

| COLUMBUS CITY SCHOOL DISTRICT MENUS SY 2021-22 | | | | SS = FOR MS, HS AND SCHOOLS WITH GRADES preK-8 ONLY ES = FOR ELEMENTARY SCHOOLS ONLY | | | | | | | | | |
|--|-------------|--|----------|--|-------|-------|---------|----------|-----------|---------|-------------|--------------------|--|
| revised 11/19/2021 *menu subject to change | | | | | | | | | | | | | |
| Breakfast | | | | | | | | | | | | | |
| Bagel/Grape Jelly | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components | |
| Bagel, mini strawberry creamy cheese, ES | 2.4 oz. | Wheat, Barley, Milk, Corn, Strawberry, Legume | 230 | 42g | 2g | 13g | 6g | 190mg | 6g | 2g | 10mg | 2 grain | |
| Bagel, whole grain, blueberry SS | 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 SS | 2.2 oz. | Wheat, Barley, Molasses, Corn, Raisins, Cinnamon, Honey | 160 | 35g | 3g | 7g | 6g | 260mg | <1g | 0g | 0mg | 2 grain | |
| Bagel, whole grain, ES | 1.9 oz. | Wheat, Barley, Honey, Molasses, Corn, Yeast | 130 | 26g | 2g | 3g | 5g | 250mg | 0.5g | 0g | 0mg | 2 grain | |
| Bagel, whole grain, plain SS | 2.2 oz. | Wheat, Barley, Molasses, Corn, Honey | 160 | 34g | 4g | 4g | 5g | 280mg | <1g | 0g | 0mg | 2.5 grain | |
| Grape Jelly, pc | 1 | Grape | 35 | 9g | 0g | 8g | 0g | 5mg | 0g | 0g | 0mg | None | |
| Cereals, reduced sugar | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components | |
| Cereal, Apple Jacks | 1 | Wheat, Oats, Corn, Apple, Cinnamon | 110 | 24g | 2g | 8g | 2g | 160mg | 1g | <1g | 0mg | 1 grain | |
| Cereal, Cheerios, gluten-free | 1 | Oats, Corn starch | 100 | 20g | 3g | 1g | 3g | 140mg | 2g | 0g | 0mg | 1 grain | |
| Cereal, Cinnamon Toast Crunch | 1 | Wheat, Soy, Cinnamon, Rice, Caramel Color | 110 | 22g | 3g | 6g | 1g | 160mg | 3g | <1g | 0mg | 1 grain | |
| Cereal, Froot Loops | 1 | Wheat, Oats, Corn, may contain coconut oil | 110 | 24g | 2g | 8g | 2g | 160mg | 1g | <1g | 0mg | 1 grain | |
| Cereal, Golden Grahams | 1 | Wheat, Corn, Rice | 100 | 24g | 1g | 8g | 1g | 220mg | 1g | 0g | 0mg | 1 grain | |
| Cereal, Honey Nut Cheerios, gluten-free (MS/HS only) | 1 | Oat, Corn, Almond, Honey, Rice | 110 | 22g | 2g | 9g | 2g | 160mg | 1.5g | 0g | 0mg | 1 grain | |
| Cereal, Rice Chex, gluten-free | 1 | Molasses, Rice | 100 | 24g | 1g | 2g | 2g | 250mg | 0g | 0g | 0mg | 1 grain | |
| Cereal, Trix | 1 | Corn, Rice, Turmeric, Fruit/Vegetable Juice (unspecified) | 110 | 24g | 1g | 7g | 1g | 140mg | 1.5g | 0g | 0mg | 1 grain | |
| Granola, cinnamon, gluten-free | 1 oz. | Gluten-free oats, Apple, Cinnamon | 110 | 15g | 2g | 4g | 2g | 60mg | 4g | 0g | 0mg | 1 grain | |
| Cinnamon Roll/Bar | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components | |
| Cinnabar SS | 2.9 oz. | Soy, Wheat, Barley, Corn, Cinnamon, Orange | 280 | 45g | 4g | 15g | 5g | 260mg | 9g | 2g | 0mg | 2 grain | |
| Cinnamon Roll SS | 2.7 oz. | Milk, Egg, Wheat, Soy, Barley, Corn, Yeast, Cinnamon, Date | 260 | 36g | 3g | 10g | 6g | 300mg | 12g | 5g | 0mg | 2 grain | |
| Cinnamon Toast Crunch Bar | 2.36 oz. | Wheat, Milk, Legume, Cinnamon, Corn | 250 | 40g | 2g | 14g | 6g | 280mg | 8g | 3g | 5mg | 2 grain | |
| Mini Cinnis ES | 2.29 oz. | Wheat, Milk, Barley, Cinnamon, Corn | 240 | 39g | 2g | 15g | 5g | 270mg | 7g | 1.5g | 0mg | 2 grain | |
| Cheese | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components | |
| Cheese stick, cheddar | 1 oz. | Milk | 110 | 1g | 0g | 0g | 7g | 180mg | 9g | 6g | 30mg | 1 meat | |
| Cheese stick, marble (Colby/Monterey jack) | 1 oz. | Milk | 110 | 1g | 0g | 0g | 7g | 170mg | 9g | 5g | 30mg | 1 meat | |
| Cheese stick, mozzarella string, light | 1 oz. | Milk | 60 | 1g | 0g | 1g | 7g | 200mg | 3g | 2g | 10mg | 1 meat | |
| Cream Cheese SS | 1 oz. | Milk | 100 | 2g | 0g | 1g | 2g | 100mg | 9g | 6g | 30mg | None | |
| Egg | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components | |
| Egg and Cheese Croissant SS | 1 | | 275 | 29g | 3g | 4g | 17g | 530mg | 14g | 6g | 93mg | 1.25 meat; 2 grain | |
| Egg patty, precooked, | 1 | Egg, Milk | 45 | 1g | 0g | 0g | 3g | 90mg | 3.5g | 1g | 75mg | 0.75 meat | |
| American cheese, yellow | 0.5 oz. | Milk, Soy | 50 | 1g | 0g | <1g | 3g | 220mg | 5g | 3g | 13mg | 0.5 meat | |
| Croissant, whole grain | 2.2 oz. | Wheat, Malted Barley, Soy, Egg, Milk, Yeast | 180 | 27g | 3g | 3g | 11g | 220mg | 6g | 2.5g | 5mg | 2 grain | |
| Egg & Cheese on English Muffin ES | 3.29 oz. | Egg, Milk, Soy, Wheat, Corn, Date | 204 | 24g | 2g | 1g | 9g | 390mg | 8g | 3.5g | 75mg | 1 meat; 2 grain | |
| Egg, hard boiled, peeled SS | 1 | Egg | 70-80 | 1g | 0g | 1g | 6g | 55-60 mg | 5g | 1.5g | 170-185mg | 1.5-1.75 meat | |
| French Toast/Fruitel | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components | |
| French Toast Sticks SS | 3 | Wheat, Barley, Egg, Corn, Soy, Milk, Cinnamon | 360 | 57g | 3g | 15g | 9g | 390mg | 11g | 1.5g | 5mg | 3 grain | |
| French Toast, Mini Cinnamon ES | 2.6 oz. | Wheat, Soy, Milk, Egg, Cinnamon, Molasses | 220 | 37g | 2g | 11g | 4g | 200mg | 7g | 1g | 0mg | 2 grain | |
| Fruitel, Apple SS | 2.29 oz. | Wheat, Barley, Apple, Corn, Molasses, Milk, Legume | 210 | 36g | 2g | 11g | 5g | 280mg | 6g | 2g | 0mg | 2 grain | |
| Fruitel, Cherry SS | 2.29 oz. | Wheat, Barley, Legume, Corn, Milk | 210 | 37g | 2g | 11g | 5g | 290mg | 6g | 1.5g | 0mg | 2 grain | |
| Fruit | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components | |
| Apple, raw , medium | 1 | Apple | 116 | 21g | 4g | n/a | <1g | 1mg | 0g | 0g | 0mg | 1 cup fruit | |
| Applesauce, sweetened | 1/2 cup | Apple, Corn Syrup | 90 | 22g | 2g | 18g | 0g | 10mg | 0g | 0g | 0mg | 1/2 cup fruit | |
| Applesauce, unsweetened | 4.5 oz. cup | Apple | 60 | 16g | 2g | 12g | 0g | 25mg | 0g | 0g | 0mg | 1/2 cup fruit | |
| Banana, raw | 1 | Banana | 109 | 28g | 3g | n/a | 1g | 1mg | 0g | 0g | 0mg | 1/2 cup fruit | |
| Blueberries, unsweetened, USDA SS | 1/2 cup | Blueberry | 40 | 10g | 2g | 7g | 0g | 1mg | 1g | 0g | 0mg | 1/2 cup fruit | |
| Clementine, whole | 2 | Citrus | 35 | 9g | 1g | 7g | <1g | 1 mg | 0g | 0g | 0mg | 1/2 cup fruit | |
| Craisins, orange, original, strawberry, raspberry | 1.16 oz. | Cranberry, Elderberry, Sunflower oil | 110 | 27-28g | 2-3g | 24g | 0g | 0mg | 0g | 0g | 0mg | 1/2 cup fruit | |
| Honeydew melon | 1/2 cup | Melon | 31 | 8g | <1g | n/a | <1g | 9mg | 0g | 0g | 0mg | 1/2 cup fruit | |
| Oranges, mandarin, canned | 1/2 cup | Citrus | 64 | 15g | <1g | 12g | 0g | 8mg | 0g | 0g | 0mg | 1/2 cup fruit | |
| Oranges, raw, medium | 1 | Citrus | 62 | 15g | 3g | n/a | 1g | 0mg | 0g | 0g | 0mg | 1/2 cup fruit | |
| Peaches, sliced , light syrup | 1/2 cup | Peach, Corn Syrup | 70 | 17g | 0g | 13g | 0g | 10mg | 0g | 0g | 0mg | 1/2 cup fruit | |
| Pears, diced, light syrup | 1/2 cup | Pear | 62 | 16g | 2g | 12g | 0g | 5mg | 0g | 0g | 0mg | 1/2 cup fruit | |
| Pear, raw, medium | 1 | Pear | 98 | 25g | 4g | n/a | <1g | 0mg | <1g | 0g | 0mg | 1/2 cup fruit | |
| Pineapple Tidbits in juice | 1/2 cup | Pineapple | 40 | 10g | 1g | 9g | 0g | 5mg | 0g | 0g | 0mg | 1/2 cup fruit | |
| Plum | 1 | Plum | 36 | 9g | 1g | 0g | <1g | 114mg | 0g | 0g | 0mg | 1/2 cup fruit | |
| Raisins | 1.5 oz. | Grape | 130 | 31g | 2g | 28g | 1g | 10mg | 0g | 0g | 0mg | 1/2 cup fruit | |
| Strawberries, cup, frozen, USDA | 4.5 oz. | Strawberry | 80 | 21g | 2g | 16g | 0g | 1mg | 0g | 0g | 0mg | 1/2 cup fruit | |
| Strawberries, whole, fresh | 1/2 cup | Strawberry | 39 | 10g | 2g | 5g | 0g | 2mg | 0g | 0g | 0mg | 1/2 cup fruit | |
| Graham Cracker | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components | |
| Cinnamon Tiger Bites | 1 oz. | Wheat, Honey, Soy, Cinnamon | 120 | 21g | 1g | 8g | 2g | 105mg | 3.5g | 1g | 0mg | 1 grain | |

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|---|----------------|--|-----------------|------------|--------------|--------------|----------------|---------------|------------------|----------------|--------------------|--|
| Goldfish Giant Grahams | 0.9 oz. | Wheat, Cinnamon, Corn | 120 | 19g | 1g | 7g | 1g | 140mg | 4g | 1g | 0mg | 1 grain |
| 100% Juice | Portion | 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 | 1/2 cup fruit |
| Orange Juice | 4 oz. | Citrus | 60 | 14g | 1g | n/a | 1g | 12mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Milk | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| White Milk, 1% | 8 oz. | Milk | 110 | 12g | 0 g | 12g | 8g | 125mg | 2.5g | 1.5g | 15mg | 1 milk |
| Chocolate Milk, Skim | 8 oz. | Milk, Corn Cocoa | 120 | 22 g | 0 g | 21g | 8 g | 240mg | 0g | 0g | 5 mg | 1 milk |
| Muffins SS | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Muffin, Apple Cinnamon | 2 oz. | Milk, Wheat, Egg, Oats, Soy, Corn, Apple, Cinnamon, Turmeric, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume | 160 | 27g | 1g | 13g | 3g | 100mg | 5g | <1g | 25mg | 1 grain |
| Muffin, Blueberry | 2 oz. | Milk, Wheat, Egg, Blueberry, Soy, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume | 160 | 26g | 1g | 14g | 3g | 95mg | 5g | <1g | 20mg | 1 grain |
| Mini Loaf, Chocolate Chip SS | 2 oz. | Wheat, Barley, Soy, Egg, Chocolate, Corn, Honey, Legume, Cinnamon | 160 | 27g | 1g | 16g | 3g | 140mg | 5g | 1g | 0mg | 1 grain |
| Muffin, Chocolate Chip | 2 oz. | Wheat, Soy, Milk, Egg, Chocolate, Turmeric, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume | 170 | 29g | 1g | 15g | 3g | 100mg | 5g | 1g | 20mg | 1 grain |
| Pancakes/Pancake Syrup | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| 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. | 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. | Wheat, Egg, Milk, Rice, Corn, Grape Juice, Potato, Beet Juice | 220 | 40g | 3g | 14g | 4g | 260mg | 6g | <1g | 0mg | 2 grain |
| Syrup, Pancake SS | 2 oz. | Corn | 135 | 36g | 0g | 12g | 0g | 90mg | 0g | 0g | 0mg | None |
| Sunflower Seeds SS | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Sunflower Seeds, honey roasted (grades K-12 only) | 1.2 oz. | Sunflower, Honey | 150 | 11g | 3g | 5g | 6g | 65mg | 15g | 2g | 0mg | 1 meat |
| Turkey | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Turkey Canadian Bacon/Egg/Cheese Croissant SS | 1 | | 300 | 29g | 3g | 5g | 14g | 660mg | 16g | 7g | 108mg | 1.75 meat; 2 grain |
| Turkey Canadian Bacon fully cooked | 0.76 oz. | Sodium Nitrite | 25 | 0g | 0g | 0g | 3.5g | 130mg | 1.3g | <1g | 15mg | 0.5 meat |
| Egg patty, precooked, | 1 | Egg, Milk | 45 | 0g | 0g | 0g | 3g | 90mg | 3.5g | 1g | 75mg | 0.75 meat |
| American cheese, yellow | 0.5 oz. | Milk, Soy | 50 | 1g | 0g | <1g | 3g | 220mg | 5g | 3g | 13mg | 0.5 meat |
| Croissant, whole grain | 2.2 oz. | Wheat, Malted Barley, Soy, Egg, Milk, Yeast | 180 | 27g | 3g | 3g | 5g | 220mg | 6g | 2.5g | 5mg | 2 grain |
| Turkey Sausage & Cheese on Biscuit SS | 1 | | 310 | 29g | 0g | 2g | 13g | 800mg | 17g | 11g | 43mg | 1.5 meat; 2 grain |
| Turkey Sausage, fully cooked | 1.17 oz. | Rice, Yeast, Red Pepper | 60 | 1g | 0g | 0g | 6g | 170mg | 3g | 1g | 30mg | 1 meat |
| American cheese, yellow | 0.5 oz. | Milk, Soy | 50 | 1g | 0g | <1g | 3g | 220mg | 5g | 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 Breakfast Pizza SS | 3.2 oz. | Wheat, Barley, Yeast, Tomato, Onion, Garlic, Soy, Milk, Corn, Beet | 240 | 31g | 3g | 4g | 11g | 340mg | 8g | 2.5g | 15mg | 1 meat; 1.75 grain |
| Turkey Sausage Pancake Wrap ES | 2.85 oz. | Wheat, Egg, Soy, Corn, Caramel Color, Sodium Nitrite | 200 | 17g | 3g | 4g | 7g | 310mg | 10g | 2.5g | 25mg | 1 meat; 1 grain |
| Turkey Sausage/Egg on Pancake SS | 1 | | 265 | 32g | 0g | 10g | 13g | 450mg | 10g | 2g | 105mg | 1.75 meat; 2 grain |
| Turkey Sausage, fully cooked | 1.17 oz. | Rice, Yeast, Red Pepper | 60 | 1g | 0g | 0g | 6g | 170mg | 3g | 1g | 30mg | 1 meat |
| Egg patty, precooked, | 1 | Egg, Milk | 45 | 1g | 0g | 0g | 3g | 90mg | 3.5g | 1g | 75mg | 0.75 meat |
| Pancake, buttermilk, whole grain | 2 | Wheat, Milk, Egg, Soy | 160 | 30g | 0g | 10g | 4g | 190mg | 3g | 0g | 0mg | 2 grain |
| Turkey Sausage/Egg on Waffle SS | 1 | | 285 | 31g | 2g | 5g | 13g | 460mg | 13g | 3.5g | 110mg | 1.75 meat; 2 grain |
| Turkey Sausage, fully cooked | 1.17 oz. | Rice, Yeast, Red Pepper | 60 | 1g | 0g | 0g | 6g | 170mg | 3g | 1g | 30mg | 1 meat |
| Egg patty, precooked, | 1 | Egg, Milk | 45 | 1g | 0g | 0g | 3g | 90mg | 3.5g | 1g | 75mg | 0.75 meat |
| Waffle, Eggoji SS | 2 | Egg, Milk, Wheat, Soy, Cinnamon | 180 | 29g | 2g | 5g | 4g | 300mg | 6g | 1.5g | 5mg | 2 grain |
| Waffle | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Waffle, Blueberry ES | 2.4 oz. | Egg, Milk, Wheat, Soy, Corn, Rice | 210 | 36g | 3g | 10g | 4g | 170mg | 6g | 1g | <5mg | 2 grain |
| Waffle, Eggoji SS | 2 | Egg, Milk, Wheat, Soy, Cinnamon | 180 | 29g | 2g | 5g | 4g | 300mg | 6g | 1.5g | 5mg | 2 grain |
| Yogurt | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Yogurt, strawberry | 4 oz. | Milk, Corn, Strawberry, unspecified Fruit Juice and Vegetable Juice (for color), Lemon, Legume | 70 | 14g | 0g | 10g | 4g | 65mg | 0g | 0g | 5mg | 1 meat |
| Yogurt, strawberry banana | 4 oz. | Milk, Corn, Strawberry, Banana, unspecified Fruit Juice and Vegetable Juice (for color), Raspberry, Lemon, Legume | 70 | 14g | 0g | 10g | 4g | 60mg | 0g | 0g | <5mg | 1 meat |
| Yogurt, vanilla, nonfat | 4 oz. | Milk, Corn, Lemon, Legume | 70 | 14g | 0g | 10g | 4g | 60mg | 0g | 0g | 5mg | 1 meat |
| Lunch | | | | | | | | | | | | |
| Bean | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Bean Dip, Cheese Stick, and Tortilla Strips ES | 1 | | 352 | 36g | 6g | 0g | 11g | 435-445 mg | 19g | 6-7g | 30mg | 2 meat; 1.25 grain |
| Bean Dip | 3 oz. | Legume, Garlic, Hot peppers, Onion | 80 | 12g | 4g | 0g | 3g | 190mg | 1.5g | 0g | 0mg | 1 meat |
| Cheese stick, cheddar or marble (Colby/Monterey Jack) | 1 oz. | Milk | 110 | 1g | 0g | 0g | 7g | 170-180mg | 9g | 5-6g | 30mg | 1 meat |
| Tortilla strips | 1.5 oz. | Corn | 162 | 23g | 2g | 0g | 1g | 75mg | 8g | 1g | 0mg | 1.25 grain |
| Blazin' Buffalo Wrap SS | 1 | | 452 | 49g | 7g | 2g | 17g | 885mg | 19g | 2.5g | 0mg | 2 meat; 2.25 grain; 3/8 cup vegetable |
| Chickenless tenders with toppings | 4 | Wheat, Soy, Onion, Rice, Oat, Egg, Peppers, Celery Seed, Sunflower Oil, Potato, Corn | 272 | 20g | 4g | 0g | 12g | 665mg | 14g | 2g | 0mg | 2 meat; 3/8 cup vegetable |
| Tortilla, wheat, 10-inch | 1 | Wheat | 180 | 29g | 3g | 2g | 5g | 220mg | 4.5g | <1g | 0mg | 2.25 grain |
| Cheese and Bean Burrito ES | 1 | 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 |

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| Cheese and Bean Enchilada SS | 1 | | 329 | 42g | n/a | 4g | 16g | 701mg | 9g | 4.5g | 13mg | 2 meat; 2 grain; 1/8 cup 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 |
| Enchilada Sauce | 1 oz. | Tomato, Chili powder, Garlic, Corn, Onion | 10 | 2g | n/a | 0g | 0g | 105mg | 0g | 0mg | 0mg | 1/8 cup vegetable |
| Cheddar cheese, shredded, mild | 1 tsp. | Milk, Corn, Potato | 9 | 0g | 0g | 0g | <1g | 16mg | <1g | 0.5g | 2.5mg | None |
| Chik'N Parmesan Sub SS | 1 | | 435 | 55g | 6g | 11g | 23g | 790mg | 14g | 4g | 8mg | 2.25 meat; 1/4 c. vegetable; 2 grain |
| Veggie nuggets, lightly breaded | 4 | Wheat, barley, soy, onion, potato, garlic, corn, spices (not specified) | 200 | 20g | 3g | 2g | 12g | 370mg | 9g | 2g | 0mg | 1.75 meat |
| Mozzarella Cheese, shredded | 0.5 oz. | Milk, Potato | 45 | <1g | 0g | <1g | 4g | 90mg | 3g | 2g | 8mg | 0.5 meat |
| Spaghetti Sauce | 2 oz. | Tomato, Onion, Garlic | 30 | 6g | 1g | 4g | 1g | 70mg | <1g | 0g | 0mg | 1/4 cup vegetable |
| Hoagie Bun, Whole Grain, 5" | 1 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 160 | 28g | 2g | 4g | 6g | 260mg | 2g | 0g | 0mg | 2 grain |
| Dynomite Dippers ES | 5 | Wheat, barley, soy, onion, potato, garlic, corn, spices (not specified) | 250 | 25g | 4g | 3g | 16g | 463mg | 11g | 2g | 0mg | 2 meat |
| Fiesta Rice & Tortilla Chips SS | 1 | | 394 | 56g | 7g | 1g | 16g | 482mg | 11g | 3g | 13mg | 2 meat; 2 grain; 1/4 cup vegetable |
| Fiesta Rice | 6 oz. | Rice, Wheat, Soy, Yeast, Onion, Carrot, Garlic, Tomato, Legume, Milk | 263 | 35g | 4g | 1g | 14g | 412mg | 6g | 2g | 13mg | 2 meat; 1 grain, 1/4 cup vegetable |
| Tortilla chips, yellow corn round | 1 oz. | Corn | 131 | 21g | 3g | 0g | 2g | 70mg | 5g | 1g | 0mg | 1 grain |
| Mighty Nachos SS | 1 | Wheat, Garlic, Corn, Soy, Milk, Green Chilies, Coconut Oil, Jalapeno Pepper, Onion, Garlic, Legume, Tomato | 425 | 50g | 10g | 5g | 24g | 986mg | 18g | 4g | 15mg | 2.75 meat; 1.5 grain; 1/4 cup vegetable |
| Oriental Stir Fry over Rice SS | 1 | Soy, Ginger, Garlic, Onion, Corn, Carrot, Onion, Rice | 369 | 54g | n/a | n/a | 16g | 369mg | 6g | 0g | 0mg | 2 meat; 2 grain; 1/4 cup vegetable |
| Veggie Pasta Bake SS | 1 | Tomato, Garlic, Wheat, Legume, Milk, Egg, Soy, Carrot, Onion | 231 | 41g | 11g | 6g | 19g | 577mg | 4g | 0g | 0mg | 2 meat; 1 grain; 1/2 cup vegetable |
| Veggie Burger on Bun SS | 1 | | 300 | 39g | 8g | 5g | 22g | 810mg | 9g | 1g | <5mg | 2 meat; 2 grain |
| Garden Veggie patty | 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 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 140 | 25g | 2g | 3g | 5g | 230mg | 2g | 0g | 0mg | 2 grain |
| Veggie Burger with BBQ on Bun SS | 1 | | 317 | 44g | 8g | 6g | 22g | 1005mg | 9g | 1g | <5mg | 2 meat; 2 grain |
| Garden Veggie patty | 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 |
| BBQ sauce | 1 T. | Tomato, Corn, Garlic, Soy, Wheat, Turmeric, Onion | 17 | 5g | <1g | <1g | 0g | 195mg | 0g | 0g | 0mg | None |
| Bun, Hamburger, whole grain, 4" | 1 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 140 | 25g | 2g | 3g | 5g | 230mg | 2g | 0g | 0mg | 2 grain |
| Veggie Burger with Cheese on Bun SS | 1 | | 350 | 40g | 8g | 6g | 25g | 1030mg | 14g | 4g | 13mg | 2.5 meat; 2 grain |
| Garden Veggie patty | 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 | 50 | 1g | 0g | <1g | 3g | 220mg | 5g | 3g | 13mg | 0.5 meat |
| Bun, Hamburger, whole grain, 4" | 1 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 140 | 25g | 2g | 3g | 5g | 230mg | 2g | 0g | 0mg | 2 grain |
| Veggie Burger with Queso Cheese on Bun SS | 1 | | 359 | 40g | 8g | 5g | 26g | 1026mg | 13g | 4g | 15mg | 2.5 meat; 2 grain |
| Garden Veggie patty | 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, Tomatillos, Chiles, Coconut Oil, Sunflower, Jalapeno, Cilantro, Onion, Garlic | 59 | 1g | 0g | 0g | 4g | 216mg | 4g | 3g | 15mg | 0.5 meat |
| Bun, Hamburger, whole grain, 4" | 1 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 140 | 25g | 2g | 3g | 5g | 230mg | 2g | 0g | 0mg | 2 grain |
| Beef | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| BBQ Beef Rib Sub SS | 1 | | 347 | 40g | 3g | 14g | 19g | 757mg | 11g | 3.5g | 25mg | 2 meat; 2 grain |
| Chopped beef rib patty/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 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 160 | 28g | 2g | 4g | 6g | 260mg | 2g | 0g | 0mg | 2 grain |
| Beef, BBQ, dried 0.5 oz. stick ES | 2 | Beef, Maple, Molasses, Onion, Garlic, Paprika, Sodium Nitrite | 70 | 2g | 0g | 2g | 8g | 190mg | 2g | 3g | 20mg | 1 meat |
| Cheeseburger Meatloaf on Bun ES | 1 | | 330 | 33g | 3g | 8g | 16g | 620mg | 14g | 6g | 40mg | 2 meat; 2 grain |
| Cheeseburger Meatloaf | 2.9 oz. | Milk, Wheat, Tomato, Turmeric, Corn, Onion, Garlic | 190 | 8g | 1g | 5g | 11g | 390mg | 12g | 6g | 40mg | 2 meat |
| Bun, Hamburger, whole grain, 4" | 1 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 140 | 25g | 2g | 3g | 5g | 230mg | 2g | 0g | 0mg | 2 grain |
| Chili with Tortilla Chips SS | 1 | | 385 | 44g | 11g | 11g | 20g | 502mg | 14g | 5g | 35mg | 2.25 meat; 0.75 vegetable; 1 grain |
| Chili | 6 oz. | Beef, Garlic, Tomato, Legume, Soy, Caramel color, Onion, Chili powder | 226 | 23g | 8g | 11g | 16g | 384mg | 7g | 2.5g | 27mg | 2.25 meat; 0.75 vegetable |
| Cheddar cheese, shredded | 1 Tablespoon | Milk, Corn | 28 | 0g | 0g | 0g | 2g | 48mg | 2g | 2g | 8mg | none |
| Tortilla chips, yellow corn round | 1 oz. | Corn | 131 | 21g | 3g | 0g | 2g | 70mg | 5g | 1g | 0mg | 1 grain |
| Fiesta Nachos SS | 1 | | 405 | 37g | 5g | 1g | 19g | 736mg | 21g | 10g | 56mg | 2 meat; 1.5 grain; 1/16 cup vegetable |
| Beef Taco Meat | 1.6 oz. | Garlic, Corn, Soy, Chili Pepper, Tomato, Caramel Color | 55 | 2g | 1g | 1g | 6g | 195mg | 3g | 1g | 18mg | 1 meat; 1/16 cup vegetable |
| Cheddar/Queso cheese sauce | 2 oz. | Milk, Soy, Tomato, Coconut oil, Jalapeno, Green Chiles, Onion, Garlic, Corn, Potato | 146 | 3g | 0g | 0g | 9g | 432mg | 11g | 7g | 38mg | 1 meat |
| Tortilla chips, yellow corn round | 1.5 oz. | Corn | 204 | 32g | 4g | 0g | 4g | 109mg | 7g | 2g | 0mg | 1.5 grain |
| Hamburger on Bun ES | 1 | | 240 | 25g | 2g | 3g | 13g | 310mg | 9g | 2.5g | 30mg | 1.5 meat; 2 grain |
| Beef patty, fully cooked | 1.6 oz. | None | 100 | 0g | 0g | 0g | 8g | 80mg | 7g | 2.5g | 30mg | 1.5 meat |
| Bun, Hamburger, whole grain, 4" | 1 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 140 | 25g | 2g | 3g | 5g | 230mg | 2g | 0g | 0mg | 2 grain |
| Hamburger on Bun SS | 1 | | 306 | 26g | 3g | 3g | 17g | 486mg | 14g | 5g | 49mg | 2 meat; 2 grain |

| | | | | | | | | | | | | |
|---|------------------|--|-----------------|------------|--------------|--------------|----------------|---------------|------------------|----------------|--------------------|---|
| Beef Patty, fully cooked | 2.45 oz. | Citrus flour, Caramel Color | 166 | 1g | 1g | 0g | 12g | 256mg | 12g | 5g | 49mg | 2 meat |
| Browning Sauce | | Carrot, Celery, Onion, Parsnips, Turnips, Caramel Color | | | | | | | | | | None |
| Bun, Hamburger, whole grain, 4" | 1 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 140 | 25g | 2g | 3g | 5g | 230mg | 2g | 0g | 0mg | 2 grain |
| Lasagna SS | 6 oz. | Soy, Garlic, Onion, Wheat, Tomato, Milk, Caramel color, Potato | 318 | 29g | 4g | 6g | 19g | 308mg | 15g | 6g | 48mg | 2 meat; 1 grain; 1/4 cup vegetable |
| Salisbury Steak/Gravy & Potato ES | 1 | | 280 | 24g | 3g | 1g | 18g | 635mg | 12g | 4g | 43mg | 2 meat; 1/2 cup vegetable |
| Salisbury Steak (beef) with Gravy | 3 oz. | Soy, Wheat, Milk, Caramel color, Corn, Onion, Yeast | 160 | 6g | 1g | 1g | 17g | 580mg | 8g | 4g | 43mg | 2 meat |
| Potato rounds | 2.4 oz. | Potato | 120 | 18g | 2g | 0g | 1g | 80mg | 4g | 0g | 0mg | 1/2 cup vegetable |
| Salisbury Steak on Bun SS | 1 | | 314 | 36g | 3g | 4g | 21g | 836mg | 10g | 3g | 40mg | 2 meat; 2 grain |
| Salisbury Steak | 3 oz. | Soy, Wheat, Milk, Yeast | 140 | 4g | 1g | 1g | 16g | 430mg | 7g | 3g | 40mg | 2 meat |
| Brown Gravy, low sodium | ~2.7 oz. | Milk, Corn, Caramel color, Garlic, Wheat, Soy, Onion, Sunflower, Red #40 | 34 | 7g | 0g | 0g | 0g | 176mg | <1g | 0g | 0mg | None |
| Bun, Hamburger, whole grain, 4" | 1 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 140 | 25g | 2g | 3g | 5g | 230mg | 2g | 0g | 0mg | 2 grain |
| Sloppy Joe on Bun SS | 1 | | 299 | 36g | 4g | 12g | 19g | 689mg | 8g | 2g | 44mg | 2 meat; 2 grain; 1/8 cup vegetable |
| Sloppy Joe, Beef, reduced fat | 1/2 cup | Tomato, Soy, Caramel Color, Peppers, Onion, Garlic, Chili Powder | 159 | 11g | 2g | 9g | 14g | 459mg | 6g | 2g | 44mg | 2 meat; 1/8 cup vegetable |
| Bun, Hamburger, whole grain 4" | 1 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 140 | 25g | 2g | 3g | 5g | 230mg | 2g | 0g | 0mg | 2 grain |
| Spaghetti with Meat Sauce SS | 6 oz. | Beef, Soy, Corn, Caramel Color, Wheat, Oat fiber, Tomato, Garlic, Onion, Milk, Potato | 383 | 33g | 4g | 10g | 24g | 462mg | 19g | 7g | 54mg | 2 meat; 1 grain; 3/4 cup vegetable |
| Walking Taco ES | 1 | | 309 | 25g | 3g | 0g | 14g | 382mg | 18g | 5g | 51mg | 2 meat; 1.25 grain |
| Beef Taco Meat | 2 oz. | Garlic, Onion, Citrus, Chili pepper, Cocoa | 92 | 1g | 1g | 0g | 10.5g | 217mg | 5.5g | 1.5g | 36mg | 1.5 meat |
| Cheddar cheese, shredded | 1/2 oz. | Milk, Corn, Potato | 55 | 0g | 0g | 0g | 3.5g | 90mg | 4.5g | 2.5g | 15mg | 0.5 meat |
| Tortilla Strips | 1.25 oz. | Corn | 162 | 23g | 2g | 0g | 1g | 75 mg | 8g | 1g | 0mg | 1.25 grain |
| Bread/Other Whole Grains | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Biscuit | 2 oz. | Milk, Barley, Wheat | 200 | 27g | 2g | 2g | 4g | 410mg | % | 7g | 0mg | 2 grain |
| Bread, white ES | 1 oz. | Wheat, Barley, Corn | 70 | 12g | 1g | 1g | 3g | 80mg | 1g | 0g | 0mg | 1 grain |
| Cornbread, mini loaf SS | 2 oz. | Egg, Milk, Soy, Wheat, Corn, Fruit Juice powder, Vegetable Fiber, Legume, Turmeric | 180 | 29g | 1g | 15g | 3g | 90mg | % | <1g | 15mg | 1 grain |
| Cornbread muffin SS | 2.4 oz. | Egg, Milk, Soy, Wheat, Corn, Legume, Cinnamon, Honey | 190 | 32g | 1g | 17g | 3g | 190mg | 6g | 1g | 0mg | 2 grain |
| Dinner Roll | 1 oz. | Wheat, Barley, Corn, Soy, Yeast, Honey, Molasses | 90 | 16g | 1g | 2g | 3g | 140mg | 1g | 0g | 0mg | 1 grain |
| Muffin, Apple Cinnamon SS | 2 oz. | Milk, Wheat, Egg, Oats, Soy, Corn, Apple, Cinnamon, Turmeric, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume | 160 | 27g | 1g | 13g | 3g | 100mg | 5g | <1g | 25mg | 1 grain |
| Muffin, Blueberry SS | 2 oz. | Milk, Wheat, Egg, Blueberry, Soy, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume | 160 | 26g | 1g | 14g | 3g | 95mg | 5g | <1g | 20mg | 1 grain |
| Mini Loaf, Chocolate Chip SS | 2 oz. | Wheat, Barley, Soy, Egg, Chocolate, Corn, Honey, Legume, Cinnamon | 160 | 27g | 1g | 16g | 3g | 140mg | 5g | 1g | 0mg | 1 grain |
| Muffin, Chocolate Chip SS | 2 oz. | Wheat, Soy, Milk, Egg, Chocolate, Turmeric, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume | 170 | 29g | 1g | 15g | 3g | 100mg | 5g | 1g | 20mg | 1 grain |
| Soft Pretzel SS | 1 | Wheat, Yeast, Corn | 140 | 30g | 3g | 1g | 5g | 150mg | 0.5g | 0g | 0mg | 2 grain |
| Tortilla Strips ES | 1.25 oz. | Corn | 162 | 23g | 2g | 0g | 1g | 75 mg | 8g | 1g | 0mg | 1.25 grain |
| Wheat crackers SS | 1 oz. | Wheat, Malt, Onion, Molasses, Honey, Garlic | 80 | 14g | 2g | 2g | 2g | 190mg | 2.5g | 0g | 0mg | 1 grain |
| Cheese | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Cheeseburger on Bun SS | 1 | | 356 | 27g | 3g | 4g | 20g | 706mg | 19g | 8g | 62mg | 2.5 meat; 2 grain |
| American cheese, yellow | 0.5 oz. | Milk, Soy | 50 | 1g | 0g | <1g | 3g | 220mg | 5g | 3g | 13mg | 0.5 meat |
| Beef Patty | 2.45 oz. | Citrus flour, Caramel Color | 166 | 1g | 1g | 0g | 12g | 256mg | 12g | 5g | 49mg | 2 meat |
| Browning Sauce | | Carrot, Celery, Onion, Parsnips, Turnips, Caramel Color | | | | | | | | | | None |
| Bun, Hamburger, whole grain 4" | 1 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 140 | 25g | 2g | 3g | 5g | 230mg | 2g | 0g | 0mg | 2 grain |
| Cheese Grab-n-Go (+ 1 fruit) SS | 1 | | | | | | | | | | | 2 meat, 2 grain, 1/2 cup fruit |
| Cheese, mozzarella string, light | 2 oz. | Milk | 120 | 2g | 0g | 2g | 14g | 400mg | 6g | 4g | 20mg | 2 meat |
| Cinnamon Roll, whole grain | 2.7 oz. | Milk, egg, barley, soy, cinnamon, molasses, wheat | 270 | 36g | 3g | 0g | 6g | 360mg | 12g | 5g | 0mg | 2 grain |
| Cheese, smoked gouda dip cup | 2 oz. | Milk | 140 | 1g | 0g | 0g | 8g | 780mg | 12g | 7g | 40mg | 1 meat |
| Cheese Breadsticks w/Spaghetti Sauce SS | 1 | | 315 | 37g | 4g | 4g | 21g | 475mg | 14g | 5g | 30mg | 2 meat; 2 grain; 1/8 cup vegetable |
| Cheese Bosco Stick 6-inch | 2 | 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 cup vegetable |
| Cheesy Bread w/ Marinara Sauce ES | 1 | | 305 | 31g | <1g | 5g | 19g | 830mg | 11g | 6g | 30mg | 2 meat; 2 grain; 1/8 |
| Breaded Mozzarella Cheese Sticks | 3.86 oz. | Wheat, Milk, Corn, Soy | 290 | 27g | <1g | 3g | 19g | 690mg | 11g | 6g | 30mg | 2 meat; 2 grain |
| Marinara Sauce | 1 oz. | Tomato, Corn, Garlic, Onion | 15 | 4g | 0g | 2g | 0g | 140mg | 0g | 0g | 0mg | 1/8 cup vegetable |
| Macaroni & Cheese SS | 6 oz. | Milk, Wheat, Soy, Egg, Onion, Cayenne Pepper, Orange, | 350 | 25g | 3g | 6g | 20g | 898mg | 19g | 12g | 67mg | 2 meat; 1 grain |
| Macaroni and Cheese (ES and Scioto Columbus/Colerain schools) | 3/4 cup | Milk, Egg, Wheat | 283 | 31g | 2g | 6g | 15g | 648mg | 11g | 7g | 37mg | 2 meat; 1 grain |
| Toasted Cheese Sandwich ES | 4.19 oz. | Wheat, Barley, Soy, Milk, Corn, Yeast | 280 | 31g | 3g | 6g | 19g | 454mg | 10g | 6g | 32mg | 2 meat; 2 grain |
| Toasted Cheese Sandwich SS | 1 | | 360 | 34g | 4g | 4g | 18g | 1070mg | 22g | 10g | 50mg | 2 meat; 2 grain |
| American cheese, yellow | 2 oz. | Milk, Soy | 200 | 4g | 0g | 2g | 12g | 880mg | 20g | 10g | 50mg | 2 meat |
| Texas Toast | 2 | Wheat, Barley, Corn, Sunflower Lecithin* (*From pan spray) | 160 | 30g | 4g | 2g | 6g | 190mg | 2g | 0g | 0mg | 2 grain |
| Veg Out Wrap SS | 1 | | 318 | 40g | 6g | n/a | 14g | 413mg | 11g | 5g | 16mg | 2 meat; 1 + 1/16 cups vegetable; 2.25 grain |
| Garden Salad Mix | 1/2 cup | Carrot | 7 | 1.5g | 1g | 2g | <1g | 7mg | 0g | 0g | 0mg | 1/4 cup vegetable |
| Tomato, raw | 4 slices | Tomato | 26 | 6g | 1g | n/a | 1g | 11mg | <1g | <1g | <1mg | 1/2 cup vegetable |
| Cucumbers, raw, sliced | 1/4 cup | Cucumber | 15 | 3g | 1g | n/a | 1g | 1.5mg | 0g | 0g | 0mg | 1/4 cup vegetable |
| Peppers, Jalapeno, rings | 0.5 oz. /6 rings | Jalapeno pepper | 5 | 1g | <1g | 1g | 0g | 203mg | 0g | 0g | 0mg | 1/16 cup vegetable |

| | | | | | | | | | | | | |
|---|----------------|---|-----------------|------------|--------------|--------------|----------------|---------------|------------------|----------------|--------------------|--|
| Mozzarella Cheese, shredded | 1/4 cup | Milk, Potato | 90 | 1g | 0g | 1g | 7g | 180mg | 6g | 4g | 15mg | 2 meat |
| Tortilla, wheat, 10-inch | 1 | Wheat | 180 | 29g | 3g | 2g | 5g | 220mg | 4.5g | <1g | 0mg | 2.25 grain |
| Chicken | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Buffalo Chicken Wrap SS | 1 | | 380 | 32g | 4g | 2g | 20g | 636mg | 16.5g | 5.5g | 0mg | 2 meat; 2.25 grain; 3/8 |
| Buffalo Chicken Filling | 4 oz. | Egg, Rice, Yeast, Aged Peppers, Onion, Corn, Milk | 200 | 3g | 1g | 0g | 15g | 416mg | 12g | 5g | 0mg | 2 meat; 3/8 cup vegetable |
| Tortilla, wheat, 10-inch | 1 | Wheat | 180 | 29g | 3g | 2g | 5g | 220mg | 4.5g | <1g | 0mg | 2.25 grain |
| Cheese and Chicken Burrito SS | 1 | | 461 | 50g | 3g | 2g | 28g | 715mg | 16.5g | 6g | 95mg | 2.5 meat; 3.25 grain |
| Chicken Fajita strips | 3 oz. | Corn, Chili powder, Garlic, Lemon, Onion | 140 | 2g | 0g | 0g | 17g | 400mg | 7g | 2g | 80mg | 2 meat |
| Cheddar cheese, shredded | 1/2 oz. | Milk, Potato | 55 | 1g | 0g | 0g | 4g | 95mg | 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 | Wheat | 180 | 29g | 3g | 2g | 5g | 220mg | 4.5g | <1g | 0mg | 2.25 grain |
| Cheesy Chicken Crunch Wrap SS | 1 | | 506 | 52g | 6g | 2g | 27g | 775mg | 22g | 7g | 95mg | 2.5 meat; 3.25 grain |
| Chicken Fajita strips | 3 oz. | Corn, Chili powder, Garlic, Lemon, Onion | 140 | 2g | 0g | 0g | 17g | 400mg | 7g | 2g | 80mg | 2 meat |
| Cheddar cheese, shredded | 1/2 oz. | Milk, Potato | 55 | <1g | 0g | 0g | 3g | 95mg | 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 | Wheat | 180 | 29g | 3g | 2g | 5g | 220mg | 4.5g | <1g | 0mg | 2.25 grain |
| Chicken and Cheese Taquitos SS | 1 | Wheat, Soy, Corn, Milk, Tomato, Legume, Onion, Chili/Jalapeno | 280 | 30g | 4g | 2g | 16g | 800mg | 12g | 3g | 30mg | 2 meat; 2 grain |
| Chicken Corn Dog SS | 1 | Wheat, Milk, Corn, Soy, Egg, Celery Powder/Seed | 300 | 25g | 3g | 8g | 14g | 400mg | 16g | 3.5g | 50mg | 2 meat; 2 grain |
| Chicken Drumstick ES | 1 | Wheat, Garlic, Corn, Onion, Turmeric | 190 | 5g | 1g | 0g | 16g | 450mg | 11g | 2.5g | 50mg | 2 meat; 0.75 grain |
| Chicken Drumstick & Belgian Waffle SS | 1 | | 400 | 35g | 5g | 6g | 23g | 800mg | 19g | 4g | 80mg | 2 meat; 2.75 grain |
| Chicken Drumstick, breaded | 1 | Wheat, Garlic, Corn, Onion, Yeast, Turmeric, Rice, Celery Seed | 220 | 6g | 1g | 0g | 19g | 530mg | 13g | 3g | 60mg | 2 meat; 0.75 grain |
| Waffle, whole grain, Belgian | 1 | Wheat, Milk, Soy, Egg | 180 | 29g | 4g | 6g | 4g | 270mg | 6g | 1g | 20mg | 2 grain |
| Chicken Drumstick & Eggoji Waffles SS | 1 | | 400 | 35g | 3g | 5g | 23g | 830mg | 19g | 4.5g | 65mg | 2 meat; 2.75 grain |
| Chicken Drumstick, breaded | 1 | Wheat, Garlic, Corn, Onion, Yeast, Turmeric, Rice, Celery Seed | 220 | 6g | 1g | 0g | 19g | 530mg | 13g | 3g | 60mg | 2 meat; 0.75 grain |
| Waffle, Eggoji SS | 2 | Egg, Milk, Wheat, Soy, Cinnamon | 180 | 29g | 2g | 5g | 4g | 300mg | 6g | 1.5g | 5mg | 2 grain |
| Chicken Enchilada Dip/Tortilla Chips SS | 1 | | 335 | 31g | 6g | 0g | 18g | 746mg | 14g | 5g | 77mg | 2 meat; 1 grain, 1/8 cup vegetable |
| Chicken Enchilada Dip | 6 oz. | Garlic, Onion, Chili powder, Lemon, Tomato, Legume, Milk | 204 | 10g | 3g | 0g | 16g | 676mg | 9g | 4g | 77mg | 2 meat; 1/8 cup vegetable |
| Tortilla chips, yellow corn round | 1 oz. | Corn | 131 | 21g | 3g | 0g | 2g | 70mg | 5g | 1g | 0mg | 1 grain |
| Chicken Fajita SS | 1 | | 330 | 35g | 4g | 2g | 24g | 621mg | 12g | 2.5g | 80mg | 2 meat; 2.25 grain; 1/4 c. vegetable |
| 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 | 10 | 4g | 1g | 0g | <1g | 1mg | 0g | 0g | 0mg | 1/4 c. vegetable |
| Tortilla, wheat, 10-inch | 1 | Wheat | 180 | 29g | 3g | 2g | 5g | 220mg | 4.5g | <1g | 0mg | 2.25 grain |
| Chicken Fried Rice SS | 1 | Carrot, Onion, Corn, Wheat, Soy, Rice, Sesame Oil, Pea, Garlic, Caramel Color, Yeast | 370 | 54g | 4g | 3g | 20g | 532mg | 6g | 1g | 42mg | 2 meat; 2 grain |
| Chicken Nuggets/Wings | 5 | Soy, Wheat, Onion, Garlic, Rice, Turmeric, Carrot | 200 | 13g | 3g | 0g | 18g | 338mg | 9g | 2g | 25mg | 2 meat; 1 grain |
| Chicken over Noodles ES | 1 | | 266 | 22g | 1g | 0g | 18g | 292mg | 7g | 1g | 42mg | 2 meat; 1 grain |
| Chicken in gravy | 2.3 oz. | Wheat, Corn, Yeast, Rice, Onion, Turmeric | 124 | 2g | 0g | 0g | 15g | 414mg | 5g | 1g | 42mg | 2 meat |
| Noodles | 2 oz. | Wheat, Turmeric | 120 | 20g | 1g | 0g | 3g | 30mg | 2g | 0g | 0mg | 1 grain |
| Chicken Patty on Bun | 1 | | 340 | 34g | 5g | 3g | 24g | 520mg | 11g | 1.5g | 45mg | 2 meat; 3 grain |
| Chicken Patty, breaded | 3.8 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 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 140 | 25g | 2g | 3g | 5g | 230mg | 2g | 0g | 0mg | 2 grain |
| Chicken Salad, canned | 2.9 oz. | Egg, Soy, Mustard Flour, Garlic, Celery, Water Chestnut, Onion | 140 | 8g | 1g | 4g | 8g | 230mg | 9g | 1.5g | 30mg | 1 meat |
| Chicken Tenders SS | 3 | Wheat, Soy, Onion, Garlic, Rice, Turmeric, Carrot, Celery | 240 | 12g | 2g | 3g | 20g | 375mg | 12g | 2g | 45mg | 2 meat; 1 grain |
| Chicken Wrap SS | 1 | | 408 | 40g | 5g | 6g | 21g | 548mg | 18g | 4.5g | 45mg | 2 meat; 1/2 cup vegetable; 2.75 grain |
| Chicken Tenders | 2 | Wheat, Soy, Onion, Garlic, Rice, Turmeric, Carrot, Celery | 160 | 8g | 1g | 2g | 12g | 220mg | 8g | 1g | 30mg | 1.5 meat, 0.5 grain |
| Garden Salad Mix | 1 cup | Carrot | 13 | 3g | 1g | 2g | 1g | 13mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Cheddar cheese, shredded | 1/2 oz. | Milk, Potato | 55 | <1g | 0g | 0g | 3g | 95mg | 5g | 3g | 15mg | 0.5 meat |
| Tortilla, wheat, 10-inch | 1 | Wheat | 180 | 29g | 3g | 2g | 5g | 220mg | 4.5g | <1g | 0mg | 2.25 grain |
| General Tso Chicken over Rice SS | 1 | Wheat, Egg, Milk, Soy, Rice, Corn, Garlic, Onion, Sesame Seed/Oil, Chili Pepper | 381 | 56g | 2g | 14g | 15g | 450mg | 8g | 1g | 50mg | 2 meat; 2 grain |
| General Tso Chicken | 3.9 oz. | Wheat, Egg, Milk, Soy, Corn, Garlic, Onion, Sesame Seed/Oil, Chili Pepper | 210 | 24g | 1g | 14g | 12g | 450mg | 7g | 1g | 50mg | 2 meat, 0.5 grain |
| Whole Grain Rice | 3/4 cup | Rice | 170 | 32g | 1g | 0g | 3g | 0mg | 1g | 0g | 0mg | 1.5 grain |
| Hot & Spicy Chicken Drumstick and Biscuit SS | 1 | | 380 | 33g | 3g | 2g | 18g | 730mg | 20g | 6.5g | 75mg | 2 meat; 2.75 grain |
| Chicken Drumstick, breaded, hot & spicy | 1 | Wheat, Garlic, Corn, Onion, Rice, Celery Seed, Yeast | 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 |
| Spicy Chicken Patty on Bun SS | 1 | | 340 | 34g | 3g | 4g | 27g | 560mg | 12g | 2g | 45mg | 2 meat; 3 grain |
| Chicken Patty, spicy, breaded | 3.75 oz. | Soy, Wheat, Corn, Garlic, Onion, Rice, Carrot | 200 | 9g | 1g | 1g | 21g | 330mg | 10g | 2g | 45mg | 2 meat; 1 grain |
| Bun, Hamburger, whole grain 4" | 1 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 140 | 25g | 2g | 3g | 5g | 230mg | 2g | 0g | 0mg | 2 grain |
| Spicy Chicken Tenders SS | 3 | Wheat, Soy, Corn, Garlic, Onion, Rice, Carrot, Celery | 225 | 9g | 2g | 3g | 20g | 375mg | 12g | 5g | 45mg | 2 meat; 1 grain |
| Spicy Chicken Wrap SS | 1 | | 397 | 38g | 5g | 6g | 21g | 578mg | 18g | 5g | 45mg | 2 meat; 2.75 grain; 1/2 cup vegetable |
| Spicy Chicken Tenders | 2 | Wheat, Soy, Corn, Garlic, Onion, Rice, Carrot, Celery, Yeast | 150 | 6g | 1g | 2g | 13g | 250mg | 8g | 1.5g | 30mg | 1.5 meat, 0.5 grain |
| Garden Salad Mix | 1 cup | Carrot | 13 | 3g | 1g | 2g | 1g | 13mg | 0g | 0g | 0mg | 1/2 cup vegetable |

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|--|---------------------|--|-----------------|---------------|--------------|--------------|----------------|------------------|------------------|----------------|--------------------|---|
| Cheddar cheese, shredded | 1/2 oz. | Milk, Potato | 55 | <1g | 0g | 0g | 3g | 95mg | 5g | 3g | 15mg | 0.5 meat |
| Tortilla, wheat, 10-inch | 1 | Wheat | 180 | 29g | 3g | 2g | 5g | 220mg | 4.5g | <1g | 0mg | 2.25 grain |
| Condiment/Seasoning/Topping | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Pro | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| BBQ sauce, Heinz, dispenser SS | 2 T. | Tomato, Corn, Garlic, Soy, Wheat, Turmeric, Onion | 35 | 9g | 1g | 1g | 0g | 390mg | 0g | 0g | 0mg | None |
| BBQ sauce, pc | 1 | Tomato, Corn, Garlic, Molasses, Wheat | 15 | 4g | 0g | 2g | 0g | 85mg | 0g | 0g | 0mg | None |
| Chipotle Ranch Dressing SS | 2 T. | Soy, Milk, Garlic, Lemon, Onion | 50 | 8g | 1g | 5g | 0g | 320mg | 2.5g | <1g | 0mg | None |
| Cream Cheese SS | 1 oz. | Milk | 100 | 2g | 0g | 1g | 2g | 100mg | 9g | 6g | 30mg | None |
| Duck sauce, pc SS | 1 | Corn, Caramel Color, Apricot | 5 | 2g | 0g | 1g | 0g | 45mg | 0g | 0g | 0mg | None |
| Grape Jelly, pc | 1 | Grape | 35 | 9g | 0g | 8g | 0g | 5mg | 0g | 0g | 0mg | None |
| Hot sauce, dispenser SS | 1 teaspoon | Chili pepper | 0 | 0g | 0g | 0g | 0g | 70mg | 0g | 0g | 0mg | None |
| Hot sauce, pc | 1 | Chili pepper | 2 | 0g | 0g | 0g | 0g | 120mg | 0g | 0g | 0mg | None |
| Italian dressing SS | 2 T. | Garlic, Caramel Color, Turmeric, Legume | 10 | 2g | 0g | 0g | 0g | 360mg | 0g | 0g | 0mg | None |
| Italian dressing, pc | 1 | Garlic, Corn, Onion, Lemon | 10 | 1g | 0g | 0g | 0g | 110 mg | 0g | 0g | 0mg | None |
| Ketchup, Heinz, dispenser SS | 2 T. | Tomato, Corn, Onion | 40 | 10g | 0g | 8g | 0g | 320mg | 0g | 0g | 0mg | None |
| Ketchup, pc | 1 | Tomato, Corn | 10 | 3g | 0g | 2g | 0g | 105mg | 0g | 0g | 0mg | None |
| Mayonnaise, pc | 2 T. | Egg, Mustard flour, Corn | 30 | 1g | 0g | 0g | 0g | 85 mg | 3g | 0g | 0 mg | None |
| Mustard, pc | 1 | Turmeric, Garlic | 4 | 0g | 0g | 0g | 0g | 50mg | 0g | 0g | 0mg | None |
| Syrup, Pancake SS | 2 oz. | Corn | 135 | 36g | 0g | 12g | 0g | 90mg | 0g | 0g | 0mg | None |
| Ranch dressing, Heinz, dispenser SS | 2 T. | Soy, Milk, Garlic, Corn, Onion, Lemon | 50 | 8g | 1g | 5g | 0g | 320mg | 2.5g | <1g | 0mg | None |
| Ranch dressing, light, pc | 1 | Soy, Corn, Egg, Milk, Garlic, Lemon, Onion | 25 | 2g | 0g | <1g | 0g | 110mg | 2g | 0g | 0mg | None |
| Seasonings (may be used in recipes) | N/A | Garlic, Mrs. Dash Original, Onion, Chili Powder, Cinnamon, Chipotle, Fajita, Pepper, Italian | | | | | | | | | | None |
| Soup Base, vegetable (to season) SS | 1 T. | Carrot, Onion, Celery, Corn, Tomato, Garlic | 55 | 6g | 0g | 1g | 1g | 471mg | 2g | <1g | 0mg | None |
| Sour Cream, pc SS | 1 oz. | Soy, Corn, Egg, Milk, Garlic, Lemon, Onion | 60 | 1g | 0g | 1g | 1g | 10mg | 5g | 3.5g | 20mg | None |
| Taco sauce, pc | 1 | Tomato, Corn, Wheat | 5 | 1g | 0g | 0g | 0g | 95mg | 0g | 0g | 0mg | None |
| Egg | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Egg Combo (1 egg + 1 bagel and fruit or vegetable) SS | 1 | | 332-456 | 34-59g | 3-8g | n/a | 14-15g | 391-466mg | 8g | 7.5g | 200-215mg | 1.5 - 1.75 meat; 2-2.5 grain; 1/2 cup fruit or 1/2 cup vegetable |
| 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 | 1/4 cup vegetable |
| Carrot, raw | 1/4 cup | Carrot | 16 | 4g | 1g | n/a | <1g | 13mg | 0g | 0g | 0mg | 1/4 cup vegetable |
| Apple, raw , medium | 1 | Apple | 116 | 21g | 4g | n/a | <1g | 1mg | 0g | 0g | 0mg | 1/2 cup 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 | <1g | 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 |
| Egg, hard boiled, peeled, ES | 1 | Egg | 70-80 | 1g | 0g | 1g | 6g | 55-60 mg | 5g | 1.5g | 170-185mg | 1.5-1.75 meat |
| Fruit | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Apple, raw , medium | 1 | Apple | 116 | 21g | 4g | n/a | <1g | 1mg | 0g | 0g | 0mg | 1 cup fruit |
| Apple Slices, Hot Cinnamon SS | 1/2 cup | Apple, Cinnamon | 89 | 22g | 2g | 20g | 0g | 15mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Applesauce, strawberry, unsweetened | 4.5 oz. | Apple, Strawberry, Natural flavors/colors | 50 | 14g | 1g | 11g | 0g | 10mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Applesauce, sweetened | 1/2 cup | Apple, Corn Syrup | 90 | 22g | 2g | 18g | 0g | 10mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Applesauce, unsweetened USDA SS | 1/2 cup | Apple | 60 | 15g | 1g | 18g | 0g | 15mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Applesauce, unsweetened | 4.5 oz. cup | Apple | 60 | 16g | 2g | 12g | 0g | 25mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Banana, raw | 1 | Banana | 109 | 28g | 3g | n/a | 1g | 1mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Blueberries, unsweetened, USDA SS | 1/2 cup | Blueberry | 40 | 10g | 2g | 7g | 0g | 1mg | 1g | 0g | 0mg | 1/2 cup fruit |
| Clementine, whole | 2 | Citrus | 35 | 9g | 1g | 7g | <1g | 1 mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Craisins, orange, original, strawberry, raspberry | 1.16 oz. | Cranberry, Elderberry, Sunflower oil | 110 | 27-28g | 2-3g | 24g | 0g | 0mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Honeydew melon | 1/2 cup | Melon | 31 | 8g | <1g | n/a | <1g | 9mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Mixed Fruit, Extra Light Syrup, USDA SS | 1/2 cup | Peaches, Pears, Grapes | 60 | 17g | 0g | 14g | 0g | 10mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Oranges, mandarin, canned SS | 1/2 cup | Citrus | 64 | 15g | <1g | 12g | 0g | 8mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Oranges, raw, medium | 1 | Citrus | 62 | 15g | 3g | n/a | 1g | 0mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Peaches, Hot Cinnamon SS | 1/2 cup | Peach, Corn, Cinnamon | 99 | 27g | 0g | 18g | 0g | 10mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Peaches, sliced , light syrup SS | 1/2 cup | Peach, Corn Syrup | 70 | 17g | 0g | 13g | 0g | 10mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Peaches, diced or sliced, light syrup, USDA SS | 1/2 cup | Peach, Corn Syrup | 60 | 14g | 0-1g | 11-13g | 0g | 5-10mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Pears, diced, light syrup SS | 1/2 cup | Pear | 62 | 16g | 2g | 12g | 0g | 5mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Pear, raw, medium | 1 | Pear | 98 | 25g | 4g | n/a | <1g | 0mg | <1g | 0g | 0mg | 1/2 cup fruit |
| Pineapple Tidbits in juice SS | 1/2 cup | Pineapple | 40 | 10g | 1g | 9g | 0g | 5mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Plum | 1 | Plum | 36 | 9g | 1g | 0g | <1g | 114mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Raisins | 1.5 oz. | Grape | 130 | 31g | 2g | 28g | 1g | 10mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Strawberries, cup, frozen, USDA | 4.5 oz. | Strawberry | 80 | 21g | 2g | 16g | 0g | 1mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Strawberries, whole, fresh | 1/2 cup | Strawberry | 39 | 10g | 2g | 5g | 0g | 2mg | 0g | 0g | 0mg | 1/2 cup fruit |
| 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 |

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|--|----------------|--|-----------------|------------|--------------|--------------|----------------|---------------|------------------|----------------|--------------------|--|
| 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 |
| Milk | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Pro | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| White milk, 1% | 8 oz. | Milk | 110 | 12g | 0 g | 12g | 8g | 125mg | 2.5g | 1.5g | 15mg | 1 milk |
| Chocolate milk, Skim | 8 oz. | Milk, Corn Cocoa | 120 | 22g | 0 g | 21g | 8g | 240mg | 0g | 0g | 5 mg | 1 milk |
| PICNIC LUNCH (DS): WOW Sandwich, Pretzel, Fruit Cup, Juice, and Milk | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Pro | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Cherry Star Juice Blend | 6.75 oz. | Apple, Pear, Carrot, Celery, Spinach, Cherry, Starfruit, Sweet Potato, Aronia, Kale, Broccoli | 90 | 23g | 0g | 21g | 0g | 40mg | 0g | 0g | 0mg | 3/4 cup vegetable |
| PICNIC LUNCH (DS): WOW Sandwich, Carrot, Apple, Juice, and Milk | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Pro | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Cherry Star Juice Blend | 4.23 oz. | Apple, Pear, Carrot, Celery, Spinach, Cherry, Starfruit, Sweet Potato, Aronia, Kale, Broccoli | 55 | 14g | 0g | 13g | 0g | 35mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Pizza | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Pizza, beef and turkey pepperoni, 8-cut, 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 | 19g | 570mg | 17g | 8g | 45mg | 2 meat; 2 grain; 1/8 cup vegetable |
| Pizza, beef pepperoni, 8-cut, Donatos SS | 1/6 pizza | Wheat, Milk, Garlic, Tomato, Barley, Onion, Yeast, Corn, Potato, Honey, Garlic, Sodium Nitrite | 410 | 42g | 5g | 7g | 21g | 690mg | 18g | 10g | 50mg | 2 meat; 2.5 grain; 1/8 cup vegetable |
| Pizza, cheese ES | 4 x 6" | Wheat, Milk, Garlic, Tomato, Barley, Onion, Yeast | 336 | 27g | 3g | 6g | 20g | 435mg | 16g | 10g | 41mg | 2 meat; 2 grain; 1/8 cup |
| Pizza, cheese, 8-cut, Big Daddy's SS | 1/8 pizza | Wheat, Soy, Milk, Garlic, Tomato, Barley, Onion, Yeast, Corn, Legume | 360 | 34g | 4g | 6g | 18g | 490mg | 16g | 8g | 40mg | 2 meat; 2 grain; 1/8 cup vegetable |
| Pizza, cheese, 6-cut, Donatos SS | 1/6 pizza | Wheat, Barley, Milk, Garlic, Tomato, Potato, Onion, Yeast, Corn, Honey | 390 | 42g | 5g | 7g | 20g | 600mg | 16g | 9g | 45mg | 2 meat; 2.5 grain; 1/8 cup vegetable |
| Pizza, French bread, cheese ES | 1 | Milk, Wheat, Barley, Yeast, Corn, Garlic, Turmeric | 357 | 28g | 2g | 1g | 20g | 473mg | 21g | 8g | 40mg | 2 meat; 2 grain |
| Marinara Sauce ES | 1 oz. | Tomato, Corn, Garlic, Onion | 15 | 4g | 0g | 2g | 0g | 140mg | 0g | 0g | 0mg | 1/8 cup vegetable |
| Pizza, French bread, cheese SS | 1 | Milk, Wheat, Barley, Corn, Garlic, Soy, Pea, Tomato, Onion | 290 | 33g | 0g | 4g | 17g | 440mg | 11g | 4g | 20mg | 2 meat; 2 grain; 1/8 cup vegetable |
| Pizza, turkey pepperoni ES | 4 x 6" | Wheat, Soy, Milk, Garlic, Tomato, Barley, Onion, Sodium Nitrite, Yeast | 326 | 28g | 3g | 6g | 21g | 579mg | 15g | 9g | 43mg | 2 meat; 2 grain; 1/8 cup vegetable |
| Pizza, veggie, 8-cut, Big Daddy's SS | 1/8 pizza | Wheat, Soy, Milk, Garlic, Tomato, Barley, Onion, Yeast, Corn, Legume, Bell pepper | 370 | 39g | 4g | n/a | 19g | 471mg | 17g | 8g | 45mg | 2 meat; 2 grain; 1/2 cup vegetable |
| Pizza, veggie, 6-cut, Donatos SS | 1/6 pizza | Wheat, Barley, Milk, Garlic, Tomato, Potato, Onion, Yeast, Corn, Honey, Bell pepper | 410 | 44g | 5g | n/a | 20g | 600mg | 16g | 9g | 45mg | 2 meat; 2.5 grain; 1/2 cup vegetable |
| Salad/Salad Bar Toppings | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Pro | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Chef Salad SS | 1 | | 229 | 16g | 6g | n/a | 24g | 608mg | 8g | 5g | 63mg | 2.5 meat; 2 cups vegetable |
| Garden Salad Mix | 2 cups | Carrot | 26 | 4g | 2g | 4g | 2g | 26mg | 0g | 0g | 0mg | 1 cup vegetable |
| Broccoli, raw | 1/4 cup | None | 6 | 1g | 1g | n/a | <1g | 6mg | <1g | 0g | 0mg | 1/4 cup vegetable |
| Cucumbers, raw | 1/4 cup | Cucumber | 15 | 3g | 1g | n/a | 1g | 0mg | 0g | 0g | 0mg | 1/4 cup vegetable |
| Tomato, raw | 4 quarters | Tomato | 26 | 6g | 2g | n/a | 1g | 11mg | <1g | <1g | <1mg | 1/2 cup vegetable |
| Turkey Breast, diced | 2 oz. | None | 46 | 1.5g | 0g | 0g | 9g | 230mg | <1g | <1g | 18mg | 1 meat |
| Turkey Ham, diced | 1.5 oz. | Sodium Nitrite | 55 | <1g | 0g | 0g | 7g | 240mg | 2g | <1g | 30mg | 1 meat |
| Cheddar cheese, shredded | 1/2 oz. | Milk, Corn, Potato | 55 | <1g | 0g | 0g | 3g | 95mg | 5g | 3g | 15mg | 0.5 meat |
| Citrus Salad with Cheese SS (grades K-5 only) | 1 | | 293-303 | 32g | 5g | n/a | 16g | 266-271mg | 11g | 6g | 186-201mg | 2.5 meat; 1 + 1/4 cups vegetable; 1/2 cup fruit |
| Garden Salad Mix | 1 cup | Carrot | 13 | 3g | 1g | 2g | 1g | 13mg | 0g | 0g | 0mg | 1/4 cup vegetable |
| Cucumbers, raw, sliced | 1/4 cup | Cucumber | 15 | 3g | 1g | n/a | 1g | 0mg | 0g | 0g | 0mg | 1/4 cup vegetable |
| Mozzarella Cheese, shredded | 1/2 oz. | Milk, Potato | 45 | <1g | 0g | <1g | 3g | 88mg | 3g | 2g | 8mg | 0.5 meat |
| Onion, raw | 1/4 cup | Onion | 15 | 3g | <1g | n/a | 0g | 1mg | 0g | 0g | 0mg | 1/4 cup vegetable |
| Tomato, raw | 4 quarters | Tomato | 26 | 6g | 2g | n/a | 1g | 11mg | <1g | <1g | <1mg | 1/2 cup vegetable |
| 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 |
| Oranges, mandarin, canned | 1/2 cup | Citrus | 64 | 15g | <1g | 12g | 0g | 8g | 0g | 0g | 0mg | 1/2 cup fruit |
| Citrus Salad with Seed SS (grades 6-12 only) | 1 | | 395-408 | 42g | 8g | n/a | 18g | 241-246mg | 23g | 6g | 178-193mg | 2.5 meat; 1 + 1/4 cups vegetable; 1/2 cup fruit |
| Garden Salad Mix | 1 cup | Carrot | 13 | 3g | 1g | 2g | 1g | 13mg | 0g | 0g | 0mg | 1/4 cup vegetable |
| Cucumbers, raw, sliced | 1/4 cup | Cucumber | 15 | 3g | 1g | n/a | 1g | 0mg | 0g | 0g | 0mg | 1/4 cup vegetable |
| Mozzarella Cheese, shredded | 1/2 oz. | Milk, Potato | 45 | <1g | 0g | <1g | 3g | 88mg | 3g | 2g | 8mg | 0.5 meat |
| Onion, raw | 1/4 cup | Onion | 15 | 3g | <1g | n/a | 0g | 1mg | 0g | 0g | 0mg | 1/4 cup vegetable |
| Tomato, raw | 4 quarters | Tomato | 26 | 6g | 2g | n/a | 1g | 11mg | <1g | <1g | <1mg | 1/2 cup vegetable |
| 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 |
| Sunflower Seeds, honey roasted | 1.2 oz. | Sunflower, Honey | 150 | 11g | 3g | 5g | 6g | 65mg | 15g | 2g | 0mg | 1 meat |
| Oranges, mandarin, canned | 1/2 cup | Citrus | 64 | 15g | <1g | 12g | 0g | 8mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Crispy Chicken Salad SS | 1 | | 322 | 27g | 7g | n/a | 25g | 470mg | 14g | 5g | 40mg | 2.5 meat; 1 grain; 1 + 3/4 cups vegetable |
| Chicken Nuggets - whole grain | 5 | Soy, Onion, Garlic, Wheat, Turmeric, Rice, Carrot | 200 | 13g | 3g | 0g | 18g | 338mg | 9g | 2g | 25mg | 2 meat; 1 grain |
| Garden Salad Mix | 2 cups | Carrot | 26 | 4g | 2g | 4g | 2g | 26mg | 0g | 0g | 0mg | 1 cup vegetable |
| Tomato, raw | 4 quarters | Tomato | 26 | 6g | 1g | n/a | 1g | 11mg | <1g | <1g | <1mg | 1/2 cup vegetable |
| Cucumbers, raw, sliced | 1/4 cup | Cucumber | 15 | 3g | 1g | 0g | 1g | 0mg | 0g | 0g | 0mg | 1/4 cup vegetable |
| Cheddar cheese, shredded | 1/2 oz. | Milk, Corn, Potato | 55 | <1g | 0g | 0g | 3g | 95mg | 5g | 3g | 15mg | 0.5 meat |
| Garden Salad with Egg & Cheese, ES | 1 | | 203 | 5g | 1g | 3g | 13g | 258mg | 14g | 7.5g | 200mg | 2.5 meat; 1/2 cup vegetable |
| Egg, hard boiled | 1 | Egg | 80 | 1g | 0g | 1g | 6g | 55mg | 5g | 1.5g | 170mg | 1.5 meat |
| Cheese, cheddar, mild, shredded | 1 oz. | Milk, Corn, Potato | 110 | 1g | 0g | 0g | 6g | 190mg | 9g | 6g | 30mg | 1 meat |

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|--|-----------------------|---|-----------------|---------------|---------------|---------------|----------------|------------------|------------------|----------------|--------------------|---|
| Garden Salad Mix (iceberg lettuce, carrot and red cabbage) | 1 cup | Carrot | 13 | 3g | 1g | 2g | 1g | 13mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Italian Salad SS | 1 | | 225 | 9g | 3g | n/a | 22g | 1104mg | 10g | 5g | 68mg | 2.75 meat; 1 + 1/4 cups vegetable |
| Turkey Ham, diced | 3oz. | Sodium Nitrite | 110 | 1g | 0g | 0g | 14g | 480mg | 5g | 1.5g | 55mg | 2 meat |
| Mozzarella Cheese, shredded | 0.75 oz. | Milk, Potato | 79 | 1g | 0g | 1g | 6g | 158mg | 5g | 3g | 13mg | 0.75 meat |
| Tomato, diced | 1 oz. | Tomato | 4 | 1g | 0g | 0g | 0g | 0mg | 0g | 0g | 0mg | 1/8 cup vegetable |
| Peppers, Banana, rings | 1 oz. | Banana Pepper | 6 | 1g | 1g | 1g | 0g | 440mg | 0g | 0g | 0mg | 1/8 cup vegetable |
| Tossed Salad Mix, prepared | 2 cups | Carrot | 26 | 5g | 2g | 4g | 2g | 26mg | 0g | 0g | 0mg | 1 cup vegetable |
| Macaroni Salad with Hard Boiled Egg SS | 1 | | 300 | 27 | 3g | n/a | 10g | 833mg | 23g | 4g | 188mg | 1.5-1.75 meat; 2 grain |
| Macaroni Salad | 1 cup | Egg, Wheat, Carrot, Onion, Paprika, Turmeric, Corn | 220 | 26g | 3g | n/a | 4g | 773mg | 18g | 2.5g | 3 mg | 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 |
| Peppers, Banana, rings SS | 5 oz./5 rings | Banana Pepper | 3 | <1g | <1g | <1g | 0g | 275mg | 0g | 0g | 0mg | 1/16 cup vegetable |
| Peppers, Jalapeno, hot SS | 5 oz./6 rings | Jalapeno Pepper | 5 | 1g | <1g | 1g | 0g | 203mg | 0g | 0g | 0mg | 1/16 cup vegetable |
| Pickle, dill, slices SS | 5 oz./3 slices | Cucumber. Yellow #5, Blue #1 | 1.5 | <1g | 0g | 0g | 0g | 190mg | 0g | 0g | 0mg | 1/16 cup vegetable |
| Super Garden Salad SS | 1 | Wheat, Barley, Soy, Onion, Garlic, Corn, Spices (not specified), Tomato, Hot Pepper, Cucumber, Carrot, Milk, Soy | 314 | 33g | n/a | n/a | 19g | 692mg | 15g | 5g | 15mg | 2.25 meat; 1 and 5/16 cups vegetable |
| Veggie nuggets, lightly breaded | 4 pc. | Wheat, barley, soy, onion, potato, garlic, corn, spices (not specified) | 200 | 20g | 3g | 2g | 12g | 370mg | 9g | 2g | 0mg | 1.75 meat |
| Cheddar cheese, shredded | 1/2 oz. | Milk, Corn, Potato | 55 | <1g | 0g | 0g | 4g | 95mg | 5g | 3g | 15mg | 0.5 meat |
| Tomato, raw | 4 quarters | Tomato | 26 | 6g | 1g | n/a | 1g | 11mg | <1g | <1g | <1mg | 1/2 cup vegetable |
| Cucumbers, raw, sliced | 1/4 cup | Cucumber | 15 | 3g | 1g | 0g | 1g | 0mg | 0g | 0g | 0mg | 1/4 cup vegetable |
| Peppers, Jalapeno, rings | 5 oz./6 rings | Jalapeno pepper | 5 | 1g | <1g | 1g | 0g | 203mg | 0g | 0g | 0mg | 1/16 cup vegetable |
| Garden Salad Mix (iceberg lettuce, carrot and red cabbage) | 1 cup | Carrot | 13 | 3g | 1g | 2g | 1g | 13mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Taco Salad with Tortilla Chips SS | 1 | | 310 | 29g | 6g | 4g | 20g | 470mg | 15g | 6g | 50mg | 2.5 meat; 5/8 cup vegetable; 1 grain |
| Beef Taco Meat | 3.2 oz. | Garlic, Corn, Soy, Chili Pepper, Tomato, Caramel Color | 111 | 5g | 2g | 2g | 13g | 292mg | 5g | 2g | 35mg | 2 meat; 1/8 cup vegetable |
| Cheddar cheese, shredded | 1/2 oz. | Milk, Corn, Potato | 55 | <1g | 0g | 0g | 4g | 95mg | 5g | 3g | 15mg | 0.5 meat |
| Garden Salad Mix | 1 cup | Carrot | 13 | 3g | 1g | 2g | 1g | 13mg | 0g | 0g | 0mg | 1/2 cup |
| Tortilla chips, yellow corn round | 1 oz. | Corn | 131 | 21g | 3g | 0g | 2g | 70mg | 5g | 1g | 0mg | 1 grain |
| Sun Butter or WOW Butter | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Sun Butter Grab-n-Go (Sun Butter + 1 bagel + Craisins) SS | 1 serving | | 650-670 | 70-77g | 8-11g | 34-37g | 19-20g | 540-600mg | 35g | 4g | 0mg | 2 meat; 2-2.5 grains; 1/2 cup fruit |
| Sun Butter | 2.2 oz. | 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, orange, original, strawberry, raspberry | 1.16 oz. | Cranberry, Elderberry, Sunflower oil | 110 | 27-28g | 2-3g | 24g | 0g | 0mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Sun Butter/Jelly and Bagel ES | 1 | | 565 | 49g | 6g | 17g | 19g | 515mg | 35g | 4g | 0mg | 2 meat; 2 grain |
| Sun Butter | 2.2 oz. | Sunflower | 400 | 14g | 4g | 6g | 14g | 260mg | 34g | 4g | 0mg | 2 meat |
| Grape Jelly | 1 | Grape | 35 | 9g | 0g | 8g | 0g | 5mg | 0g | 0g | 0mg | None |
| Bagel, whole grain | 1.9 oz. | Wheat, Barley, Honey, Molasses, Corn, Yeast | 130 | 26g | 2g | 3g | 5g | 250mg | 0.5g | 0g | 0mg | 2 grain |
| WOW Soy Butter/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 |
| Turkey | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Chili Cheese Coney (grades K-12 only) SS | 1 | | 308 | 26g | 2g | n/a | 16g | 1045mg | 17g | 4g | 80mg | 2.25 meat; 1.75 grain; 1/4 cup vegetable |
| Hot dog, turkey, precooked | 2 oz. | Corn, Sodium Nitrite, Smoke flavoring | 130 | 0g | 0g | 0g | 7g | 694mg | 11g | 3g | 45mg | 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 | 0.25 meat |
| Onion, raw | 1/4 cup | Onion | 15 | 3g | <1g | n/a | 0g | 1mg | 0g | 0g | 0mg | 1/4 cup vegetable |
| Cheddar cheese, shredded | 1 Tablespoon | Milk, Corn, Potato | 28 | 0g | 0g | 0g | 2g | 45mg | 2g | 1g | 23mg | None |
| Hot dog bun, whole grain | 2 oz. | Wheat, Barley, Soy, Yeast, Honey, Molasses, Yeast | 110 | 20g | 2g | 3g | 4g | 190mg | 2g | 0g | 0mg | 1.75 grain |
| Italian Sub SS | 1 | | 333 | 31g | 2g | n/a | 21g | 1040mg | 13g | 5g | 72mg | 2.5 meat; 2 grain |
| Turkey Ham, Pepperoni, Salami | 3 oz. | Corn, Garlic, Nitrite | 123 | 2g | 0g | n/a | 12g | 560mg | 6g | 2g | 59mg | 2 meat |
| American cheese, yellow | 1/2 oz. | Milk, Soy | 50 | 1g | 0g | <1g | 3g | 220mg | 5g | 2.5g | 13mg | 0.5 meat |
| Hoagie Bun, Whole Grain, 5" | 1 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 160 | 28g | 2g | 4g | 6g | 260mg | 2g | 0g | 0mg | 2 grain |
| Southwest Burger on Bun SS | 1 | | 340 | 26g | 2g | 3g | 25g | 880mg | 16g | 6g | 73mg | 2.5 meat; 2 grain |
| Turkey Burger, all natural | 2.75 oz. | Garlic, Onion | 150 | 0g | 0g | 0g | 17g | 430mg | 9g | 2.5g | 60mg | 2 meat |
| American cheese, yellow | 0.5 oz. | Milk, Soy | 50 | 1g | 0g | <1g | 3g | 220mg | 5g | 3g | 13mg | 0.5 meat |
| Bun, Hamburger, whole grain 4" | 1 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 140 | 25g | 2g | 3g | 5g | 230mg | 2g | 0g | 0mg | 2 grain |
| Turkey/Cheese Sticks and Tortilla Strips ES | 1 | | 262 | 24g | 2g | 1g | 16-17g | 465mg | 12g | 3g | 30mg | 2 meat; 1.25 grain |
| Turkey Stick, smokehouse or sweet | 1.2 oz. | Garlic, Onion and for smokehouse flavor: Molasses, Chicken Broth, Soy | 40 | 0g | 0g | 0g | 8g | 190mg | 1g | 0g | 20mg | 1 meat |
| Cheese stick, cheddar or marble (Colby/Monterey Jack) | 1 oz. | Milk | 110 | 1g | 0g | 0g | 7g | 170-180mg | 9g | 5-6g | 30mg | 1 meat |
| Tortilla strips | 1.5 oz. | Corn | 162 | 23g | 2g | 0g | 1g | 75mg | 8g | 1g | 0mg | 1.25 grain |
| Turkey & Cheese Wrap SS | 1 | | 320 | 30g | 3g | 2g | 27g | 890mg | 11g | 3.5g | 53mg | 2.5 meat, 2.25 grain |

| | | | | | | | | | | | | |
|---|----------------|--|-----------------|------------|--------------|--------------|----------------|---------------|------------------|----------------|--------------------|---|
| 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 | 50 | 1g | 0g | <1g | 3g | 220mg | 5g | 3g | 13mg | 0.5 meat |
| Tortilla, wheat, 10-inch | 1 | Wheat | 180 | 29g | 3g | 2g | 5g | 220mg | 4.5g | <1g | 0mg | 2.25 grain |
| Turkey and Cheese Sub SS | 1 | | 300 | 29g | 2g | 5g | 27g | 910mg | 8g | 3g | 53mg | 2.5 meat; 2 grain |
| 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 | 50 | 1g | 0g | <1g | 3g | 220mg | 5g | 3g | 13mg | 0.5 meat |
| Hoagie Bun, Whole Grain, 5" | 1 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 160 | 28g | 2g | 4g | 6g | 260mg | 2g | 0g | 0mg | 2 grain |
| Turkey Divan SS | 8 oz. | Wheat, Onion, Milk, Soy, Egg, Lemon, Rice, Corn, Chicken, Turkey, MSG, Mustard, Potato | 363 | 35g | 1g | 1g | 20g | 1033mg | 21g | 8g | 65mg | 2 meat; 1 grain; 1/4 cup vegetable |
| Turkey/Gravy & Potato | 1 | | 239 | 22g | 2g | 0g | 21g | 842mg | 7g | 1g | 41mg | 2 meat; 1/2 cup vegetable |
| Turkey with Chicken Gravy | 3.9 oz. | Wheat, Yeast, Turmeric, Corn, Onion | 119 | 4g | 0g | 0g | 20g | 762mg | 3g | <1g | 41mg | 2 meat |
| Potato rounds | 2.4 oz. | Potato | 120 | 18g | 2g | 0g | 1g | 80mg | 4g | 0g | 0mg | 1/2 cup vegetable |
| Turkey Ham/Cheese on Bun ES | 4 oz. | Wheat, Milk, Yeast, Sodium Nitrite, Paprika | 320 | 27g | 2g | 2g | 20g | 730mg | 15g | 6g | 55mg | 2 meat; 2 grain |
| Turkey Ham and Cheese Sub SS | 1 | | 340 | 32g | 2g | 7g | 22g | 840mg | 14g | 5g | 68mg | 2.5 meat; 2 grain |
| Turkey Ham, uncured, fully cooked | 3 oz. | Celery | 130 | 3g | 0g | 2g | 13g | 360mg | 7g | 2g | 55mg | 2 meat |
| American cheese, yellow | 0.5 oz. | Milk, Soy | 50 | 1g | 0g | <1g | 3g | 220mg | 5g | 3g | 13mg | 0.5 meat |
| Hoagie Bun, Whole Grain, 5" | 1 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 160 | 28g | 2g | 4g | 6g | 260mg | 2g | 0g | 0mg | 2 grain |
| Turkey Ham & Cheese Wrap SS | 1 | | 370 | 37g | 3g | 5g | 21g | 800mg | 17g | 5g | 68mg | 2.5 meat, 2.25 grain |
| Turkey Ham, uncured, fully cooked | 3 oz. | Celery | 130 | 3g | 0g | 2g | 13g | 360mg | 7g | 2g | 55mg | 2 meat |
| American cheese, yellow | 0.5 oz. | Milk, Soy | 50 | 1g | 0g | <1g | 3g | 220mg | 5g | 3g | 13mg | 0.5 meat |
| Tortilla, wheat, 10-inch | 1 | Wheat | 180 | 29g | 3g | 2g | 5g | 220mg | 4.5g | <1g | 0mg | 2.25 grain |
| Turkey Hot Dog on Bun ES (grades K-6 only) | 4 oz. | | 240 | 21g | 2g | 3g | 11g | 890mg | 13g | 3g | 45mg | 2 meat; 1.75 grain |
| Turkey Hot Dog | 2 oz. | Corn, Sodium Nitrite | 130 | 1g | 0g | 0g | 7g | 700mg | 11g | 3g | 45mg | 2 meat |
| Hot Dog Bun, whole grain | 1 | Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast | 110 | 20g | 2g | 3g | 4g | 190mg | 2g | 0g | 0mg | 1.75 grain |
| Turkey Salami & Cheese Sub ES | 1 | Wheat, Barley, Yeast, Date, Smoke Flavoring, Sodium Nitrite, Milk, Soy | 312 | 32g | 3g | 1g | 18g | 1113mg | 13g | 4g | 62mg | 2 meat; 2 grain |
| Turkey Stick, honey pepper, dried, 0.5 oz. ES | 2 | Honey, Corn, Garlic, in Beef Collagen Casing, Sodium Nitrite | 60 | 4g | 0g | 2g | 8g | 210mg | 2g | 3g | 20mg | 1 meat |
| Turkey Sausage & French Toast Sticks | 1 | | | | | | | | | | | |
| Turkey Sausage, 1.7 oz. patty | 2 | Rice, Yeast, Red Pepper | 120 | 2g | 0g | 0g | 12g | 340mg | 6g | 2g | 60mg | 2 meat |
| French Toast Sticks, ES | 2 | Wheat, Barley, Egg, Corn, Soy, Milk, Cinnamon, Yeast | 240 | 38g | 2g | 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 | 9g | 390mg | 11g | 1.5g | 5mg | 3 grain |
| Vegetables (cooked) | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Baked Beans, ES | 1/2 cup | Legume, tomato, corn, garlic, molasses | 142 | 30g | 4g | 7g | 6g | 493mg | <1g | 0g | 0mg | 1/2 cup vegetable |
| Baked Beans SS | 1/2 cup | Legume, Tomato, Onion, Corn, Garlic | 145 | 28g | 6g | 3g | 7g | 479mg | <1g | 0g | 0mg | 1/2 cup vegetable |
| Black Beans, seasoned SS | 1/2 cup | Legume, Onion, Garlic | 130 | 22g | 11g | 1g | 8g | 350mg | 1g | <1g | 0mg | 1/2 cup vegetable |
| Broccoli, steamed SS | 1/2 cup | Mrs. Dash - Onion, Cayenne pepper, Garlic, Carrot, Orange, Tomato, Lemon | 13 | 2g | 1g | 0g | 1g | 10mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Brussels Sprouts, steamed SS | 1/2 cup | None | 39 | 7g | 4g | n/a | 4g | 10mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Cabbage, steamed SS | 1/2 cup | Garlic | 13 | 3g | 2g | <1g | 6mg | 2g | <1g | 0mg | 0mg | 1/2 cup vegetable |
| Carrot, shelf stable | 1/2 cup | Carrot | 15 | 3g | 1g | 1g | 0g | 120mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| California Mixed Vegetables SS | 1/2 cup | Carrot | 17 | 3g | 1g | 2g | <1g | 20mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Cauliflower, buffalo style SS | 1/2 cup | Garlic, peppers | 25 | 3g | 1g | n/a | 1g | 95mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Collard Greens SS | 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 | 1/2 cup vegetable |
| Corn, shelf stable | 1/2 cup | Corn | 35 | 6g | 1g | 2g | 0g | 100mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Corn, frozen | 1/2 cup | Corn | 60 | 14g | 2g | 2g | 2g | 0mg | <1g | 0g | 0mg | 1/2 cup vegetable |
| Fries, Oven USDA SS | 3 oz. | Potato, Caramel Color, Turmeric | 130 | 22g | 2g | 0g | 2g | 30mg | 4g | 1g | 0mg | 1/2 cup vegetable |
| Fries, Crinkle Cut SS | 3 oz. | Potato, Caramel Color, Turmeric | 110 | 21g | 1g | 0g | 2g | 40mg | 3g | 0g | 0mg | 1/2 cup vegetable |
| Fries, Spiral, battered SS | 3 oz. | Potato, Wheat, Garlic, Onion, Caramel Color | 150 | 20g | 1g | 1g | 2g | 360mg | 8g | 1g | 0mg | 1/2 cup vegetable |
| Fries, Sweet potato SS | 3 oz. | Potato, Corn, Turmeric, Molasses, Rice, Pea | 160 | 24g | 2g | 8g | 1g | 230mg | 7g | 1g | 0mg | 1/2 cup vegetable |
| Garbanzo Beans, marinated SS | 1/2 cup | Legume, Egg, Corn, Tomato, Onion, Garlic, Lemon, Caramel Color, Bell Pepper | 141 | 20g | 4g | <1g | 5g | 586mg | <1g | 0g | 0mg | 1/2 cup vegetable |
| Green Beans, frozen | 1/2 cup | None | 23 | 5g | 1g | 1g | 1g | 0mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Green Beans, canned, USDA SS | 1/2 cup | Garlic | 16 | 3g | 2g | 1g | 1g | 140mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Green Beans, shelf stable | 1/2 cup | None | 10 | 2g | 1g | 0g | 1g | 105mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Hash Brown Patties, triangle SS | 4 oz. | Potato | 200 | 28g | 2g | 0g | 2g | 400mg | 8g | 1g | 0mg | 1/2 cup vegetable |
| Italian Mixed Vegetables SS | 1/2 cup | Lima bean, Carrot | 28 | 5g | 2g | 2g | 2g | 38mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Mashed Potatoes SS | 1/2 cup | Potato | 110 | 20g | 1g | 2g | 2g | 420mg | 3g | <1g | 0mg | 1/2 cup vegetable |
| Mixed Vegetables ES | 1/2 cup | Peas, Corn, Green Beans, Carrot | 47 | 9g | 2g | 3g | 2g | 64mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Mixed Vegetables SS | 1/2 cup | Peas, Corn, Lima Beans, Carrot | 47 | 9g | 2g | 3g | 2g | 64mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Peas and Carrot, shelf stable | 1/2 cup | Pea, Carrot | 30 | 7g | 2g | 3g | 2g | 100mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Peas, shelf stable | 1/2 cup | Pea | 40 | 8g | 2g | 4g | 2g | 100mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Potato Wedges, ES | 3 oz. | Potato | 110 | 17g | 2g | 0g | 2g | 45mg | 4g | 1g | 0mg | 1/2 cup vegetable |
| Potato Wedges, seasoned SS | 7 wedges | Potato, Onion, Garlic, Rice | 140 | 20g | 1g | 1g | 1g | 200mg | 6g | 2.5g | 0mg | 1/2 cup vegetable |
| Salsa, mild SS | 1/2 cup | Tomato, Onion, Green Pepper, Garlic, Jalapeno | 40 | 8g | 1g | 4g | 1g | 640mg | 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 | 1g | 140mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Salsa, portion cup ES | 3 oz. | Tomato, Jalapeno Pepper, Onion, Garlic, Natural Flavors | 25 | 5g | 1g | 3g | 1g | 195mg | 0g | 0g | 0mg | 1/2 cup vegetable |

| | | | | | | | | | | | | |
|---|----------------|---|-----------------|---------------|--------------|--------------|----------------|-------------------|------------------|----------------|--------------------|--|
| Spinach, chopped, USDA SS | 1/2 cup | None | 32 | 5g | 4g | 0g | 4g | 92mg | 1g | 0g | 0mg | 1/2 cup vegetable |
| Tomato Soup (made with water) SS | 6 oz. | Tomato, Wheat, Celery extract, Garlic | 68 | 15g | <1g | 9g | 2g | 360mg | 0g | 0g | 0mg | 1/8 cup vegetable |
| Vegetables (fresh) | Portion | 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 | 1/4 cup vegetable |
| Carrot, baby or Carroteenis | 1/4 cup | Carrot | 16 | 4g | 1g | n/a | <1g | 13mg | 0g | 0g | 0mg | 1/4 cup vegetable |
| Celery Sticks | 1/4 cup | Celery | 3 | <1g | <1g | 0g | <1g | 18mg | 0g | 0g | 0mg | 1/4 cup vegetable |
| Cucumbers, sliced | 1/4 cup | Cucumber | 15 | 3g | 1g | 0g | 1g | 0mg | 0g | 0g | 0mg | 1/4 cup vegetable |
| Garden Salad Mix | 1 cup | Carrot | 13 | 3g | 1g | 2g | 1g | 13mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Green Pepper, sliced | 1/4 cup | Green pepper | 7 | 2g | <1g | <1g | <1g | <1mg | 0g | 0g | 0mg | 1/4 cup vegetable |
| Tomatoes, cherry (grades K-12 only) | 1/4 cup | Tomato | 8 | 1.5g | <1g | n/a | <1g | 3mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Tomato, quartered | 1/4 cup | Tomato | 13 | 3g | <1g | n/a | <1g | 6mg | <1g | <1g | <1mg | 1/4 cup vegetable |
| Zucchini, sliced | 1/4 cup | Squash | 4 | <1g | <1g | n/a | <1g | <1mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Yogurt | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Yogurt & Cheese Grab-n-Go (grades K-5 only) | 1 | | 480 | 80-81g | 5g | 49g | 13g | 540mg | 11g | 4g | 15mg | 2 meat; 2 grain; 1/2 cup fruit |
| Yogurt, strawberry, strawberry banana or vanilla, Danimals | 4 oz. | Milk, Corn, Lemon, Legume and for strawberry/strawberry banana: Strawberry, unspecified Fruit Juice and Vegetable Juice (for color) and for strawberry/banana only: Raspberry, Banana | 70 | 14g | 0g | 10g | 4g | 60mg | 0g | 0g | 5mg | 1 meat |
| Craisins, orange, original, strawberry, raspberry | 1.16 oz. | Cranberry, Elderberry, Sunflower oil | 110 | 27-28g | 2-3g | 24g | 0g | 0mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Cheese, mozzarella string, light | 1 oz. | Milk | 60 | 1g | 0g | 0g | 7g | 200mg | 3g | 2g | 10mg | 1 meat |
| Goldfish Giant Grahams | 0.9 oz. x 2 | Wheat, Cinnamon, Corn | 240 | 38g | 2g | 14g | 2g | 280mg | 8g | 2g | 0mg | 2 grain |
| Yogurt & Seed Grab-n-Go (grades 6-12 only) | 1 | | 570 | 91-92g | 7-8g | 53g | 12g | 405mg | 23g | 4g | 10mg | 2 meat; 2 grain; 1/2 cup fruit |
| Yogurt, strawberry, strawberry banana or vanilla, Danimals | 4 oz. | Milk, Corn, Lemon, Legume and for strawberry/strawberry banana: Strawberry, unspecified Fruit Juice and Vegetable Juice (for color) and for strawberry/banana only: Raspberry, Banana | 70 | 14g | 0g | 10g | 4g | 60mg | 0g | 0g | 5mg | 1 meat |
| Craisins, orange, original, strawberry, raspberry | 1.16 oz. | Cranberry, Elderberry, Sunflower oil | 110 | 27-28g | 2-3g | 24g | 0g | 0mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Sunflower seeds, honey roasted | 1.2 oz. | Sunflower, Honey | 150 | 11g | 3g | 5g | 6g | 65mg | 15g | 2g | 0mg | 1 meat |
| Goldfish Giant Grahams | 0.9 oz. x 2 | Wheat, Cinnamon, Corn | 240 | 38g | 2g | 14g | 2g | 280mg | 8g | 2g | 0mg | 2 grain |
| Yogurt /Granola/Cheese Stick ES | 1 | | 250 | 30g | 2g | 15g | 13g | 305mg | 8g | 2g | 15mg | 2 meat; 1 grain |
| Yogurt, vanilla, nonfat, Danimals | 4 oz. | Milk, Corn, Lemon, Legume | 70 | 14g | 0g | 10g | 4g | 60mg | 0g | 0g | 5mg | 1 meat |
| Granola, cinnamon, gluten-free | 1 oz. | Gluten-free oats, Apple, Cinnamon | 110 | 15g | 2g | 4g | 2g | 60mg | 4g | 0g | 0mg | 1 grain |
| Cheese, mozzarella string, light | 1 oz. | Milk | 60 | 1g | 0g | 0g | 7g | 200mg | 3g | 2g | 10mg | 1 meat |
| Danimals Yogurt Parfait/Berry (SS) | 8 oz. | Milk, corn, fruit juice and vegetable juice (unspecified), lemon, legume, strawberry, banana, gluten-free oats, cinnamon, apple, molasses, ginger, blueberry | 290 | 53g | 3g | 29g | 12g | 172-187 mg | 4g | 2g | 10mg | 2 meat; 1 grain; 1/2 cup fruit |
| Upstate Yogurt Parfait/Berry (SS) | 8 oz. | Milk, corn, strawberry, gluten-free oats, cinnamon, apple, molasses, ginger, blueberry | 363 | 62g | 3g | 42g | 11g | 262mg | 6g | 2g | 13mg | 2 meat; 1 grain; 1/2 cup fruit |
| Danimals Yogurt Parfait/Peaches or Oranges or Pineapple (SS) | 8 oz. | Milk, corn, fruit juice and vegetable juice (unspecified), lemon, legume, strawberry, banana, gluten-free oats, cinnamon, apple, molasses, ginger, peach or orange or pineapple | 300 | 58g | 3g | 29g | 12g | 180-195mg | 4g | 2g | 10mg | 2 meat; 1 grain; 1/2 cup fruit |
| Upstate Yogurt Parfait/Peaches or Oranges or Pineapple (SS) | 8 oz. | Milk, corn, gluten-free oats, cinnamon, apple, molasses, ginger, peach or orange or pineapple | 383 | 67g | 3g | 47g | 11g | 270mg | 6g | 2g | 13mg | 2 meat; 1 grain; 1/2 cup fruit |
| Emergency Meal (shelf stable) | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Cheddar Cheese Lunch Kit: | 1 | | 567 | 75g | 6g | 42g | 14g | 1010mg | 24g | 13g | 50mg | 2 meat; 1.25 grain; 1 and 1/4 cups vegetable; 1/2 cup fruit |
| White Cheddar Cheese plank | 2 oz. | Milk | 200 | 2g | 0g | 0g | 12g | 720mg | 16g | 12g | 50mg | 2 meat |
| Tortilla strips | 1.5 oz. | Corn | 162 | 23g | 2g | 0g | 1g | 75mg | 8g | 1g | 0mg | 1.25 grain |
| Salsa, portion cup | 3 oz. | Tomato, Jalapeno Pepper, Onion, Garlic, Natural Flavors | 25 | 5g | 1g | 3g | 1g | 195mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Craisins | 1.16 oz. | Orange, Berry | 110 | 28g | 3g | 24g | 0g | 0mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Sunset Sip 100% juice | 6.75 oz. | Sweet Potato, Carrot, Pumpkin | 70 | 17g | 0g | 15g | 0g | 20mg | 0g | 0g | 0mg | 3/4 cup vegetable |
| Preschool and Elementary After School Snacks | Portion | Food Allergens and Intolerances | Calorie | CHO | Fiber | Sugar | Pro | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
| Cheez-it | 0.75 oz. | Wheat, Milk, Soy | 100 | 14g | 1g | 0g | 2g | 150mg | 3.5g | 1g | <5mg | 1 grain |
| Elf Grahams | 1 oz. | Wheat, Honey, Soy, Molasses | 120 | 21g | 1g | 8g | 2g | 105mg | 4g | 1g | 0mg | 1 grain |
| Goldfish Giant Grahams | 0.9 oz. | Wheat, Cinnamon, Corn | 120 | 19g | 1g | 7g | 1g | 140mg | 4g | 1g | 0mg | 1 grain |
| Nutrition Crackers | 1 oz. | Wheat, Milk, Sunflower, Egg, Honey | 120 | 22g | 2g | 6g | 2g | 65mg | 4g | 0g | 0mg | 1 grain |
| Pretzel, heartzel | 0.7 oz. | Wheat | 80 | 16g | 2g | <1g | 2g | 200mg | 1g | 0g | 0mg | 1 grain |
| Scooby Doo Grahams or Tiger Bites | 1 oz. | Wheat, Honey, Soy, Cinnamon | 120 | 21g | 1g | 8g | 2g | 105-115 mg | 3.5g | 1g | 0mg | 1 grain |
| Strawberry Waffle Grahams | 1 oz. | Wheat, Strawberry, Elderberry, Sweet Potato, Corn | 110 | 21g | 1g | 7g | 2g | 95mg | 3g | 0g | 0mg | 1 grain |
| Smart Snacks, A La Carte and *After School SS | Portion | Food Allergens and Intolerances | Calorie | CHO | Fiber | Sugar | Pro | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |

| | | | | | | | | | | | | |
|---|-----------|---|-----|-----|----|-----|----|-------|------|------|------|---------------|
| Capri Sun juice blend, Berry Breeze * | 6 oz. | Grape, strawberry, pear | 90 | 24g | 0g | 20g | 0g | 20mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Capri Sun juice blend, Fruit Dive * | 6 oz. | Grape, apple, cherry | 80 | 21g | 0g | 20g | 0g | 25mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Capri Sun juice blend, Fruit Punch * | 6 oz. | Grape, pear, orange, pineapple | 80 | 21g | 0g | 20g | 0g | 25mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Cheetos, Baked, Flamin' Hot | 0.875 oz. | Milk, Corn, Yellow #6, Yellow #5/#6 Lake, Red #40, Garlic, Onion, MSG | 120 | 16g | 1g | 0g | 2g | 200mg | 4.5g | <1g | 0mg | 1.25 grain |
| Chips, Applewood Smoked BBQ | 1.375 oz. | Milk, Potato, Corn | 180 | 27g | 2g | 3g | 3g | 190mg | 7g | 1g | 0mg | None |
| Chips, Jalapeno Cheddar | 1.375 oz. | Milk, Potato, Barley, Molasses, Corn, Tomato, Garlic, Onion | 180 | 27g | 2g | 2g | 3g | 160mg | 7g | 1g | 0mg | None |
| Chips, Tortilla Nacho Cheese * | 1 oz. | Corn, Milk, Soy, MSG, Tomato, FD&C Red #40, FD&C Yellow #6, FD&C Yellow #5, Garlic | 130 | 20g | 2g | 0g | 2g | 200mg | 5g | <1g | 0mg | 1.5 grain |
| Chips, Tortilla Cool Ranch * | 1 oz. | Milk, Corn, Soy, Tomato, Garlic, MSG, FD&C Red #40, FD&C Blue #1, FD&C Yellow #5 | 130 | 20g | 2g | 0g | 2g | 150mg | 5g | <1g | 0mg | 1.5 grain |
| Chips, Tortilla Spicy Sweet Chili * | 1 oz. | Corn, Soy, MSG, Garlic, Caramel color | 130 | 20g | 2g | <1g | 2g | 200mg | 5g | <1g | 0mg | 1.5 grain |
| Cinnamon Tiger Bites | 1 oz. | Wheat, Honey, Soy, Cinnamon | 120 | 21g | 1g | 8g | 2g | 105mg | 3.5g | 1g | 0mg | 1 grain |
| Cookie, Carnival (Grades 6-12 only) | 1.5 oz. | 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 | 2g | 130mg | 6g | 1.5g | 10mg | 1 grain |
| Cookie, Choc Chip (Grades 6-12 only) | 1.5 oz. | Egg, Milk, Soy, Wheat, Molasses, Corn, Chocolate, Artificial Flavor (unspecified), may contain Peanuts, Tree Nuts, Coconut | 160 | 28g | 2g | 13g | 2g | 105mg | 5g | 1.5g | 10mg | 1 grain |
| Cookie, Sugar (Grades 6-12 only) | 1.5 oz. | Egg, Milk, Soy, Wheat, Molasses, Corn, Oat, Turmeric, Artificial Flavor (unspecified), may contain Peanuts, Tree Nuts, Coconut | 160 | 27g | 2g | 13g | 2g | 115mg | 5g | 1.5g | 15mg | 1 grain |
| Envy Juice, Cherry Apple | 8 oz. | Apple, Fruit/Vegetable Juice | 110 | 29g | 0g | 28g | 0g | 5mg | 0g | 0g | 0mg | 1 cup fruit |
| Envy Juice, Fruit Punch | 8 oz. | Apple, Pear, Fruit/Vegetable Juice | 110 | 29g | 0g | 28g | 0g | 5mg | 0g | 0g | 0mg | 1 cup fruit |
| Goldfish Giant Grahams * | 0.9 oz. | Wheat, Cinnamon, Corn | 120 | 19g | 1g | 7g | 1g | 140mg | 4g | 1g | 0mg | 1 grain |
| Luigi's Sours Sorbet, Raspberry | 4.4 oz. | Apple, Natural Flavor, Fruit/Vegetable Juice, Vegetable Fiber (Inulin), Legume | 70 | 20g | 3g | 15g | 0g | 10mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Luigi's Sours Sorbet, Watermelon | 4.4 oz. | Apple, Natural Flavor, Legume, Vegetable Fiber (Inulin), Beet (for color) | 70 | 20g | 3g | 15g | 0g | 10mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Sidekicks Juice Cup, Blue Raspberry-Lemon | 4.4 oz. | Grape, Pear, Turmeric, Legume, Blue #1 | 90 | 22g | 0g | 19g | 0g | 30mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Sidekicks Juice Cup, Strawberry-Mango | 4.4 oz. | Grape, Pear, Turmeric, Legume, Unspecified Vegetable Juice (for color) | 90 | 22g | 0g | 21g | 0g | 50mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Soft Pretzel SS | 1 | Wheat, Yeast, Corn | 140 | 30g | 3g | 1g | 5g | 150mg | 0.5g | 0g | 0mg | 2 grain |
| Soft Pretzel Cheese Dip | 2 oz. | Milk, Soy, Tomato, Green Chilies, Corn, Coconut Oil, Onion, | 118 | 2g | 0g | 0g | 7g | 415mg | 9g | 5g | 30mg | 1 meat |
| Strawberry Waffle Grahams * | 1 oz. | Wheat, Strawberry, Elderberry, Sweet Potato, Corn | 110 | 21g | 1g | 7g | 2g | 95mg | 3g | 0g | 0mg | 1 grain |

| Special Diet Order | Portion | Food Allergens and Intolerances | Calories | CHO | Fiber | Sugar | Pro | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components |
|--------------------------------------|----------|--|----------|------|-------|-------|------|--------|-----------|---------|-------------|-------------------|
| Banana, strained/ 2nd foods | 4 oz. | Banana | 100 | 24g | 1g | 20g | 1g | 5mg | 0g | 0g | 0mg | 1/2 cup fruit |
| Carrots, strained/2nd foods | 4 oz. | Carrot | 40 | 9g | 1g | 6g | <1g | 40mg | 0g | n/a | n/a | 1/2 cup vegetable |
| Chicken Dippers, fully cooked ES | 2.6 oz. | Rice, Yeast | 121 | <1g | 0g | 0g | 17g | 112mg | 4.5g | 1g | 51mg | 2 meat |
| Chicken Fajita Strips, fully cooked | 2.25 oz. | Garlic, Onion, Chili powder, Corn, Lemon | 105 | 1.5g | 0g | 0g | 13g | 300mg | 5g | 1.5g | 60mg | 1.5 meat |
| Green Beans, strained/2nd foods | 4 oz. | None | 40 | 6g | 2g | 3g | 1g | 5mg | 0g | n/a | n/a | 1/2 cup vegetable |
| Hot Dog, beef (for K-6 only) | 2 oz. | Sodium nitrite | 167 | <1g | 0g | 0g | 7g | 580mg | 15g | 6g | 35mg | 1 meat |
| Milk, non-fat, lactose free, white | 8 oz. | Milk (lactose free) | 90 | 13g | 0g | 12g | 9g | 130mg | 0g | 0g | 5mg | 1 milk |
| Milk, soy, Silk, vanilla | 8 oz. | Soy | 150 | 18g | 2g | 15g | 8g | 80mg | 4.5g | <1g | 0mg | 1 milk |
| Peaches, strained/2nd foods | 2 | Peach | 70 | 14g | 1g | 13g | 1g | 0mg | 0g | n/a | n/a | 1/2 cup fruit |
| Pears, strained/2nd foods | 4 oz. | Pear | 70 | 17g | 3g | 12g | 0g | 5mg | 0g | n/a | n/a | 1/2 cup fruit |
| Peas, green, frozen | 1/2 cup | Peas | 60 | 10g | 3g | 3g | 4g | 0mg | 0g | 0g | 0mg | 1/2 cup vegetable |
| Peas, strained/2nd foods | 4 oz. | Peas | 50 | 7g | 2g | 2g | 0g | 5mg | 0g | n/a | n/a | 1/2 cup vegetable |
| Squash, strained/2nd foods | 4 oz. | Squash | 40 | 8g | 1g | 4g | 0g | 5mg | 0g | n/a | n/a | 1/2 cup vegetable |
| Turkey Canadian Bacon fully cookeded | 0.76 oz. | Sodium Nitrite | 25 | 0g | 0g | 0g | 3.5g | 130mg | 1.3g | <1g | 15mg | 0.5 meat |
| Turkey Sausage, fully cooked | 1.17 oz. | Rice, Yeast, Red Pepper | 60 | 1g | 0g | 0g | 6g | 170mg | 3g | 1g | 30mg | 1 meat |

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.

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