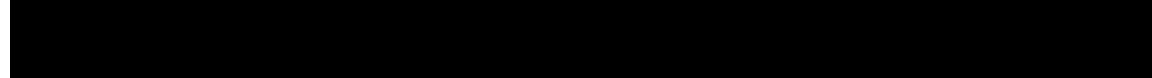


COLUMBUS CITY SCHOOL DISTRICT MENUS SY 2025-26				SS = FOR MS, HS AND SCHOOLS WITH GRADES preK-8 ONLY ES = FOR ELEMENTARY SCHOOLS ONLY										
revised 7/22/2025 *menu subject to change														
Breakfast		Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Bagel/Grape Jelly														
Bagel, mini cinnamon creamy cheese, ES	1		Wheat, Barley, Milk, Corn, Legume, Cinnamon, Yeast	230	42g	2g	13g	12g	6g	190mg	6g	2g	10mg	2 grain
Bagel, mini strawberry creamy cheese	1		Wheat, Barley, Milk, Corn, Strawberry, Legume	230	42g	2g	13g	12g	6g	190mg	6g	2g	10mg	2 grain
Bagel, whole grain, blueberry SS	1		Wheat, Barley, Molasses, Corn, Blue #2, Red #40, artificial flavor, Yeast	150	32g	3g	5g	0g	5g	180mg	1g	0g	0mg	2 grain
Bagel, whole grain, cinnamon raisin SS	1		Wheat, Barley, Molasses, Corn, Raisins, Cinnamon, Honey, Yeast	170	37g	3g	7g	2g	5g	280mg	1g	0g	0mg	2 grain
Bagel, whole grain, plain SS	1		Wheat, Barley, Molasses, Corn, Honey, Yeast	150	30g	3g	3g	1g	5g	290mg	1g	0g	0mg	2.5 grain
Grape Jelly, pc	1		Grape	35	9g	0g	8g	6g	0g	5mg	0g	0g	0mg	None
Cereals, *reduced sugar, 1 oz.		Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Cereal, Apple Cinnamon, gluten-free	1		Oat, Corn, Apple, Cinnamon	110	23g	2g	9g	9g	2g	110mg	1.5g	0g	0mg	1 grain
Cereal, Apple Jacks	1		Wheat, Oats, Corn, Apple, Cinnamon	110	24g	2g	8g	8g	2g	160mg	1g	<1g	0mg	1 grain
Cereal, Cheerios, gluten-free	1		Oats, Corn, starch	100	21g	3g	1g	1g	4g	140mg	2g	0g	0mg	1 grain
Cereal, Cinnamon Chex	1		Cinnamon, Rice, Molasses	110	23g	1g	6g	6g	1g	160mg	2.5g	0g	0mg	1 grain
Cereal, Cinnamon Toast Crunch			Wheat, Soy, Cinnamon, Rice, Caramel Color	110	22g	4g	6g	6g	2g	160mg	0g	0g	0mg	1 grain
Cereal, Cocoa Puffs*	1		Corn, Cocoa, Caramel Color, Rice, may contain Wheat	120	25g	2g	6g	6g	2g	125mg	1.5g	0g	0mg	1 grain
Cereal, Froot Loops	1		Wheat, Oats, Corn, may contain coconut oil	110	24g	2g	8g	8g	2g	160mg	1g	<1g	0mg	1 grain
Cereal, Golden Grahams	1		Wheat, Corn, Rice	110	24g	1g	9g	9g	1g	210mg	1g	0g	0mg	1 grain
Cereal, Honey Cheerios, gluten-free	1		Oat, Corn, Honey	110	22g	2g	6g	6g	3g	170mg	1.5g	0g	0mg	1 grain
Cereal, Rice Chex, gluten-free	1		Molasses, Rice	110	24g	1g	2g	2g	2g	230mg	0g	0g	0mg	1 grain
Cereal, Trix*	1		Corn, Rice, Turmeric, Fruit/Vegetable Juice (unspecified)	110	24g	2g	6g	6g	2g	160mg	1.5g	0g	0mg	1 grain
Granola, cinnamon, gluten-free	1		Gluten-free oats, Apple, Cinnamon	110	15g	2g	4g	4g	2g	60mg	4g	<1g	0mg	1 grain
Cinnamon Roll		Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Cinnamon Toast Crunch Filled Bar SS	1		Cinnamon, Corn, Legume, Milk, Wheat	260	41g	2g	15g	13g	6g	290mg	8g	2.5g	5mg	2 grain
Mini Cinnis, Caramel SS	1		Wheat, Milk, Barley, Cinnamon, Corn, Yeast	210	35g	2g	10g	8g	5g	280mg	6g	1g	0mg	2 grain
Mini Cinnis, Cinnamon ES	1		Wheat, Milk, Barley, Cinnamon, Corn, Yeast	230	41g	3g	14g	13g	5g	280mg	7g	1.5g	0mg	2 grain
Cheese		Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Cheese stick, marble	1		Milk	110	1g	0g	0g	0g	7g	170mg	9g	5g	30mg	1 meat
Cheese stick, mozzarella string,	1		Milk	60	1g	0g	1g	0g	7g	200mg	3g	2g	10mg	1 meat
Cream Cheese, plain SS	1		Milk, Legume	70	2g	0g	1g	0g	1g	110mg	7g	4g	20mg	None
Cream Cheese, garden vegetable SS	1		Milk, Legume, Bell Pepper, Carrot, Onion, Celery, Cucumber	60	1g	0g	NA	0g	<1g	105mg	5g	3.5g	20mg	None
Cream Cheese, strawberry SS	1		Milk, Legume, Bell Pepper, Carrot, Onion, Celery, Cucumber	60	3g	0g	3g	2g	1g	55mg	5g	3g	15mg	None
Chicken		Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Chicken Sausage Maple Pancake Sandwich ES	1		Wheat, Egg, Corn, Soy, Milk, Sunflower Lecithin	140	16g	1g	6g	6g	8g	240mg	5g	1g	25mg	1 meat; 1 grain
Chicken Sausage Maple Waffle Sandwich ES	1		Wheat, Egg, Corn, Soy, Milk	170	15g	1g	5g	4g	8g	280mg	8g	1.5g	40mg	1 meat; 1 grain
Egg		Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Breakfast Burrito SS	1		Corn, Egg, Green Chilis, Jalapeno Pepper, Milk, Paprika, Potato, Red/Green Pepper, Tomato, Barley, Wheat	397	47g	2g	4g	2g	16g	1038mg	17g	7g	138mg	2 meat; 2.5 grain, 1/8 cup veg
Breakfast Quesadilla SS	1		Barley, Corn, Egg, Milk, Red/Green Bell Peppers, Rice, Soy, Wheat, Yeast	195	20g	0.5g	1.5g	1g	8g	665mg	12g	4.75g	102mg	1.75 meat; 1.25 grain
Egg & Cheese with Beef Sausage Burrito, Halal, ES	1		Corn, Egg, Garlic, Legume, Milk, Onion, Pea, Potato, Soy, Tomato, Wheat	160	18g	2g	0g	0g	9g	280mg	9g	2.5g	42mg	1 meat; 1 grain
French Toast/Frudel		Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
French Toast Sticks SS	3		Wheat, Barley, Egg, Corn, Soy, Milk, Cinnamon, Yeast	390	45	6g	12g	12g	9g	240mg	18g	3g	12mg	3 grain

French Toast, Mini Triple Berry ES	1	Wheat, Soy, Milk, Egg, Potato, Fruit/Vegetable Juice, Paprika	210	36g	2g	11g	10g	4g	190mg	7g	1g	0mg	2 grain
French Toast, Mini Cinnamon ES	1	Wheat, Soy, Milk, Egg, Cinnamon, Molasses	220	37g	2g	11g	10g	4g	200mg	7g	1g	0mg	2 grain
Frudel, Apple	1	Wheat, Barley, Apple, Molasses, Corn, Milk, Legume, Yeast	200	38	2g	10g	9g	5g	270	5g	0g	0mg	2 grain
Frudel, Cherry	1	Wheat, Barley, Cherry, Carrot, Black Current, Corn, Milk, Legume, Yeast	200	38	2g	10g	9g	5g	270	5g	0g	0mg	2 grain
Fruit	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholest	USDA
Apple, raw, medium	1	Apple	116	21g	4g	NA	0g	<1g	1mg	0g	0g	0mg	1 cup fruit
Applesauce, sweetened SS	1/2 cup	Apple, Corn Syrup	90	22g	2g	18g	7g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Applesauce, unsweetened USDA SS	1/2 cup	Apple	60	15g	1g	18g	0g	0g	15mg	0g	0g	0mg	1/2 cup fruit
Applesauce, unsweetened	4.5 oz. cup	Apple	60	16g	2g	12g	0g	0g	25mg	0g	0g	0mg	1/2 cup fruit
Applesauce, unsweetened, strawberry banana	4.5 oz. cup	Apple, Banana, Strawberry, Fruit and Vegetable Juices for Color	50	14g	1g	12g	0g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Banana, raw	1	Banana	109	28g	3g	NA	0g	1g	1mg	0g	0g	0mg	1/2 cup fruit
Blackberries, fresh SS	1/2 cup	Blackberry	22	5g	2.5g	3g	0g	1g	<1mg	0g	0g	0mg	1/2 cup fruit
Blueberries, unsweetened, USDA SS	1/2 cup	Blueberry	40	10g	2g	7g	0g	0g	1mg	1g	0g	0mg	1/2 cup fruit
Cantaloupe	1/2 cup	Melon	31	7g	<1g	NA	NA	<1g	8mg	0g	0g	0mg	1/2 cup fruit
Clementine, whole	2	Citrus	35	9g	1g	7g	0g	<1g	1 mg	0g	0g	0mg	1/2 cup fruit
Honeydew melon	1/2 cup	Melon	31	8g	<1g	NA	0g	<1g	9mg	0g	0g	0mg	1/2 cup fruit
Kiwi, fresh SS	1	Kiwi	61	15g	3g	9g	0g	1g	3mg	0g	0g	0mg	1/2 cup fruit
Nectarine, fresh	1 medium	Citrus	44	11g	2g	8g	0g	1g	0mg	0g	0g	0mg	1/2 cup fruit
Oranges, mandarin, canned	1/2 cup	Citrus	64	15g	<1g	12g	NA	0g	8mg	0g	0g	0mg	1/2 cup fruit
Oranges, raw, medium	1	Citrus	62	15g	3g	NA	0g	1g	0mg	0g	0g	0mg	1/2 cup fruit
Peach cup, diced, shelf stable	1	Pear, Peach	50	12g	1g	10g	0g	0g	0mg	0g	0g	0g	1/2 cup fruit
Peach cup, frozen, USDA	1	Peach	80	19g	1g	16g	<1g	1g	0mg	0g	0g	0mg	1/2 cup fruit
Peaches, diced, light syrup SS	1/2 cup	Peach, Pear, Corn Syrup	50	12g	0g	10g	NA	0g	0mg	0g	0g	0mg	1/2 cup fruit
Peaches, diced, light syrup, USDA SS	1/2 cup	Peach, Corn Syrup	70	17g	0g	13g	NA	0g	10mg	0g	0g	0mg	1/2 cup fruit
Pears, diced, light syrup USDA SS	1/2 cup	Pear, Corn	60	16g	2g	12g	NA	0g	5mg	0g	0g	0mg	1/2 cup fruit
Pear, raw, medium	1	Pear	98	25g	4g	NA	0g	<1g	0mg	<1g	0g	0mg	1/2 cup fruit
Pineapple Tidbits in juice SS	1/2 cup	Pineapple	70	17g	2g	12g	0g	1g	0mg	0g	0g	0mg	1/2 cup fruit
Raisins USDA ES	1.33 oz.	Grape	114	30g	1g	30g	0g	1g	4mg	0g	0g	0mg	1/2 cup fruit
Raisins SS	1.5 oz.	Grape	130	31g	2g	28g	0g	1g	10mg	0g	0g	0mg	1/2 cup fruit
Raspberries, fresh	1/2 cup	Raspberries	25	6g	3g	2g	0g	<1g	<1mg	0g	0g	0mg	1/2 cup fruit
Strawberries, sweetened, cup, frozen, USDA	4.5 oz.	Strawberry	90	22g	2g	18g	NA	0g	1mg	0g	0g	0mg	1/2 cup fruit
Strawberries, sliced, unsweetened SS	1/2 cup	Strawberry	39	10g	2g	5g	0g	0g	2mg	0g	0g	0mg	1/2 cup fruit
Watermelon	1/2 cup	Melon	25	5g	<1g	NA	NA	<1g	1.5mg	0g	0g	0mg	1/2 cup fruit
Graham Cracker	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Cinnamon Tiger Bites	1	Wheat, Honey, Soy, Cinnamon, Molasses	120	21g	2g	7g	7g	2g	125mg	4g	1g	0mg	1 grain
Goldfish Giant Grahams, cinnamon or vanilla	1	Wheat, Corn, Cinnamon	120	19g	1g	7g	7g	1g	140mg	4g	1g	0mg	1 grain
Honey Graham Crackers 3 ct.	1	Wheat, Honey, Oat, Molasses	110	20g	2g	6g	6g	2g	140mg	2g	0g	0mg	1 grain
100% Juice	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Apple Juice	4 oz.	Apple	70	14g	0g	14g	0g	<1g	0mg	0g	0g	0mg	1/2 cup fruit
Fruit Punch	4 oz.	Apple, Carrot	50	14g	0g	14g	13g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Milk	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
White Milk, 1%	8 oz.	Milk	110	12g	0 g	12g	0g	8g	125mg	2.5g	1.5g	15mg	1 milk

Chocolate Milk, Skim	8 oz.	Milk, Corn Cocoa	120	22 g	0 g	21g	10g	8g	240mg	0g	0g	5 mg	1 milk
Muffins	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Mini Muffin, apple SS	1	Wheat, Milk, Egg, Soy, Corn, Apple, Cinnamon	150	24g	1g	12g	11g	3g	100mg	4.5g	<1g	20mg	1 grain
Mini Muffin, blueberry SS	1	Wheat, Milk, Egg, Soy, Corn, Blueberry	150	24g	1g	12g	11g	3g	100mg	4.5g	<1g	20mg	1 grain
Mini Muffin, chocolate chip SS	1	Wheat, Milk, Egg, Soy, Corn, Chocolate/Cocoa	160	26g	1g	13g	13g	3g	100mg	5g	<1g	20mg	1 grain
Oatmeal Bar	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Apple Cinnamon Oatmeal Round	1	Oat, Wheat, Apple, Soy, Milk, Egg, Molasses, Cinnamon	260	39g	4g	15g	14g	5g	240mg	12g	4g	10mg	2 grain
Banana Chocolate Chip Oatmeal Round	1	Oat, Wheat, Banana, Cocoa, Soy, Milk, Egg, Molasses, Cinnamon	260	39g	4g	15g	14g	5g	240mg	12g	4g	10mg	2 grain
Pancakes/Pancake Syrup	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Pancakes, Confetti	1	Wheat, Milk, Egg, Soy, Corn, Paprika, Beet, Sweet Potato	210	36g	4g	11g	11g	4g	210mg	7g	1g	10mg	2 grain
Pancakes, Maple ES	1	Wheat, Milk, Egg, Soy, Corn, Paprika, Beet, Sweet Potato	220	37g	2g	11g	10g	4g	210mg	6g	<1g	0mg	2 grain
Syrup, Pancake SS	2 oz.	Corn	135	36g	0g	12g	12g	0g	90mg	0g	0g	0mg	None
Sunflower Seeds SS	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Sunflower Seeds, honey roasted (grades K-12 only)	1.2 oz.	Sunflower, Honey	190	11g	3g	5g	4g	6g	65mg	15g	2g	0mg	1 meat
Turkey	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Turkey Canadian Bacon/Egg/Cheese on Croissant SS	1		380	31g	3g	3g	3g	13.5g	880mg	22g	10g	118mg	2.25 meat; 2 grain
Turkey Canadian Bacon slice	1	Sodium Nitrite	25	0g	0g	0g	0g	3.5g	130mg	1.3g	<1g	15mg	0.5 meat
Egg Patty	1	Egg, Corn, milk	45	1g	0g	0g	0g	3g	90mg	3.5g	1g	75mg	0.75 meat
American cheese slice, yellow	2	Milk, Corn, Paprika, Sunflower	80	3g	0g	2g	0g	4g	440mg	8g	4g	10mg	1 meat
Croissant	1	Soy, Wheat, Milk, Yeast, Malt, Honey, Corn	210	28g	3g	3g	3g	5g	220mg	9g	3.5g	4mg	2 grain
Turkey Sausage & Pancake Wrap SS	1	Wheat, Egg, Soy, Sodium Nitrite	190	17g	3g	4g	4g	7g	310mg	10g	2.5g	25mg	1 meat; 1 grain
Turkey Sausage/Egg/Cheese on Croissant SS	1		305	31g	3g	3g	3g	13.5g	530mg	17g	7g	91mg	2.25 meat; 2 grain
Turkey Sausage patty	1	Yeast	70	<1g	0g	0g	0g	6g	160mg	6g	2g	30mg	1 meat
Egg Patty	1	Egg, Corn, Milk	45	1g	0g	0g	0g	3g	90mg	3.5g	1g	75mg	0.75 meat
American cheese slice, yellow	1	Milk, Corn, Paprika, Sunflower	40	1.5g	0g	1g	0g	2g	220mg	4g	2g	5g	1 meat
Croissant	1	Soy, Wheat, Milk, Yeast, Malt, Honey,	210	28g	3g	3g	3g	5g	220mg	9g	3.5g	4mg	2 grain
Turkey Sausage/Egg & Cheese on Jalapeno Biscuit SS	1		285	31g	2g	5g	4g	14g	630mg	18g	6.5g	122mg	2.25 meat; 2 grain
Turkey Sausage patty	1	Yeast	70	<1g	0g	0g	0g	6g	160mg	6g	2g	30mg	1 meat
Egg Patty	1	Egg, Corn, Milk	45	1g	0g	0g	0g	3g	90mg	3.5g	1g	75mg	0.75 meat
American cheese slice, yellow	1	Milk, Corn, Paprika, Sunflower	40	1.5g	0g	1g	0g	2g	220mg	4g	2g	5g	1 meat
Jalapeno Biscuit	1	Wheat, Milk, Malted Barley, Yeast	190	29g	2g	5g	4g	5g	320mg	7g	3g	5mg	2 grain
Turkey Sausage on Pancake Sandwich SS	1		210	30g	2g	10g	4g	10g	380mg	10g	2g	36mg	1 meat; 2 grain
Turkey Sausage patty	1	Yeast	70	<1g	0g	0g	0g	6g	160mg	6g	2g	30mg	1 meat
Pancake, whole grain	2	Wheat, Milk, Egg, Soy	140	30g	2g	10g	4g	4g	220mg	4g	0g	6mg	2 grain
Waffle	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Froot Loop Waffles	1	Wheat, Egg, Soy, Milk,	180	32g	3g	5g	5g	4g	210mg	6g	1.5g	0mg	2 grain
Mini Waffle, Blueberry	1	Egg, Milk, Wheat, Soy, Corn, Potato, Fruit Juice for color	210	37g	2g	12g	11g	4g	170mg	6g	1g	0mg	2 grain
Mini Waffle, Maple	1	Egg, Milk, Wheat, Soy, Corn, Maple	210	37g	3g	13g	12g	4g	170mg	6g	1g	<5mg	2 grain
Snack'N Waffle, flavors: maple, cinnamon, confetti or blueberry	1	Milk, Egg, Wheat, Beet, Yeast, Cinnamon (in cinnamon flavor), Blueberry & Fruit Juice (in blueberry flavor) Paprika and Turmeric (in confetti flavor), Carrot and Legume, cherry/van flavor)	250	37-38 g	2g	15g	NA	6g	280-290mg	9g	4g	25-37mg	2 grain
Yogurt	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA

Yogurt, strawberry, Danimals	1	Milk, Corn, Strawberry, unspecified Fruit Juice and Vegetable Juice (for color), Lemon	60	12g	0g	9g	4g	4g	70mg	0g	0g	<5mg	1 meat
Yogurt, strawberry banana, Danimals	1	Milk, Corn, Strawberry, Banana, unspecified Fruit Juice and Vegetable Juice (for color), Raspberry, Lemon	70	12g	0g	9g	5g	4g	70mg	0g	0g	<5mg	1 meat
Yogurt, vanilla, nonfat, Danimals	1	Milk, Corn, Lemon	70	12g	0g	9g	5g	4g	70mg	0g	0g	<5mg	1 meat
Yogurt, strawberry, strawberry banana, peach, cherry vanilla or vanilla, Upstate	1	Milk, Corn, and for strawberry/strawberry banana: Strawberry, Legume, and for strawberry/banana: Strawberry,	90	19g	0g	10-14g	10g-14g	4g	50-55mg	0g	0g	<5mg	1 meat
Yogurt Banana Split	1	Banana, Blueberry, Corn, Honey, Milk, Oat, Rice, Soy, Strawberry	451	87g	6g	45g	25g	9g	255mg	10g	1g	3mg	1 meat; 1 grain, 1.25 fruit
Yogurt Parfait, berry SS	1	Milk, Corn, Soy, Berry, Oat, Honey, Rice	295-298	56-58g	3g	35g	23g	7g	182mg	5g	<1g	5mg	1.5 meat, 1 grain, 1/2 cup fruit
Yogurt Parfait, canned fruit SS	1	Milk, Corn, Soy, Peach or Pineapple, Oat, Honey, Rice	300-260	49-58g	1-2g	30-36g	23g	7-8g	181mg	5g	<1g	5mg	1.5 meat, 1 grain, 1/2 cup fruit
Yogurt Smoothie, mango pineapple	1	Milk, Pear, Mango, Banana	130	36g	0g	20g	0g	5g	65mg	0g	0g	0mg	1 meat; 1 fruit
Yogurt Smoothie, peach	1	Milk, Pear, Peach, Beet	125	35g	0g	20g	0g	5g	70mg	0g	0g	0mg	1 meat; 1 fruit
Yogurt Smoothie, strawberry banana	1	Milk, Pear, Strawberry, Banana, Beet	130	36g	0g	20g	0g	5g	70mg	0g	0g	0mg	1 meat; 1 fruit



Lunch													
Bean Entrée	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat Fat	Cholesterol	USDA
Bean & Cheese Burrito, Halal ES	1	Caramel Color, Corn, Garlic, Legume, Milk, Pea, Potato, Soy, Wheat	300	44g	8g	2g	0g	17g	470mg	6g	2.5g	8mg	2 meat; 2 grain
Bean and Cheese Pupusa SS	1	Milk, Corn, Legume, Jalapeno Pepper, Chili Powder, Lime, Citrus	290	47g	4g	1g	0g	13g	480mg	11g	3.5g	15mg	2 meat; 2 grain
Cheese and Bean Enchilada SS	1		418	43g	9g	4g	0g	23g	775mg	19g	9.3g	37mg	2.25 meat; 2 grain; 1/8 cup vegetable
Cheese & Bean Burrito	1	Wheat, Soy, Corn, Milk, Legume, Chili powder, Garlic, Tomato, Onion, Chili Pepper, Turmeric, Trace of Lime	290	40g	8g	4g	0g	12g	400mg	9g	4g	10mg	2 meat; 2 grain
Queso Cheese/Enchilada Sauce	1 oz.	Tomato, Chili powder, Garlic, Corn, Onion, Paprika, Green Chiles, Jalapeno Pepper, Milk	99	3g	1g	0g	0g	11g	359mg	16g	5.3g	24mg	0.25 meat; 1/8 cup vegetable
Cheddar cheese, shredded	1 tsp.	Milk, Potato	9	0g	0g	0g	0g	<1g	16mg	<1g	0.5g	2.5mg	None
Creamy Chickpea Spread and Grape Jelly Sandwich	1	Wheat, Corn, Grape, Apple, Chickpea, Sunflower Seed, Sesame	570	73g	10g	26g	18g	15g	440mg	26g	2.5g	0mg	2 meat; 2 grain
Dynomite Dippers ES	1	Wheat, soy, yeast, onion, potato, garlic, corn, paprika	200	22g	4g	2g	<1g	14g	389mg	9g	1g	0mg	2 meat; 1 grain
Impossible Burger on Bun	1		310	32g	6g	3g	NA	19g	470mg	12g	4.5g	0mg	2 meat; 2 grain
Impossible Burger	1	Soy, Sunflower/Coconut Oil, Corn, Yeast	170	7g	4g	0g	0g	14g	240mg	10g	4.5g	0mg	2 meat
Bun, Hamburger, whole grain, 4"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Kickin' Patty on Bun	1		360	39g	5g	3g	NA	18g	590mg	15g	2g	0mg	2 meat; 2 grain
Chickenless patty	1	Wheat, Soy, Yeast, Onion, Garlic, Turmeric, Corn	220	14g	3g	0g	NA	13g	360mg	13g	2g	0mg	2 meat
Bun, Hamburger, whole grain, 4"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Kickin' Tenders SS	1	Wheat, Soy, Yeast, Onion, Garlic, Turmeric, Corn	230	13g	3g	0g	0g	14g	370mg	14g	2g	0g	2 meat
Make Your Own Nachos SS	1	Corn, Garlic, Jalapeno Pepper, Legume, Milk, Onion, Sunflower, Tomato	470	45g	6g	5g	NA	22g	765mg	21g	8g	30mg	2 meat; 2 grain, 1/2 cup
Mighty Nachos SS	1	Wheat, Garlic, Corn, Soy, Milk, Green Chiles, Coconut Oil, Jalapeno Pepper, Onion, Garlic, Legume, Tomato,	404	43g	8g	3g	1g	20g	689mg	17g	4g	19mg	2.75 meat; 2 grain; 1/4 cup
Planet Pasta SS	1		390	51g	10g	10g	NA	26g	410mg	12g	2g	8mg	2.25 meat; 1 grain; 3/4 cup vegetable

Meatball, plant-based, in spaghetti sauce with cheese	3	Soy, Tomato, Wheat, Onion, Garlic, Pea Protein, Barley, Corn, Yeast, Lime, Chipotle Pepper, Molasses, Honey	155	21g	5g	10g	1g	20g	410mg	12g	2g	8mg	2 meat; 3/4 cup vegetable
Spaghetti noodles, wheat	1	Wheat	135	30g	5g	<1g	NA	6g	0mg	0g	0g	0mg	1 grain
Spicy Kickin' Patty on Bun SS	1		360	39g	5g	3g	NA	18g	590mg	15g	2g	0mg	2.25 meat; 2.5 grain
Chickenless patty, spicy	1	Wheat, Soy, Yeast, Onion, Garlic, Turmeric, Corn, Beet, Celery Seed, Paprika	230	14g	7g	0g	0g	15g	410mg	14g	<1g	0mg	2.25 meat; 0.5 grain
Bun, Hamburger, whole grain, 4"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Super Sloppy Joe on Bun (meatless) SS	1	Carrot, Citrus, Corn, Garlic, Honey, Lime, Molasses, Onion, Paprika, Soy, Tomato, Wheat, Yeast	212	35g	3g	8g	8g	12g	551mg	3g	0g	0mg	2 meat; 2 grain
Three Bean Chili with Cheese SS	1	Milk, Soy, Legume, Tomato, Pepper, Onion, Celery, Corn, Garlic, Cilantro, Lime, Potato, Wheat, Yeast, Carrot	226	22g	7g	3.5g	<1g	15g	523mg	9g	3.5g	0mg	2 meat; 3/8 cup vegetable
Veggie Burger with American Cheese on Bun SS	1		330	34g	5g	5g	3g	23g	891mg	13g	2.5g	5mg	2.5 meat; 2 grain
Veggie Prime Griller	1	Wheat, Soy, Egg, Corn, Carrot, Onion, Garlic, Rice, Tomato	150	6g	3g	1g	0g	16g	400mg	8g	1g	0mg	2 meat
American cheese slice, yellow	1	Milk, Corn, Paprika, Sunflower	40	1.5g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
Bun, Hamburger, whole grain, 4"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Veggie Classics Buffalo Wings	5	Wheat, barley, soy, onion, potato, garlic, corn, spices (not specified)	220	22g	4g	2g	2g	14g	291mg	8g	1g	0mg	2 meat
WOW Soy Butter/Grape Jelly Sandwich	1	Wheat, Barley, Soy, Milk, Corn, Grape	540	53g	8g	19g	16g	18g	390mg	29g	6g	0mg	2 meat; 2 grain
WOW Soy Butter/Strawberry Jelly Sandwich	1	Wheat, Barley, Soy, Milk, Yeast, Strawberry, Sesame	570	49g	9g	13g	11g	20g	430mg	33g	7g	0mg	2 meat; 2 grain
Beef	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Chole-sterol	USDA
BBQ Beef Rib Patty on Bun ES	1	Wheat, Soy, Yeast, Corn, Tomato, Honey, Molasses, Onion, Garlic, Rice	300	30g	2g	8g	4g	17g	600mg	8g	4g	40mg	2 meat; 2 grain
BBQ Beef Rib Patty on Bun SS	1	Wheat, Soy, Yeast, Corn, Tomato, Honey, Molasses, Onion, Garlic, Rice, Lime, Citrus	376	48g	2g	18g	16g	17g	1068mg	8g	4g	40mg	2 meat; 2 grain
Beef and Bean Burrito, Halal	1	Corn, Garlic, Legume, Onion, Pea, Potato, Soy, Wheat	320	42g	8g	1g	0g	16g	390mg	9g	2.5g	0g	2 meat; 2 grain
Cheeseburger on Bun SS	1		364	29g	3g	4g	3g	19g	662mg	18g	7g	61mg	2.5 meat; 2 grain
American cheese slice, yellow	1	Milk, Soy	50	1g	0g	<1g	0g	2.5g	220mg	4.5g	2.5g	12mg	0.5 meat
Beef Patty in Browning Sauce	1	Carrot, Celery, Onion, Parsnips, Turnips, Caramel Color, Citrus flour	166	1g	1g	0g	0g	12g	196mg	12g	5g	49mg	2 meat
Bun, Hamburger, whole grain 4"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Beef Chili with Beans	1	Caramel Color, Legume, Onion, Paprika, Soy, Tomato	172	17g	5g	5g	1g	15g	290mg	5g	2g	38mg	2 meat; 3/8 cup
Fiestada Beef Sandwich ES	1	Milk, Egg, Wheat, Soy, Corn, Yeast, Paprika, Legume, Date, Tomato, Cherry, Chili Pepper, Garlic, Onion	320	31g	3g	6g	1g	18g	600mg	14g	7g	40mg	2 meat; 2 grain
Fiesta Nachos SS	1		390	31g	3g	0g	0g	16g	509mg	21g	8g	53mg	2 meat; 2 grain
Beef Taco Meat	1.4 oz.	Garlic, Chili Pepper, Citrus Flour, Cocoa, Paprika	60	0g	0g	0g	0g	3g	137mg	3g	1.5g	25mg	1 meat
Cheddar/Queso cheese sauce	2 oz.	Milk, Soy, Tomato, Coconut oil, Jalapeno,	120	2g	0g	0g	0g	9g	214mg	9g	5g	28mg	1 meat
Tortilla chips, yellow corn round	1.5 oz.	Corn, Sunflower	210	29g	3g	0g	0g	3g	158mg	9g	1g	0mg	2 grain
Hamburger on Bun	1		304	28g	3g	3g	NA	17g	426mg	14g	5g	49mg	2 meat; 2 grain
Beef Patty	1	Citrus flour, Caramel Color	164	1g	1g	0g	0g	12g	196mg	12g	5g	49mg	2 meat
Browning Sauce SS		Carrot, Celery, Onion, Parsnips, Turnips, Caramel Color	0	0g	0g	0g	0g	0g	0mg	0g	0g	0mg	None
Bun, Hamburger, whole grain, 4"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Lasagna SS	6 oz.	Garlic, Onion, Wheat, Tomato, Milk	230	23g	1g	5g	2g	15g	267mg	9g	4g	35mg	2 meat; 1 grain; 1/4 cup vegetable
Loaded Cheeseburger Slider ES	1	Corn, Garlic, Milk, Mustard, Onion, Sunflower, Turmeric, Tomato, Wheat, Yeast	330	41	4	11	10	16	490	11	5	35	2 meat; 2 grain
Rotini with Meat Sauce ES	1	Egg, Wheat, Tomato, Onion, Garlic	338	26g	2g	9g	2g	19g	668mg	17g	7g	58mg	2 meat; 1 grain
Salisbury Steak on Bun SS	1		310	34g	3g	4g	NA	21g	957mg	10g	3g	40mg	2 meat; 2 grain
Salisbury Steak	1	Soy, Wheat, Milk, Yeast	140	4g	1g	1g	NA	16g	430mg	7g	3g	40mg	2 meat
Beef Gravy, canned	2 oz.	Soy, Wheat, Corn, Onion, Caramel Color	30	4g	0g	0g	0g	0g	310mg	0g	0g	0mg	None
Bun, Hamburger, whole grain, 4"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Sloppy Joe on Bun	1		300	37g	3g	11g	NA	19g	917mg	8g	2g	44mg	2 meat; 2 grain
Beef Sloppy Joe	3.6 oz.	Tomato, Soy, Caramel Color, Green/Red Peppers, Onion, Chili Powder, Garlic	160	11g	1g	8g	5g	14g	687mg	6g	2g	44mg	2 meat; 1/8 cup vegetable

Bun, Hamburger, whole grain, 4"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Spaghetti with Meat Sauce SS	6 oz.	Wheat, Tomato, Garlic, Onion, Milk	323	43g	5g	10g	4g	20g	345mg	10g	4g	33mg	2 meat; 1 grain; 3/4 cup vegetable
Walking Taco ES	1	Chili Pepper, Citrus, Cocoa, Garlic, Milk, Onion, Paprika, Potato	121	2g	0g	<1g	NA	10g	242mg	8g	4.5g	40mg	2.5 meat
Tortilla Strips	1	Corn	162	23g	2g	0g	0g	1g	75 mg	8g	1g	0mg	1.25 grain
Bread/Other Whole Grain Sides	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Bread, Slice, whole grain ES	1	Wheat, Barley, Yeast	60	12g	2g	3g	3g	2g	125mg	<1g	0g	0mg	1 grain
Breadstick, whole grain	1	Wheat, Barley, Milk, Soy, Sunflower Lecithin, Vegetable protein, Garlic	80	14g	1g	0g	0g	1g	65mg	1.5g	0g	0mg	1 grain
Cheesy Garlic Breadstick SS	1	Milk, Wheat, Yeast	90	14g	1g	2g	2g	3g	180mg	2g	0g	0mg	1 grain
Cornbread, mini loaf SS	1	Egg, Milk, Soy, Wheat, Corn, Fruit juice powder, Vegetable Fiber, Legume,	180	28g	1g	15g	15g	3g	90mg	5g	<1g	15mg	1 grain
Cornbread muffin ES	1	Egg, Milk, Soy, Wheat, Corn, Turmeric, Legume	240	39g	2g	15g	15g	4g	150mg	8g	1g	25mg	2 grain
Dinner Roll	1	Wheat, Barley, Corn, Soy, Yeast, Honey, Molasses	90	16g	1g	2g	NA	3g	140mg	1g	0g	0mg	1 grain
Fritos SS	1	Corn	160	16g	1g	<1g	NA	2g	170mg	10g	1g	0mg	1.25 grain
Mini Muffin, apple SS	1	Wheat, Milk, Egg, Soy, Corn, Apple, Cinnamon	150	24g	1g	12g	11g	3g	100mg	4.5g	<1g	20mg	1 grain
Mini Muffin, blueberry SS	1	Wheat, Milk, Egg, Soy, Corn, Blueberry	160	26g	1g	13g	13g	3g	100mg	5g	<1g	20mg	1 grain
Mini Muffin, chocolate chip SS	1	Wheat, Milk, Egg, Soy, Corn, Chocolate/Cocoa	150	24g	1g	12g	11g	3g	100mg	4.5g	<1g	20mg	1 grain
Saltines SS	4	Wheat, Yeast, Corn, Soy	100	20g	0g	0g	0g	2g	360mg	2g	0g	0mg	1 grain
Tortilla Chips ES	1	Corn, Sunflower	120	18g	2g	0g	0g	2g	95 mg	4g	0.5g	0mg	1.25 grain
Cheese Entrée	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Broccoli Penne Alfredo SS	8 oz.	Milk, Egg, Wheat, Legume, Turmeric, Garlic, Potato, Broccoli, Carrot, Cayenne Pepper, Corn, Lemon, Orange, Tomato	370	38g	4g	10g	0g	21g	788mg	15g	9g	46mg	2.25 meat; 1 grain, 3/4 cup vegetable
Cheese Breadstick ES	1	Tomato, Corn, Garlic, Onion, Wheat, Milk, Yeast	280	28g	0g	2g	1g	19g	460mg	10g	6g	35mg	2 meat; 2grain
Marinara Cup	1	Tomato, Corn, Onion, Garlic, Caramel Color	15	4g	0g	2g	NA	0g	140mg	0g	0g	0mg	1/8 cup vegetable
Cheese Breadsticks w/Spaghetti Sauce SS	1		315	37g	4g	4g	3g	21g	475mg	14g	5g	30mg	2 meat; 2 grain; 1/8 cup vegetable
Cheese Bosco Stick 6-inch	2	Wheat, Milk, Soy, Corn, Molasses, Yeast	300	34g	4g	2g	2g	20g	440mg	14g	5g	30mg	2 meat; 2 grain
Spaghetti Sauce	1	Tomato, Onion, Garlic	15	3g	<1g	2g	1g	<1g	35mg	<1g	0g	0mg	1/8 cup vegetable
French Toast Grilled Cheese Sandwich	1	Barley, Cinnamon, Date, Egg, Milk, Soy, Turmeric, Wheat, Yeast	320	28g	2g	6g	4g	20g	620mg	15g	7g	80mg	2 meat; 2 grain
Macaroni and Cheese ES	6 oz.	Milk, Egg, Wheat, Legume, Turmeric, Paprika, Corn	299	32g	2g	8g	0g	15g	650mg	12g	7g	35mg	2 meat; 1 grain
Macaroni and Cheese SS	6 oz.	Milk, Egg, Wheat, Yeast, Corn	290	28g	2g	6g	0g	17g	550mg	12g	8g	40mg	2 meat; 1 grain
Mozzarella Bites SS	1	Milk, Wheat, Tomato, Legume, Corn, Garlic, Yeast	340	42g	0g	1g	0g	18g	440mg	11g	6g	0mg	2 meat; 2 grain
Spaghetti Sauce	1	Tomato	15	4g	0g	2g	NA	0g	140mg	0g	0g	0mg	1/8 cup vegetable
Penne Alfredo ES	6 oz.	Milk, Egg, Wheat, Corn, Legume, Turmeric, Garlic	305	31g	0g	8g	0g	17g	706mg	12g	7g	37mg	2 meat; 1 grain
Pepper Jack Pretzel Bites SS	1	Corn, Legume, Malt, Milk, Soy, Wheat	360	35g	2g	7g	6g	17g	470mg	17g	11g	0g	2 meat; 2 grain
Toasted Cheese Sandwich ES	1	Wheat, Barley, Soy, Milk, Corn, Yeast	280	31g	3g	6g	NA	19g	581mg	10g	6g	32mg	2 meat; 2 grain
Toasted Cheese Sandwich SS	1		320	36g	4g	4g	NA	14g	1170mg	18g	8g	20mg	2 meat; 2 grain
American cheese slice, yellow	4	Milk, Corn, Paprika, Sunflower	160	6g	0g	4g	0g	8g	980mg	16g	8g	20mg	2 meat
Texas Toast	2	Wheat, Barley, Corn, Soy* (*from pan spray)	160	30g	4g	2g	NA	6g	190mg	2g	0g	0mg	2 grain
Chicken	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
BBQ Chicken Drumstick SS	1	Onion, Garlic, , Corn, Paprika, Rice, Yeast, Molasses, Honey, Lime, Tomato	222	15g	0g	10g	9g	15g	949mg	10g	2.5g	75mg	2.5 meat
Breaded Chicken Slider, ES	1	Wheat, Barley, Sesame, Corn, Soy, Onion, Garlic, Yeast, Milk	420	51g	5g	5g	5g	23g	840mg	14g	2.5g	50mg	2 meat; 3.5 grains
Buffalo Chicken and Cheese on Bun ES	1	Wheat, Barley, Corn, Yeast, Soy, Milk, Garlic, Paprika, Turmeric, Pea Protein, Potato, Fava Bean	280	31g	2g	5g	5g	21g	870mg	10g	4g	40mg	2 meat; 2 grain
Buffalo Chicken and Cheese on Bun SS	1	Wheat, Barley, Corn, Yeast, Soy, Milk, Garlic, Paprika, Molasses	268	29g	2g	3g	3g	18g	1051mg	8	2.5g	50mg	2 meat; 2 grain

Buffalo Chicken Wrap SS	1		385	41g	2g	3g	2g	16g	1235mg	18g	6g	50mg	2 meat; 2.5 grain; 3/8 cup vegetable
Buffalo Chicken Filling	4 oz.	Egg, Rice, Yeast, Aged Peppers, Onion, Corn, Milk, Celery, Mustard, Paprika, Potato	185	6g	1g	1g	1g	11g	695mg	13g	4.5g	50mg	2 meat; 3/8 cup vegetable
Tortilla, wheat, 10-inch	1	Wheat, Barley, Legume	200	35g	1g	2g	1g	5g	540mg	5g	1.5g	0mg	2.5 grain
Chicken Breast Tenders	1	Barley, Corn, Garlic, Onion, Paprika, Soy, Turmeric, Wheat	270	30g	3g	0g	0g	21g	1070mg	8g	1.5g	50mg	2 meat; 1.75 grain
Chicken Corn Dog SS	1	Wheat, Milk, Corn, Soy, Egg, Celery Powder/Seed, Mustard, Paprika, Honey	300	26g	1g	8g	8g	13g	380mg	15g	3.5g	50mg	2 meat; 2 grain
Chicken Drumstick (unbreaded)	1	Garlic, Corn, Onion, Rice, Yeast	180	5g	0g	1g	1g	15g	660mg	10g	2.5g	75mg	2.5 meat
Chicken Egg Roll SS	2	Carrot, Celery, Corn, Egg, Garlic, Milk, Onion, Rice, Soy, Wheat, Yeast	320	38g	6g	4g	2g	20g	780mg	10g	2g	70mg	2 meat; 2 grain; 1/2 c. vegetable
Chicken Enchilada Dip/Tortilla Chips SS	1		430	44g	6g	2g	1g	23g	1137mg	17g	4g	61mg	2 meat; 2 grain, 3/8 cup vegetable
Chicken Enchilada Dip	6 oz.	Garlic, Onion, Citrus, Yeast, Paprika, Tomato, Legume, Milk, Potato, Green Pepper	220	15g	3g	2g	1g	20g	979mg	8g	3g	61mg	2 meat; 3/8 cup vegetable
Tortilla chips, yellow corn round	1.5 oz.	Corn, Sunflower	210	29g	3g	0g	0g	3g	158mg	9g	1g	0mg	2 grain
Chicken Nuggets	5	Soy, Wheat, Onion, Garlic, Turmeric, Carrot, Celery, Yeast	189	12g	2g	0g	0g	17g	319mg	8g	1.8g	24mg	2 meat; 1 grain
Chicken Nuggets (HS only)	6	Soy, Wheat, Onion, Garlic, Turmeric, Carrot, Celery, Yeast	227	14g	3g	0g	0g	21g	383mg	11g	2g	30mg	2 meat; 1 grain
Chicken Patty on Bun	1		340	34g	5g	3g	NA	24g	520mg	11g	1.5g	45mg	2 meat; 3 grain
Chicken Patty, breaded	1	Onion, Garlic, Soy, Wheat, Turmeric, Carrot, Celery, Paprika, Yeast	200	9g	3g	0g	0g	19g	290mg	9g	1.5g	45mg	2 meat; 1 grain
Bun, Hamburger, whole grain, 4"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Chicken Shawarma SS	1	Barley, Cinnamon, Lemon, Corn, Egg, Garlic, Honey, Legume, Milk, Onion, Paprika, Mustard, Tomato, Wheat, Yeast, Yellow Dye	434	50g	4g	5g	2g	16g	1066mg	20g	3g	34mg	2 meat; 2.5 grain
Tortilla, wheat, 10-inch	1	Wheat, Barley, Legume	200	35g	1g	2g	1g	5g	540mg	5g	1.5g	0mg	2.5 grain
Chicken Salad on Croissant SS	1	Carrot, Cayenne Pepper, Celery, Citrus, Corn, Egg, Garlic, Honey, Lemon, Milk Mustard, Onion, Orange, Paprika, Soy, Tomato, Wheat, Yeast	435	37g	4g	25g	7g	16g	979mg	25g	7g	58mg	2 meat; 2 grain
Croissant	1	Soy, Wheat, Milk, Yeast, Malt, Honey, Corn	210	28g	3g	3g	3g	5g	220mg	9g	3.5g	4mg	2 grain
Chicken Wrap SS	1		473	57g	4g	2g	2g	24g	1418mg	15g	7g	57mg	2 meat; 1/2 cup vegetable; 3.5 grain
Chicken Breast Tenders	1	Barley, Corn, Garlic, Onion, Paprika, Soy, Turmeric, Wheat	180	20g	2g	0g	0g	14g	713mg	5g	1g	33mg	1.4 meat; 0.6 grain
Tossed Salad Mix	1 cup	Carrot	15	3g	1g	1g	0g	2g	28mg	0g	0g	0mg	1/2 cup vegetable
Cheddar cheese, shredded	3/4 oz.	Milk, Potato	68	<1g	0g	0g	0g	3g	137mg	5g	5.5g	24mg	0.75 meat
Tortilla, wheat, 10-inch	1	Wheat, Barley, Legume	200	35g	1g	2g	1g	5g	540mg	5g	1.5g	0mg	2.5 grain
General Tso Chicken over Rice SS	1		356	52g	1g	17g	17g	20g	1009mg	5g	0g	55mg	2 meat; 1.5 grain
General Tso Chicken (with Broccoli)	1	Soy, Corn, Garlic, Carrot, Celery, Potato, Onion, Citrus, Yeast, Paprika, Legume, Cocoa powder, Broccoli	186	20g	0g	17g	17g	17g	988mg	4g	0g	55mg	2 meat
Whole Grain Rice	3/4 cup	Rice	170	32g	1g	0g	0g	3g	0mg	1g	0g	0mg	1.5 grain
Mesquite Glazed Chicken Drumstick SS	1	Garlic, Corn, Beet, Legume, Paprika	180	4g	0g	0g	0g	16g	310mg	12g	2.5g	85mg	2 meat; 0.75 grain
Rotisserie Chicken and Cheese on Bun ES	1	Wheat, Barley, Corn, Yeast, Turmeric, Pea protein, Potato, Legume, Onion, Milk, Garlic, Paprika, Soy	280	31g	2g	5g	5g	19g	920mg	10g	4g	40mg	2 meat; 2 grain
Rotisserie Seasoned Chicken and Cheese on Bun SS	1	Wheat, Barley, Corn, Yeast, Honey, Molasses, Soy, Milk, Garlic, Onion, Paprika	260	29g	2g	3g	3g	18g	1141mg	8g	3g	50mg	2 meat; 2 grain
Spicy Chicken Patty on Bun SS	1		350	36g	3g	4g	NA	24g	540mg	12g	2g	45mg	2 meat; 3 grain
Chicken Patty, spicy, breaded	1	Soy, Wheat, Corn, Garlic, Onion, Carrot, Yeast, Celery	200	9g	1g	1g	NA	21g	330mg	10g	2g	45mg	2 meat; 1 grain
Bun, Hamburger, whole grain 4"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Spicy Chicken Tenders, breaded HS	4	Wheat, Soy, Corn, Garlic, Onion, Carrot, Celery, Yeast	470	19g	2g	4g	0g	42g	791mg	25g	4g	106mg	4 meat; 2 grain
Spicy Chicken Tenders, breaded MS	2	Wheat, Soy, Corn, Garlic, Onion, Carrot, Celery, Yeast	235	9g	1g	2g	0g	21g	396mg	12g	2g	53mg	2 meat; 1 grain
Spicy Chicken Wrap SS	1		503	44g	4g	4g	1g	29g	1043mg	22g	6g	67mg	2 meat; 3.5 grain; 1/2
Spicy Chicken Tenders	2	Wheat, Soy, Corn, Garlic, Onion, Rice, Carrot, Celery, Yeast	235	9g	1g	2g	0g	21g	396mg	12g	2g	53mg	2 meat; 1 grain
Tossed Salad Mix	1 cup	Carrot	13	3g	1g	2g	0g	1g	13mg	0g	0g	0mg	1/2 cup vegetable

Cheddar cheese, shredded	1/2 oz.	Milk, Potato	55	<1g	0g	0g	0g	3g	95mg	5g	3g	15mg	0.5 meat
Tortilla, wheat, 10-inch	1	Wheat, Barley, Legume	200	35g	1g	2g	1g	5g	540mg	5g	1.5g	0mg	2.5 grain
Condiment/Seasoning/Topping	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
BBQ sauce, pc	1	Tomato, Corn, Garlic, Molasses, Onion,	20	5g	0g	4g	4g	0g	105mg	0g	0g	0mg	None
Chipotle Ranch Dressing SS	1 oz.	Onion, Egg, Corn, Milk, Garlic, Yeast	135	3g	0g	0g	0g	1.5g	205mg	12g	2g	15mg	None
Cream Cheese SS	1 oz.	Milk	100	2g	0g	1g	0g	2g	100mg	9g	6g	30mg	None
French dressing, light, pc	1	Corn, Garlic, Onion, Paprika, Rice	30	3g	0g	3g	3g	0g	40mg	2g	0g	0mg	None
Grape Jelly, pc	1	Grape	35	9g	0g	8g	6g	0g	5mg	0g	0g	0mg	None
Hot sauce, pc	1	Chili pepper	1	0g	0g	0g	0g	0g	92mg	0g	0g	0mg	None
Italian dressing, pc	1	Garlic, Caramel Color, Turmeric, Rice, Red Bell Pepper	10	2g	0g	0g	0g	0g	55mg	0g	0g	0mg	None
Ketchup, pc	1	Tomato, Corn, Onion	10	3g	0g	2g	2g	0g	95mg	0g	0g	0mg	None
Ketchup, low sodium, pc	1	Tomato, Garlic, Onion	10	2g	0g	2g	2g	0g	25mg	0g	0g	0mg	None
Kickin' Patty Sauce SS	1 T.	Honey, Mustard, Egg, Corn, Turmeric, Tomato, Paprika, Yeast, Spices, Chili Pepper	41	3g	0g	<1g	<1g	0g	168mg	3g	<1mg	<5mg	None
Mayonnaise, lite, pc	2 T.	Egg, Mustard flour, Paprika	30	1g	0g	0g	0g	0g	85 mg	3g	0g	0 mg	None
Mustard, pc	1	Turmeric, Mustard seed	0	0g	0g	0g	0g	0g	69mg	0g	0g	0mg	None
Syrup, Pancake SS	2 oz.	Corn, Caramel Color	170	43g	0g	32g	32g	0g	35mg	0g	0g	0mg	None
Ranch dressing, fat-free, pc ES	1	Corn, Milk, Turmeric, Onion	10	2g	0g	<1g	NA	0g	125mg	0g	0g	0mg	None
Ranch dressing, pc	1	Corn, Milk, Egg, Onion, Garlic, Mustard Seed, Yeast	70	1g	0g	0g	0g	0g	110mg	8g	1.5g	0mg	None
Romano Cheese	1 T.	Milk	20	0g	0g	0g	0g	2g	95mg	1.5g	1g	<5mg	None
Seasonings (may be used in recipes)	N/A	Garlic , Dash Original, Onion, Chili Powder, Cinnamon, Chipotle, Fajita*, Pepper, Italian * Fajita seasoning may contain corn, rice, lime, and yeast											None
Sour Cream, pc SS	1 oz.	Milk	60	1g	0g	1g	0g	1g	10mg	5g	3.5g	20mg	None
Taco sauce, pc	1	Tomato, Corn, Onion, Garlic, Caramel Color	0	1g	0g	0g	0g	0g	55mg	0g	0g	0mg	None
Egg Entrée	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Egg, hard boiled, peeled ES	2	Egg	140	2g	0g	2g	0g	12g	110mg	10g	3g	340mg	3 meat
Fruit	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Apple, raw , medium	1	Apple	116	21g	4g	NA	0g	<1g	1mg	0 g	0g	0mg	1 cup fruit
Apple/Peach Crisp SS	1	Honey, Rice, Lemon, Apple, Corn, Citrus, Pear, Cinnamon, Milk, Wheat, Soy, Molasses, Peach	258	52g	3g	41g	27g	2g	166mg	5g	1g	2mg	4 oz. Grain Based Desert
Apple Slices. Hot Cinnamon SS	1/2 cup	Apple, Cinnamon	80	21g	2g	19g	8g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Applesauce, cinnamon	4 oz. cup	Apple, Cinnamon	63	17g	2g	15g	0g	0g	12mg	0g	0g	0mg	1/2 cup fruit
Applesauce, strawberry, unsweetened	4.5 oz.	Apple, Strawberry, Natural flavors/colors	50	14g	1g	11g	0g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Applesauce, sweetened SS	1/2 cup	Apple, Corn Syrup	90	22g	2g	18g	NA	0g	10mg	0g	0g	0mg	1/2 cup fruit
Applesauce, unsweetened USDA SS	1/2 cup	Apple	60	15g	1g	18g	0g	0g	15mg	0g	0g	0mg	1/2 cup fruit
Applesauce, unsweetened	4.5 oz. cup	Apple	60	16g	2g	12g	0g	0g	25mg	0g	0g	0mg	1/2 cup fruit
Applesauce, unsweetened, strawberry banana	4.5 oz. cup	Apple, Banana, Strawberry, Fruit and Vegetable Juices for Color	50	14g	1g	12g	0g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Banana, raw	1	Banana	109	28g	3g	NA	0g	1g	1mg	0g	0g	0mg	1/2 cup fruit
Blackberries, fresh SS	1/2 cup	Blackberry	22	5g	2.5g	3g	0g	1g	<1mg	0g	0g	0mg	1/2 cup fruit
Blueberries, unsweetened, USDA SS	1/2 cup	Blueberry	40	10g	2g	7g	0g	0g	1mg	1g	0g	0mg	1/2 cup fruit
Cantaloupe	1/2 cup	Melon	31	7g	<1g	NA	NA	<1g	8mg	0g	0g	0mg	1/2 cup fruit
Clementine, whole	2	Citrus	35	9g	1g	7g	0g	<1g	1 mg	0g	0g	0mg	1/2 cup fruit
Fruit Juice Gel	1	Grape, Strawberry, Lemon, Acerola berry	80	19g	0g	18g	0g	0g	0g	0g	0g	0mg	1/2 cup fruit
Honeydew melon	1/2 cup	Melon	31	8g	<1g	NA	0g	<1g	9mg	0g	0g	0mg	1/2 cup fruit
Kiwi, fresh SS	1	Kiwi	61	15g	3g	9g	0g	1g	3mg	0g	0g	0mg	1/2 cup fruit
Mixed Berries, Extra Light Syrup, frozen, USDA	1/2 cup	Blueberry, Strawberry	90	20g	2g	16g	NA	0g	0g	0g	0g	0mg	1/2 cup fruit
Mixed Fruit, Extra Light Syrup, USDA SS	1/2 cup	Peaches, Pears, Grapes	60	17g	0g	14g	NA	0g	10mg	0g	0g	0mg	1/2 cup fruit
Nectarine, fresh	1 medium	Citrus	44	11g	2g	8g	0g	1g	0mg	0g	0g	0mg	1/2 cup fruit
Oranges, mandarin, light syrup, canned SS	1/2 cup	Citrus	53	13g	<1g	15g	14g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Oranges, raw, medium	1	Citrus	62	15g	3g	NA	0g	1g	0mg	0g	0g	0mg	1/2 cup fruit
Peach in pear juice cup, chilled	1	Peach, Pear	55	13g	1g	11g	0g	0g	0mg	0g	0g	0mg	1/2 cup fruit

Peach cup, frozen, USDA	1	Peach	80	19g	1g	16g	NA	1g	0mg	0g	0g	0mg	1/2 cup fruit
Peaches, Hot Cinnamon SS	1/2 cup	Peach, Corn, Cinnamon, Pear	78	20g	0g	18g	NA	0g	0mg	0g	0g	0mg	1/2 cup fruit
Peaches, diced, light syrup, USDA SS	1/2 cup	Peach, Corn Syrup	70	36g	0g	13g	NA	0g	10mg	0g	0g	0mg	1/2 cup fruit
Peaches, diced, light syrup SS	1/2 cup	Peach, Corn Syrup	50	12g	0g	10g	NA	0g	0mg	0g	0g	0mg	1/2 cup fruit
Pears, diced, light syrup, USDA SS	1/2 cup	Pear, Corn	62	16g	2g	12g	NA	0g	5mg	0g	0g	0mg	1/2 cup fruit
Pear, raw, medium	1	Pear	98	25g	4g	NA	0g	<1g	0mg	<1g	0g	0mg	1/2 cup fruit
Pineapple, tidbits in juice SS	1/2 cup	Pineapple	70	17g	2g	12g	0g	1g	0mg	0g	0g	0mg	1/2 cup fruit
Raisins USDA ES	1.33 oz.	Grape	114	30g	1g	30g	0g	1g	4mg	0g	0g	0mg	1/2 cup fruit
Raisins SS	1.5 oz.	Grape	130	31g	2g	28g	0g	1g	10mg	0g	0g	0mg	1/2 cup fruit
Raisins, unsweetened	1.5 oz.	Grape	130	31g	2g	28g	0g	1g	10mg	0g	0g	0mg	1/2 cup fruit
Raspberries, fresh	1/2 cup	Raspberries	25	6g	3g	2g	0g	<1g	<1mg	0g	0g	0mg	1/2 cup fruit
Strawberries, sweetened, cup, frozen, USDA	4.5 oz.	Strawberry	80	21g	2g	16g	NA	0g	1mg	0g	0g	0mg	1/2 cup fruit
Strawberries, whole, fresh	1/2 cup	Strawberry	39	10g	2g	5g	0g	0g	2mg	0g	0g	0mg	1/2 cup fruit
Watermelon	1/2 cup	Melon	25	5g	<1g	NA	NA	<1g	1.5mg	0g	0g	0mg	1/2 cup fruit
Gravies	Portion Size	Food Allergies and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Beef Gravy, canned	1 oz.	Soy, Wheat, Corn, Onion, Caramel Color	15	2g	0g	0g	0g	0g	155mg	0g	0g	0mg	None
Chicken Gravy, low sodium SS	1 oz.	Milk, Corn, Soy, Caramel color, Garlic, Wheat, Onion, Turmeric, Yeast, Chicken, Legume	20	3g	0g	0g	0g	0g	60mg	0g	0g	0mg	None
Milk	Portion	Food Allergies and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
White milk, 1%	8 oz.	Milk	110	12g	0g	12g	0g	8g	125mg	2.5g	1.5g	15mg	1 milk
Chocolate milk, Skim	8 oz.	Milk, Corn Cocoa	120	22g	0g	21g	10g	8g	240mg	0g	0g	5mg	1 milk
PICNIC LUNCH (ES): WOW Butter Sandwich, Cheez-it, Applesauce cup, Star Cherry Juice, and Milk	Portion	Food Allergies and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Cherry Star Juice Blend	4.23 oz.	Apple, Pear, Carrot, Celery, Spinach, Cherry, Starfruit, Sweet Potato, Aronia, Kale, Broccoli	50	13g	0g	12g	0g	0g	15mg	0g	0mg	0mg	1/2 cup vegetable
PICNIC LUNCH (SS): WOW Butter Sandwich, Carrot, Apple, Juice, and Milk	Portion	Food Allergies and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Cherry Star Juice Blend	4.23 oz.	Apple, Pear, Carrot, Celery, Spinach, Cherry, Starfruit, Sweet Potato, Aronia, Kale, Broccoli	50	13g	0g	12g	0g	0g	15mg	0g	0mg	0mg	1/2 cup vegetable
Pizza	Portion	Food Allergies and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Pizza, beef and turkey pepperoni, Big Daddy's SS	1/8 pizza	Wheat, Soy, Milk, Garlic, Tomato, Barley, Onion, Yeast, Corn, Legume, Celery powder, Cherry powder, Lime	350	34g	3g	7g	1g	19g	570mg	17g	8g	45mg	2 meat; 2 grain; 1/8 cup vegetable
Pizza, cheese, Big Daddy's SS	1/8 pizza	Wheat, Soy, Milk, Garlic, Tomato, Barley, Onion, Yeast, Corn, Legume	350	34g	3g	7g	1g	19g	470mg	17g	8g	45mg	2 meat; 2 grain; 1/8 cup vegetable
Pizza, cheese ES	4 x 6"	Wheat, Milk, Garlic, Tomato, Barley, Onion, Yeast	310	29g	3g	5g	1g	18g	470mg	14g	7g	40mg	2 meat; 2 grain; 1/8 cup vegetable
Pizza, turkey pepperoni ES	4 x 6"	Wheat, Milk, Garlic, Tomato, Barley, Onion, Sodium Nitrite, Yeast	320	29g	3g	5g	1g	20g	620mg	13g	6g	50mg	2 meat; 2 grain; 1/8 cup vegetable
Pizza, cheese, Nardone's SS	1/8 pizza	Wheat, Soy, Milk, Garlic, Tomato, Barley, Onion, Yeast	330	29g	3g	5g	1g	19g	510mg	15g	8g	45mg	2 meat; 2 grain; 1/8 cup vegetable
Pizza, turkey pepperoni, Nardone's SS	1/8 pizza	Wheat, Soy, Milk, Garlic, Tomato, Barley, Onion, Yeast, Paprika, Sodium Nitrate	340	30g	3g	5g	1g	20g	660mg	16g	8g	45mg	2 meat; 2 grain; 1/8 cup vegetable
Salad/Salad Bar Toppings	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA

Chef Salad SS	1	Broccoli, Corn, Garlic, Cucumber, Carrot, Lettuce, Milk, Potato, Tomato, Sodium Nitrate	250	12g	5g	5g	0g	25g	749mg	12g	6g	77mg	2.5 meat; 2 cups vegetable
Crispy Chicken Salad SS	1	Garlic, Cucumber, Carrot, Lettuce, Corn, Milk, Onion, Potato, Paprika, Soy, Tomato, Turmeric, Wheat	390	36g	4g	3g	0g	28g	1253mg	16g	7g	77mg	2.5 meat; 1 grain; 1 + 3/4 cups vegetable
Garden Salad with Egg & Cheese, SS	1	Broccoli, Carrot, Cucumber, Egg, Lettuce, Milk, Potato, Turmeric	261	14g	4g	6g	NA	17g	344mg	17g	9g	206mg	2.25 meat; 2 cups vegetable
Peppers, Banana, rings SS	10 rings	Banana Pepper	1	<1g	<1g	<1g	0g	0g	275mg	0g	0g	0mg	1/8 cup vegetable
Peppers, Jalapeno, hot SS	12 rings	Jalapeno Pepper	1	1g	<1g	1g	0g	0g	203mg	0g	0g	0mg	1/8 cup vegetable
Pickle, dill, slices SS	6 slices	Cucumber, Yellow #5	0	0g	0g	0g	0g	0g	385mg	0g	0g	0mg	1/8 cup
Power Blend Salad ES	1		155	5g	1g	2g	NA	11g	202mg	12g	3g	15mg	2 meat; 1/2 cup
Vegetable Slaw	1/2 c.	Carrot, Egg, Mustard, Corn	30	4g	1g	1g	NA	1g	52mg	2g	0g	1.5mg	1/2 cup vegetable
Egg, hard boiled, peeled ES	1	Egg	70	1g	0g	1g	0g	6g	55mg	5g	1.5g	170mg	1.5 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Potato	55	<1g	0g	0g	0g	4g	95mg	5g	3g	15mg	0.5 meat
Vegetable Slaw	1/2 c.	Carrot, Egg, Mustard, Corn	30	4g	1g	1g	NA	1g	52mg	2g	0g	1.5mg	1/2 cup vegetable
Ridgeview Pasta Salad	1	Corn, Cucumber, Egg, Milk, Mustard, Onion, Potato, Tomato, Wheat, Yellow dye	195	24g	1g	5g	2g	8g	174mg	8g	3g	93mg	2 meat; 1 grain, 1/4 cup vegetable
Sunflower seeds, honey roasted	2	Sunflower, Honey	380	22g	6g	10g	NA	12g	130mg	30g	4g	0mg	2 meat
Super Garden Salad SS	1		299	25g	5g	6g	2g	18g	534mg	14g	6g	27mg	2 meat; 1 and 3/8 cups vegetable
Taco Salad Wrap SS	1		380	37g	2g	2g	2g	22g	924mg	16g	7g	64mg	2.5 meat; 2.5 grain
Beef Taco Meat	3 oz.	Garlic, Corn, Soy, Chili Pepper, Tomato, Caramel Color	125	2g	1g	0g	0g	13g	289mg	6g	2g	49mg	2 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Potato	55	<1g	0g	0g	0g	4g	95mg	5g	3g	15mg	0.5 meat
Tortilla, wheat, 10-inch	1	Wheat, Barley, Legume	200	35g	1g	2g	1g	5g	540mg	5g	1.5g	0mg	2.5 grain
Turkey	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
BBQ Turkey Meatball Sub	1		287	36g	2g	8g	4g	19g	752mg	7g	1.5g	45mg	2 meat; 2 grain
Meatball, turkey, BBQ	4	Milk, Egg, Tomato, Wheat, Onion, Garlic, Celery Seed, Barley, Corn, Yeast,	127	8g	0g	4.5g	3g	13g	492mg	5g	1.5g	45mg	2 meat
Hoagie Bun, Whole Grain, 5"	1	Wheat, Barley, Soy, Corn, Honey,	160	28g	2g	4g	1g	6g	260mg	2g	0g	0mg	2 grain
Best Turkey and Noodles SS		Broccoli, Carrot, Cayenne Pepper, Celery, Citrus, Corn, Garlic, Lemon, Milk, Onion, Orange, Potato, Soy, Tomato, Wheat, Yeast	1	262	34g	NA	NA	17g	781mg	8g	3g	31mg	2 meat; 1.5 grain, 1/8 cup vegetable
Chili Cheese Coney (grades K-12 only) SS	1		317	29g	2g	6g	1g	17g	701mg	16g	6g	75mg	2.75 meat; 1.75 grain
Turkey Hot Dog, uncured	1	Corn, Paprika, Celery, Cherry	120	1g	0g	1g	1g	7g	260mg	9g	3g	45mg	2 meat
Sloppy Joe, Beef, precooked	<1 oz.	Tomato, Soy, Caramel Color, Green/Red Peppers, Onion, Chili Powder, Garlic	59	8g	<1g	2g	0g	4g	203mg	3g	1.5g	23mg	0.5 meat
Cheddar cheese, shredded	1 Tablespoon	Milk, Potato	28	0g	0g	0g	0g	2g	48mg	2g	1.5g	7mg	0.25 meat
Hot dog bun, whole grain	1	Wheat, Barley, Soy, Yeast, Honey, Molasses, Yeast	110	20g	2g	3g	NA	4g	190mg	2g	0g	0mg	1.75 grain
Garlic Dill Turkey and Potatoes	1	Barley, Chili Pepper, Garlic, Onion, Paprika, Potato, Soy, Turmeric, Wheat	449	62g	7g	4g	1g	24g	1365mg	11g	2.5g	35mg	2 meat; 1 grain, 1/2 cup vegetable
Italian Sub SS	1		333	31g	2g	NA	NA	21g	1040mg	13g	5g	72mg	2.5 meat; 2 grain
Turkey Ham, Pepperoni, Salami	3 oz.	Corn, Garlic, Nitrite	123	2g	0g	NA	NA	12g	560mg	6g	2g	59mg	2 meat
American cheese slice, yellow	1	Milk, Corn, Paprika, Sunflower	40	1.5g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
Hoagie Bun, Whole Grain, 5"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	160	28g	2g	4g	NA	6g	260mg	2g	0g	0mg	2 grain
Turkey and Cheese Croissant ES	1	Yeast, Honey, Corn, Malt, Barley, Wheat, Soy, Milk	350	32g	3g	6g	4g	21g	640mg	16g	5g	30mg	2 meat, 2 grain
Turkey and Cheese Melt	1		280	32g	4g	3g	NA	25g	835mg	8g	2.5g	40mg	2.5 meat; 2 grain
American cheese slice, yellow	1	Milk, Corn, Paprika, Sunflower	50	1g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
Turkey Steak	1	None	80	0g	0g	0g	0g	17g	400mg	1.5g	0.5g	35mg	2 meat
Texas Toast	2	Wheat, Barley, Corn, Soy* (*from pan spray)	160	30g	4g	2g	NA	6g	190mg	2g	0g	0mg	2 grain
Turkey and American Cheese on Sub Bun	1	Wheat, Milk, Yeast, Date, Sesame Seeds, Yeast	290	29g	2g	5g	5g	21g	660mg	10g	6g	35mg	2 meat; 2 grain
Turkey and Cheese Sub SS	1		278	29g	2g	5g	NA	26g	947mg	5.5g	1.5g	44g	2.5 meat; 2 grain
Turkey, all natural, fully cooked	3 oz.	None	90	0g	0g	0g	0g	18g	450mg	1.5g	<1g	40mg	2 meat

American cheese slice, yellow	1	Milk, Corn, Paprika, Sunflower	40	1.5g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
Hoagie Bun, Whole Grain, 5"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	160	28g	2g	4g	NA	6g	260mg	2g	0g	0mg	2 grain
Turkey and Cheese Wrap ES	1	Honey, Sunflower, Wheat, Soy, Milk	230	17g	1g	3g	2g	18g	730mg	10g	4.5g	30mg	2 meat, 1 grain
Turkey and Cheese Wrap SS	1		330	37g	1g	3g	1g	25g	1235mg	11g	3.5g	45mg	2.5 meat, 2.5 grain
Turkey, all natural , fully cooked	3 oz.	None	90	0g	0g	0g	0g	18g	450mg	1.5g	<1g	40mg	2 meat
American cheese slice, yellow	1	Milk, Corn, Paprika, Sunflower	40	1.5g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
Tortilla, wheat, 10-inch	1	Wheat, Barley, Legume	200	35g	1g	2g	1g	5g	540mg	5g	1.5g	0mg	2.5 grain
Turkey Divan SS	8 oz.	Wheat, Onion, Milk, Soy, Egg, Lemon, Rice, Corn, Chicken Soup, Celery, Yeast, Mustard, Potato, Carrot, Broccoli, Cayenne pepper, Citrus, Orange, Paprika, Tomato	379	31g	3g	<1g	NA	19g	937mg	18g	7g	61mg	2 meat; 1.75 grain; 1/4 cup vegetable
Turkey/Gravy & Potato ES	1		229	22g	2g	0g	0g	20g	826mg	6g	1g	40mg	2 meat; 1/2 cup vegetable
Turkey with Chicken Gravy	1	Wheat, Yeast, Turmeric, Corn, Onion	117	4g	0g	0g	0g	18g	750mg	2g	<1g	40mg	2 meat
Potato rounds	4	Potato	112	18g	2g	0g	0g	2g	76mg	4g	0g	0mg	1/2 cup vegetable
Turkey/Gravy SS	1	Chicken, Corn, Soy, Wheat, Onion, Turmeric, Milk	96	2g	0g	0g	0g	17g	588mg	2g	<1g	35mg	2 meat
Turkey Ham/Cheese on Bun ES	4 oz.	Wheat, Milk, Yeast, Sodium Nitrite, Paprika	320	27g	2g	2g	NA	20g	730mg	15g	6g	55mg	2 meat; 2 grain
Turkey Ham and Cheese Sub SS	1		340	32g	2g	7g	NA	21g	865mg	13g	4g	60mg	2.5 meat; 2 grain
Turkey Ham, uncured, fully cooked	3 oz.	Celery	130	3g	0g	2g	2g	13g	360mg	7g	2g	55mg	2 meat
American cheese, yellow	1	Milk, Corn, Paprika, Sunflower	40	1.5g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
Hoagie Bun, Whole Grain, 5"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	160	28g	2g	4g	NA	6g	260mg	2g	0g	0mg	2 grain
Turkey Ham and Cheese Wrap SS	1		370	39g	1g	5g	3g	20g	1145mg	16g	5g	68mg	2.5 meat, 2.5 grain
Turkey Ham, uncured, fully cooked	3 oz.	Celery	130	3g	0g	2g	2g	13g	360mg	7g	2g	55mg	2 meat
American cheese slice, yellow	1	Milk, Corn, Paprika, Sunflower	40	1.5g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
Tortilla, wheat, 10-inch	1	Wheat, Barley, Legume	200	35g	1g	2g	1g	5g	540mg	5g	1.5g	0mg	2.5 grain
Turkey Hot Dog on Bun (grades K-6 only)	4 oz.		240	21g	2g	3g	NA	11g	450mg	12g	3g	50mg	2 meat; 1.75 grain
Turkey Hot Dog	1	Corn, Celery, Cherry, Paprika	130	1g	0g	0g	0g	7g	260mg	10g	3g	50mg	2 meat
Hot Dog Bun, whole grain	1	Wheat, Barley Soy, Corn, Honey, Molasses, Yeast	110	20g	2g	3g	NA	4g	190mg	2g	0g	0mg	1.75 grain

Turkey Salami and American Cheese on Sub Bun	1	Barley, Wheat, Corn, Soy, Sesame, Sodium Nitrite	330	31g	2g	6g	5g	17g	1080mg	16g	7g	60mg	2 meat; 2 grain
Turkey Sausage & French Toast Sticks SS	1												
Turkey Sausage patty	1	Yeast	70	<1g	0g	0g	0g	6g	160mg	6g	2g	30mg	1 meat
French Toast Sticks, ES	2	Wheat, Barley, Egg, Corn, Soy, Milk, Cinnamon, Yeast	240	38g	2g	12g	12g	6g	260mg	8g	1g	3mg	2 grain
French Toast Sticks, SS	3	Wheat, Barley, Egg, Corn, Soy, Milk, Cinnamon, Yeast	360	57g	3g	18g	18g	9g	390mg	11g	1.5g	5mg	3 grain
Turkey Sticks and Tortilla Chips ES	1		200	18g	2g	0g	0g	17g	475mg	6g	1g	40mg	2 meat; 1.25 grain
Turkey Stick, smokehouse	2	Garlic, Onion, Molasses, Chicken Broth, Sunflower Oil	80	0g	0g	0g	0g	16g	380mg	2g	0g	40mg	2 meat
Tortilla chips	1	Corn	120	18g	2g	0g	0g	2g	95mg	4g	0.5g	0mg	1.25 grain
Vegetables (cooked)	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat. Fat	Cholesterol	USDA
Baked Beans, ES	1/2 cup	Legume, Tomato, Corn, Garlic, Molasses, Paprika, Onion	131	25g	6g	4g	4g	7g	505mg	0g	0g	0mg	1/2 cup vegetable
Baked Beans SS	1/2 cup	Legume, Tomato, Onion, Corn, Garlic	145	28g	5g	8g	5g	7g	500mg	<1g	0g	0mg	1/2 cup vegetable
Black Beans, seasoned SS	1/2 cup	Legume, Onion, Garlic	118	21g	6g	0g	0g	8g	108mg	1g	<1g	0mg	1/2 cup vegetable
Baked Potato SS	1	Potato	147	33g	2g	2g	0g	4g	34mg	0g	0g	0mg	1/2 cup vegetable
Breaded Broccoli Nuggets ES	1	Broccoli, Corn, Paprika, Potato, Rice, Soy, Wheat, Yeast	130	23g	3g	0g	0g	4g	270mg	3.5g	0g	0mg	1/2 cup vegetable
Broccoli, steamed SS	1/2 cup	Onion, Cayenne pepper, Garlic, Carrot, Orange,	22	5g	3g	0g	0g	2g	77mg	0g	0g	0mg	1/2 cup vegetable
Brussels Sprouts, steamed SS	1/2 cup	Corn, Garlic, Onion, Yeast	37	7g	3g	2g	0g	3g	80mg	0g	0g	0mg	1/2 cup vegetable
Cabbage, steamed SS	1/2 cup	Garlic, Corn,, Onion, Yeast	13	3g	1g	2g	0g	<1g	66mg	<1g	<1g	0mg	1/2 cup vegetable

California Mixed Vegetables SS	1/2 cup	Carrot, Broccoli, Corn, Garlic, Onion, Yeast	27	5g	2g	2g	0g	2g	78g	0g	0g	0mg	1/2 cup vegetable
Collard Greens SS	1/2 cup	Onion, Banana Pepper, Cayenne Pepper, Garlic, Carrot, Orange, Tomato, Yeast	16	2g	1g	0g	0g	1g	61mg	0g	0g	0mg	1/2 cup vegetable
Corn, frozen	1/2 cup	Corn, Garlic, Onion, Yeast	100	21g	2g	4g	0g	2g	55mg	<1g	0g	0mg	1/2 cup vegetable
Fries, Crinkle Cut SS	3 oz.	Potato, Caramel Color, Turmeric	110	21g	1g	0g	0g	2g	40mg	3g	0g	0mg	1/2 cup vegetable
Fries, Spiral, battered SS	3 oz.	Potato, Wheat, Garlic, Onion, Caramel Color, Cocoa, Corn, Rice	150	20g	1g	0g	0g	2g	360mg	8g	1g	0mg	1/2 cup vegetable
Fries, Sweet potato SS	3 oz.	Potato, Corn, Turmeric, Molasses, Rice, Pea	150	23g	2g	0g	0g	1g	190mg	6g	1g	0mg	1/2 cup vegetable
Garbanzo Beans, marinated SS	1/2 cup	Legume, Corn, Tomato, Onion, Garlic, Lemon, Yellow Dye	92	16g	4g	4g	NA	5g	225mg	2g	0g	0mg	1/2 cup vegetable
Green Beans, seasoned, SS	1/2 cup	Garlic, Corn, Onion, Yeast	38	9g	3g	4g	0g	2g	65mg	0g	0g	0mg	1/2 cup vegetable
Hash Brown Patties, triangle SS	2	Potato	200	28g	2g	0g	0g	2g	400mg	8g	1g	0mg	1/2 cup vegetable
Italian Mixed Vegetables SS	1/2 cup	Lima bean, Carrot, Corn, Garlic, Onion, Yeast	32	6g	2g	2g	0g	2g	21mg	0g	0g	0mg	1/2 cup vegetable
Mashed Potatoes with Beef Gravy SS	1/2 cup	Potato, Artificial Color/Flavor, Corn, Milk, Onion, Soy, Wheat	76	13g	1g	0g	0g	2g	302mg	1g	0g	0mg	1/2 cup vegetable
Seasoned Mixed Vegetables SS	1/2 cup	Peas, Corn, Lima Beans, Carrot, Green Beans, Garlic, Onion, Yeast	75	14g	3g	3g	0g	3g	62mg	0g	0g	0mg	1/2 cup vegetable
Peas, canned, SS	1/2 cup	Pea	40	8g	2g	4g	0g	2g	100mg	0g	0g	0mg	1/2 cup vegetable
Peas & Carrots SS	1/2 cup	Pea, Carrot	36	7g	2g	3g	0g	2g	50mg	0g	0g	0mg	1/2 cup vegetable
Potato, Baked	1 medium	Potato	69	16g	2g	0g	2g	2g	16mg	0g	0g	0mg	1/2 cup vegetable
Potato, Emoji ES	4	Potato	120	18g	2g	0g	0g	2g	80mg	4g	<1g	0mg	1/2 cup vegetable
Potato Wedges, seasoned SS	7 wedges	Potato, Onion, Garlic, Rice, Corn, Paprika	130	21g	2g	0g	0g	2g	150mg	4g	<1g	0mg	1/2 cup vegetable
Salsa, mild SS	1/2 cup	Tomato, Onion, Garlic, Jalapeno	40	8g	1g	4g	NA	1g	680mg	0g	0g	0mg	1/2 cup vegetable
Salsa, low sodium, USDA SS	1/2 cup	Tomato, Onion, Green Pepper, Garlic, Jalapeno	35	8g	1g	6g	NA	1g	140mg	0g	0g	0mg	1/2 cup vegetable
Spinach, chopped, frozen SS	1/2 cup	Citrus, Garlic, Lemon	25	4g	4g	0g	0g	4g	65mg	1g	0g	0mg	1/2 cup vegetable
Sweet Potatoes, Glazed	1/2 cup	Cinnamon, Milk, Molasses, Sunflower, Sweet Potato	93	25g	2g	NA	13g	0g	2mg	0g	0g	0mg	1/2 cup vegetable
Tomato Soup (made with water) SS	6 oz.	Tomato, Wheat, Celery extract, Garlic	66	15g	<1g	9g	5g	4g	360mg	0g	0g	0mg	1/8 cup vegetable
Vegetables (fresh)	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Avocado SS	1	None	167	9g	7g	0g	0g	2g	8mg	15g	2g	0mg	1/2 cup vegetable
Broccoli florets	1/2 cup	Broccoli	17	3g	1g	<1g	0g	2g	16mg	0g	0g	0mg	1/2 cup vegetable
Cabbage Mix, Pickled SS	1/2 cup	Carrot, Jalapeno Pepper, Onion, Turmeric	24	6g	2g	3g	0g	<1g	28mg	<1g	0g	0mg	1/2 cup vegetable
Carrot, baby	1/2 cup	Carrot	35	8g	3g	5g	0g	<1g	78mg	0g	0g	0mg	1/2 cup vegetable
Carrot, baby	1/2 cup	Carrot	35	8g	3g	5g	0g	<1g	78mg	0g	0g	0mg	1/2 cup vegetable
Cauliflower, raw	1/2 cup	None	28	6g	2g	2g	0g	2g	30mg	0g	0g	0mg	1/2 cup vegetable
Celery Sticks	1/4 cup	Celery	8	1.5g	<1g	0g	0g	<1g	40mg	0g	0g	0mg	1/4 cup vegetable
Cucumbers, sliced	1/4 cup	Cucumber	15	3g	1g	0g	0g	1g	0mg	0g	0g	0mg	1/4 cup vegetable
Tossed Salad Mix	1 cup	Carrot, Lettuce	8	2g	1g	0g	0g	1g	16mg	0g	0g	0mg	1/2 cup vegetable
Green/Red Pepper, sliced	1/4 cup	Green pepper	10	2g	<1g	1g	0g	<1g	1.5mg	0g	0g	0mg	1/4 cup vegetable
Onion, sliced	1/4 cup	Onion	10	2g	<1	1g	0g	0g	1mg	0g	0g	0mg	1/4 cup vegetable
Spinach, fresh	1 cup	None	7	0g	1g	0g	0g	0g	13mg	0g	0g	0mg	1/2 cup vegetable
Tomatoes, cherry (grades K-12 only)	1/4 cup	Tomato	8	1.5g	<1g	NA	0g	<1g	3mg	0g	0g	0mg	1/2 cup vegetable
Tomato, quarters	1/4 cup	Tomato	5	1g	<1g	1g	0g	<1g	3mg	0g	0g	0mg	1/4 cup vegetable
Vegetable Slaw Mix	1 cup	Broccoli, Kohlrabi, Broccoli, Kale, Radicchio	30	4g	1g	1g	NA	1g	52mg	2g	0g	1.5mg	1/2 cup vegetable
Zucchini, sliced	1/4 cup	Squash	4	<1g	<1g	NA	0g	<1g	<1mg	0g	0g	0mg	1/2 cup vegetable
Yogurt Entrée	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Smoothie Grab-n-Go (1 yogurt + 1 cheese stick + 1 muffin + raw veg l) SS	1	Will vary depending on flavor of items.	520	92g	4.5g	49g	22g	19g	534mg	12g	2g	50mg	2 meat; 2 grain; 1/2 cup fruit; 1/2 cup vegetable
Yogurt Parfait, berry SS	1	Milk, Corn, Soy, Berry, Oat, Honey, Rice	315	55g	3g	30g	21g	13g	245mg	0g	0g	10mg	1.5 meat, 1 grain, 1/2 cup fruit

Yogurt Parfait, canned fruit SS	1	Milk, Corn, Soy, Peach or Pineapple, Oat, Honey, Rice	335	59g	1g	30g	21g	9g	245mg	0g	0g	10mg	1.5 meat, 1 grain, 1/2 cup fruit
Preschool and Elementary After School Snacks	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Apple Crisps	1	Apple	40	10g	2g	0g	0g	0g	0mg	0g	0g	0g	1 fruit
Cheez-it crackers	1	Wheat, Milk, Soy, Yeast, Paprika, Turmeric	100	14g	1g	0g	0g	2g	150mg	3.5g	1g	<5mg	1 grain
Cheez-it crackers, Spicy Buffalo	1	Wheat, Milk, Soy, Yeast, Cayenne Pepper, Corn, Garlic, Paprika, Turmeric	100	14g	1g	0g	0g	3g	150mg	3.5g	1g	<5mg	1 grain
Cinnamon Belly Bears	1	Wheat, Cinnamon	120	20g	1g	7g	7g	2g	115mg	4g	0g	0mg	1 grain
Dino Bites	1	Wheat, Corn	120	20g	2g	6g	6g	2g	95mg	3.5g	0g	0mg	1 grain
Goldfish Colors Crackers	1	Wheat, Milk, Yeast, Beet, Watermelon, Paprika, Turmeric, Onion, Celery	100	14g	1g	0g	0g	2g	170mg	3.5g	<1g	0mg	1 grain
Goldfish Giant Grahams, cinnamon or vanilla	1	Wheat, Corn, Cinnamon	120	19g	1g	7g	7g	1g	105-140mg	4g	1g	0mg	1 grain
Pretzels, Goldfish, whole grain	0.75 oz.	Wheat, Barley, Milk	100	20g	2g	<1g	<1g	3g	200mg	<1g	0g	0mg	1 grain
Pretzel, heartzel	1	Wheat, Yeast	80	16g	2g	<1g	0g	2g	200mg	1g	0g	0mg	1 grain
Pretzel, whole wheat	1	Wheat, Honey, Yeast, Malt	80	16g	1g	0g	0g	2g	180mg	0g	0g	0mg	1 grain
Strawberry Waffle Grahams	1	Wheat, Strawberry, Elderberry, Sweet Potato, Corn	120	21g	1g	7g	7g	1g	95mg	3g	0g	0mg	1 grain
Smart Snacks, A La Carte and *After School SS	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholest	USDA
Capri Sun juice blend, Berry Breeze *	6 oz.	Grape, strawberry, pear	80	21g	0g	20g	0g	0g	25mg	0g	0g	0mg	3/4 cup fruit
Capri Sun juice blend, Fruit Dive *	6 oz.	Grape, apple, cherry	80	21g	0g	20g	0g	0g	25mg	0g	0g	0mg	3/4 cup fruit
Capri Sun juice blend, Fruit Punch *	6 oz.	Grape, pear, orange, pineapple	80	21g	0g	20g	0g	0g	25mg	0g	0g	0mg	3/4 cup fruit
Cheetos, Baked, Flamin' Hot	1	Milk, Corn, Yellow #6, Yellow #5/#6 Lake, Red #40, Garlic, Onion, MSG	120	16g	1g	0g	0g	2g	200mg	4.5g	<1g	0mg	1.25 grain
Chips, Smoked BBQ, Reduced Fat	1	Milk, Potato, Corn, Tomato, Garlic, Onion, Molasses, Caramel color, Sunflower oil, Yeast	180	27g	2g	3g	1g	3g	190mg	7g	1g	0mg	None
Chips, Jalapeno Cheddar, Reduced Fat	1	Milk, Potato, Corn, Jalapeno Pepper, Paprika, Onion, Sunflower Oil, Yeast	180	27g	2g	2g	2g	3g	160mg	7g	1g	0mg	None
Chips, Salt & Vinegar, Reduced Fat	1	Sunflower Oil, Yeast, Potato, Corn	180	28g	2g	2g	1g	3g	180mg	7g	1g	0mg	None
Chocolate Scooby Doo Grahams*	1	Wheat, Soy, Cocoa, Artificial Flavor	120	21g	1g	8g	8g	2g	95mg	4g	1g	0mg	1 grain
Chocolate Tiger Bites*	1	Wheat, Soy, Cocoa, Molasses	120	20g	2g	7g	7g	2g	125mg	4g	1g	0mg	1 grain
Cinnamon Tiger Bites or Scooby Doo Grahams*	1	Wheat, Honey, Soy, Cinnamon	120	21g	1g	8g	8g	2g	105-115 mg	3.5g	1g	0mg	1 grain
Cookie, Blueberry Lemon*	1	Wheat, Soy, Milk, Blueberry, Fruit and Vegetable Juice for Color, Corn, Apple	120	21g	2g	7g	7g	2g	60mg	3.5g	<1g	0mg	1 grain
Cookie, Carnival (Grades 6-12 only)	1	Egg, Milk, Soy, Wheat, Chocolate, Blue#2, Yellow#6 Lake, Yellow#5, Red#40, Blue#1, Yellow#6, Corn, Molasses, Artificial Flavor (unspecified), may contain Peanuts, Tree Nuts, Coconut	170	27g	2g	13g	NA	2g	130mg	6g	1.5g	10mg	1 grain
Cookie, Choc Chip (Grades 6-12 only)	1	Egg, Milk, Soy, Wheat, Molasses, Corn, Chocolate, Artificial Flavor (unspecified), may contain Peanuts, Tree Nuts, Coconut	160	28g	2g	13g	NA	2g	105mg	5g	1.5g	10mg	1 grain
Cookie, Sugar (Grades 6-12 only)	1	Egg, Milk, Soy, Wheat, Molasses, Corn, Oat, Turmeric, Artificial Flavor (unspecified), may contain Peanuts, Tree Nuts, Coconut	160	27g	2g	13g	NA	2g	115mg	5g	1.5g	15mg	1 grain
Doritos, Tortilla Cool Ranch, Reduced Fat *	1	Milk, Corn, Soy, Tomato, Garlic, MSG, FD&C Red #40, FD&C Blue #1, FD&C Yellow #5	130	20g	2g	0g	0g	2g	150mg	5g	<1g	0mg	1.5 grain
Doritos, Tortilla Flamas, Reduced Fat *	1	Milk, Corn, Garlic, Onion, MSG, FD&C Red #40, FD&C Yellow #5, Yeast, Sunflower	130	20g	2g	0g	0g	2g	150mg	5g	<1g	0mg	1.5 grain
Doritos, Tortilla Nacho Cheese, Reduced Fat *	1	Corn, Milk, Soy, MSG, Tomato, FD&C Red #40, FD&C Yellow #6, FD&C Yellow #5, Garlic	130	20g	2g	0g	0g	2g	200mg	5g	<1g	0mg	1.5 grain
Doritos, Tortilla Spicy Sweet Chili, Reduced Fat*	1	Corn, Soy, MSG, Garlic, Caramel color	130	20g	2g	<1g	0g	2g	200mg	5g	<1g	0mg	1.5 grain
Doritos, Tortilla Tangy Golden Sriracha, Reduced Fat *	1	Milk, Corn, Garlic, Onion, MSG, Artificial Flavor, Yeast, Molasses, Paprika, Red/Green Bell Pepper, Turmeric	130	19g	2g	0g	0g	2g	140mg	5g	<1g	0mg	1.5 grain
Funyuns	1	Corn, Garlic, Milk, MSG, Onion, Sunflower	100	14g	0	0	0	2g	125mg	3.5g	<1g	0mg	1 grain
Fruit Roll Up, Crazy Colors	1	Apple, Corn, Vegetable Juice for Color, Pear, Fruit Juice for Color	50	11g	2g	4g	4g	0g	55mg	1g	<1g	0mg	
Fruit Smoothie Bowl	1	Banana, Strawberry, Pineapple, Mango	100-120	25-30g	0g	18-25g	9-10g	1g	0mg	0mg	0mg	0mg	1/2 cup fruit
Luigi's Sours Sorbet, Watermelon	1	Apple, Natural Flavor, Legume, Vegetable Fiber (Inulin), Beet (for color)	70	20g	3g	15g	0g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Rice Crisp, Apple Cinnamon	1	Rice, Corn, Cinnamon, Soy	100	23g	<1g	7g	7g	1g	70mg	<1g	0g	0mg	None
Soft Pretzel	1	Wheat, Barley, Yeast, Corn	150	30g	3g	1g	1g	5g	140mg	<1g	0g	0mg	2 grain

Cheese Dipping Sauce	1	Milk, Tomato, Green Chili, Corn, Paprika, Cilantro, Onion, Garlic, Jalapeno Pepper	122	1g	0g	0g	0g	7g	217mg	10g	5.5g	29mg	1 meat
Special Diet Order	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
Amazing Chickpea Apple Cinnamon Spread	2	Legume, Sunflower, Corn	340	30g	4g	10g	6g	10g	130mg	20g	0g	0mg	2 meat
Bagel, plain, gluten-free	1	Egg, Rice, Corn, Potato, Yeast, Pea	300	47g	2g	6g	5g	8g	520mg	9g	1g	0mg	3 grain
Banana, strained/ 2nd foods	1	Banana	100	24g	1g	20g	0g	1g	5mg	0g	0g	0mg	1/2 cup fruit
Carrots, strained/2nd foods	1	Carrot	40	9g	1g	6g	0g	<1g	40mg	0g	n/a	n/a	1/2 cup vegetable
Fruit Smoothie Bowl	1	Banana, Strawberry, Pineapple, Mango	100-120	25-30g	0g	18-25g	9-10g	1g	0mg	0mg	0mg	0mg	1/2 cup fruit
Green Beans, strained/2nd foods	1	None	40	6g	2g	3g	0g	1g	5mg	0g	n/a	n/a	1/2 cup vegetable
Hamburger Bun, gluten-free	1	Egg, Rice, Corn, Potato, Yeast, Legume	240	44g	6g	6g	6g	5g	440mg	5g	<1g	0mg	3 grain
Hot Dog Bun, gluten-free	1	Egg, Rice, Corn, Potato, Yeast, Legume	190	35g	5g	5g	4g	4g	350mg	5g	<1g	0mg	2 grain
Milk, Silk, almond	8 oz.	Almond, Legume	80	13g	0g	12g	12g	1g	170mg	2.5g	0g	0mg	1 milk
Milk, non-fat, lactose free, white	8 oz.	Milk (lactose free)	90	13g	0g	12g	0g	9g	130mg	0g	0g	5mg	1 milk
Milk, soy, Silk, vanilla	8 oz.	Soy	150	13g	2g	15g	14g	8g	80mg	4.5g	<1g	0mg	1 milk
Muffin, gluten free, blueberry	1	Blueberry, Potato, Corn, Egg, Lemon, Rice, Sunflower	270	39g	1g	22g	20g	3g	250mg	9g	2.5g	60mg	0.5 meat; 1.25 grain
Muffin, gluten free, chocolate	1	Chocolate, Cocoa, Corn, Egg, Lemon, Rice, Sunflower	280	40g	2g	25g	25g	3g	240mg	12g	4.5g	55mg	0.5 meat; 1.25 grain
Oven Roasted Chicken Bites	1	Onion, Garlic, Yeast, Corn, Paprika, Citrus	100	2g	0g	1g	1g	17g	55mg	2g	0g	55mg	2 meat
Peaches, strained/2nd foods	1	Peach	70	14g	1g	13g	0g	1g	0mg	0g	n/a	n/a	1/2 cup fruit
Pears, strained/2nd foods	1	Pear	70	17g	3g	12g	0g	0g	5mg	0g	n/a	n/a	1/2 cup fruit
Peas, green, frozen	1/2 cup	Peas	60	10g	3g	3g	0g	4g	0mg	0g	0g	0mg	1/2 cup vegetable
Peas, strained/2nd foods	1	Peas	50	7g	2g	2g	0g	0g	5mg	0g	n/a	n/a	1/2 cup vegetable
Squash, strained/2nd foods	1	Squash	40	8g	1g	4g	0g	0g	5mg	0g	n/a	n/a	1/2 cup vegetable

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 - United States Department of Agriculture school component(s) measured by the amount and kind of food per serving.

USDA is an equal opportunity provider, employer, and lender.

Office of Food Services
J. Marcum RDN/LD
Phone: (614) 365-5318

