

Mini Muffin, chocolate chip SS	1	Wheat, Milk, Egg, Soy, Corn, Chocolate/Cocona	150	24g	1g	12g	11g	3g	100mg	4.5g	<1g	20mg	1 grain
Pancakes/Pancake Syrup	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Pancakes, Conetti	1	Wheat, Milk, Egg, Soy, Corn, Paprika, Beet, Sweet Potato	210	36g	4g	11g	11g	4g	210mg	7g	1g	10mg	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 Components
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 Components
Turkey Canadian Bacon/Cheese on Roll SS	1		225	31g	3g	3g	2g	11g	470mg	10g	3.5g	15mg	1.5 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
American cheese slice, yellow	1	Milk, Corn, Paprika, Sunflower	40	1.5g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
Pretzel Roll	1	Wheat, Malted Barley, Yeast	160	29g	3g	2g	2g	5g	40mg	2.5g	1g	0mg	2 grain
Turkey Pancake Wrap	1	Wheat, Egg, Soy, Sodium Nitrite	190	17g	3g	4g	4g	7g	310mg	10g	2.5g	25mg	1 meat; 1 grain
Turkey Sausage & Cheese on Biscuit SS	1		290	27g	2g	3g	2g	12g	725mg	16g	9g	35mg	1.5 meat; 2 grain
Turkey Sausage patty	1	Rice, Yeast, Red Pepper	60	1g	0g	0g	0g	6g	170mg	3g	1g	30mg	1 meat
American cheese slice, yellow	1	Milk, Corn, Paprika, Sunflower	40	1.5g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
Biscuit, whole grain	1	Wheat, Milk, Barley	190	24g	2g	2g	2g	4g	310mg	9g	6g	0mg	2 grain
Turkey Sausage Breakfast Pizza SS	1	Wheat, Barley, Yeast, Tomato, Onion, Garlic, Soy, Milk, Corn, Beet	230	31g	3g	5g	2g	11g	310mg	7g	2g	20mg	1 meat; 1.75 grain
Turkey Sausage on Pancake SS	1		240	31g	2g	10g	4g	10g	390mg	7g	1g	35mg	1 meat; 2 grain
Turkey Sausage patty	1	Rice, Yeast, Red Pepper	60	1g	0g	0g	0g	6g	170mg	3g	1g	30mg	1 meat
Pancake, butter/milk, whole grain	2	Wheat, Milk, Egg, Soy	180	30g	0g	10g	4g	4g	220mg	4g	0g	<5mg	2 grain
Turkey Stick, smokehouse or sweet BBQ SS	1	Garlic, Onion and for smokehouse flavor: Molasses, Chicken Broth, Sunflower Oil	40	0g	0g	0g	0g	8g	190mg	1g	0g	20mg	1 meat
Waffle	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Mini Waffle, Blueberry	1	Egg, Milk, Wheat, Soy, Corn, Potato, Fruit Juice	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 or blueberry	1	Milk, Egg, Wheat, Beet, Yeast, Cinnamon (in cinnamon flavor), Blueberry & Fruit Juice (in blueberry)	250	37g	2g	15g	NA	6g	290mg	9g	4g	44mg	2 grain
Yogurt	Portion	Cinnamon	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
GoGo yogurtz, berry ES	3 oz.	Milk, Strawberry, Raspberry, Blueberry	90	15g	0g	12g	NA	4g	55mg	0g	0g	0mg	0.75 meat
GoGo yogurtz, banana ES	3 oz.	Milk, Banana	90	15g	0g	12g	NA	4g	55mg	0g	0g	0mg	0.75 meat
Yogurt, strawberry, Danimals	1	Milk, Corn, Strawberry, unspecified Fruit Juice and Vegetable Juice (for color), Lemon	70	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), Blueberry, 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 or vanilla, Upstate	1	Milk, Corn, and for strawberry/strawberry banana Strawberry, Legume, and for strawberry/banana Strawberry, Banana, Legume Banana	90	19g	0g	14g	10g	4g	50-55mg	0g	0g	<5mg	1 meat
Lunch													
Bean Entrée	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Amazing Chickpea Dip & Pretzel Bites ES	1		484	49g	6g	8g	2g	13g	311mg	27g	3g	0mg	2 meat; 2 grain
Chickpea Dip	2	Legume, Sunflower, Corn	360	24g	8g	4g	2g	10g	180mg	26g	0g	0mg	2 meat
Pretzel Bites	4	Wheat, Barley, Yeast	124	25g	2g	0g	0g	3g	131mg	1g	0g	0mg	2 grain
Amazing Chickpea Grab-n-Go SS	1		640-660	85-92g	9g	40g	4-5g	16g	370-480mg	27g	3g	0mg	2 meat; 2-2.5 grain
Chickpea Dip	2	Legume, Sunflower, Corn	360	24g	8g	4g	2g	10g	180mg	26g	0g	0mg	2 meat
Bagel, whole grain, blueberry	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	1	Wheat, Barley, Molasses, Corn, Raisins, Cinnamon, Hoagie Yeast	170	37g	3g	7g	2g	5g	280mg	1g	0g	0mg	2 grain
Bagel, whole grain, plain	1	Wheat, Barley, Molasses, Corn, Honey, Yeast	150	30g	3g	3g	3g	5g	290mg	1g	0g	0mg	2.5 grain
Raisins, unsweetened	1.5 oz.	Grape	130	31g	2g	28g	0g	1g	10mg	0g	0g	0mg	1/2 cup fruit
Bean Dip, Cheese Stick, and Tortilla Strips ES	1		352	36g	6g	0g	0g	11g	435-445 mg	19g	6-7g	30mg	2 meat; 1.25 grain
Bean Dip	1	Legume, Garlic, Hot peppers, Onion	80	12g	4g	0g	0g	3g	190mg	1.5g	0g	0mg	1 meat
Cheese stick, cheddar or marble (Colby/Monterey Jack)	1	Milk	110	1g	0g	0g	0g	7g	170-	9g	5-6g	30mg	1 meat
Tortilla strips	1	Corn	162	23g	2g	0g	0g	1g	75mg	8g	1g	0mg	1.25 grain
Blazin' Buffalo Wrap SS	1		452	49g	7g	2g	1g	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	0g	12g	665mg	14g	2g	0mg	2 meat; 3/8 cup vegetable
Tortilla, wheat, 10-inch	1	Wheat	180	29g	3g	2g	1g	5g	220mg	4.5g	<1g	0mg	2.25 grain
Buffalo Chik'N Parmesan Sub SS	1		445	58g	8g	10g	NA	25g	780mg	14g	3g	8mg	2.5 meat; 1/4 c vegetable; 2 grain
Veggie buffalo wings, lightly breaded	5	Wheat, barley, soy, onion, potato, garlic, corn, spices (not specified)	210	23g	5g	2g	2g	14g	360mg	8g	1g	0mg	2 meat
Mozzarella Cheese, shredded	0.5 oz.	Milk, Potato	45	<1g	0g	<1g	0g	4g	90mg	3g	2g	8mg	0.5 meat
Spaghetti Sauce	2 oz.	Tomato, Onion, Garlic	30	6g	1g	4g	2g	1g	70mg	<1g	0g	0mg	1/4 cup
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
Cheese and Bean Burrito ES	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
Cheese and Bean Enchilada SS	1		307	42g	8g	4g	0g	12g	481mg	9g	4.5g	13mg	2 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
Enchilada Sauce	1 oz.	Tomato, Chili powder, Garlic, Corn, Onion	8	2g	0g	0g	0g	0g	65mg	0g	0mg	0mg	1/8 cup vegetable
Cheddar cheese, shredded	1 tsp.	Milk, Potato	9	0g	0g	0g	0g	<1g	16mg	<1g	0.5g	2.5mg	None

Dynomite Dippers ES	5	Wheat, soy, yeast, onion, potato, garlic, corn, paprika	225	24g	3g	2g	1g	18g	375mg	9g	1g	0mg	2.25 meat
Fiesta Rice & Tortilla Chips SS	1		456	57g	6g	1g	0g	19g	719mg	16g	7g	30mg	2.5 meat; 2 grain; 3/4 cup vegetable
Fiesta Rice	6 oz.	Rice, Wheat, Soy, Paprika, Onion, Carrot, Garlic, Tomato, Legume, Yeast	196	36g	4g	1g	0g	11g	464mg	2g	0g	0mg	1.5 meat; 1 grain; 1/4 cup vegetable
Cheddar cheese, shredded	1 oz.	Milk, Potato	110	1g	0g	0g	0g	6g	190mg	9g	6g	30mg	1 meat
Tortilla chips, yellow corn round	1 oz.	Corn, Lime	150	20g	2g	0g	0g	2g	65mg	7g	1g	0mg	1 grain
Impossible Burger on Bun SS	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
Mighty Nachos SS	1	Wheat, Garlic, Corn, Soy, Milk, Green Chiles, Coconut Oil, Jalapeno Pepper, Onion, Garlic, Legume, Tomato	425	50g	10g	5g	1g	24g	986mg	18g	4g	15mg	2.75 meat; 1.5 grain; 1/4 cup vegetable
Three Bean Chili ES	1	Legume, Tomato, Pepper, Onion, Chery, Corn, Garlic, Cilantro, Lime	261	38g	11g	6g	1g	12g	537mg	7g	1g	0mg	2 meat; 1/8 cup vegetable
Veggie Burger with American Cheese on Bun SS	1		330	33g	5g	5g	NA	23g	875mg	14g	3g	5mg	2.5 meat; 2 grain
Veggie Prime Griller	1	Wheat, Soy, Egg, Milk, Corn, Carrot, Onion, Garlic, Rice, Tomato	150	6g	3g	1g	0g	16g	400mg	8g	1g	0mg	2 meat
American cheese slice, yellow	1 oz.	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 Burger with Queso Cheese on Bun SS	1		351	32g	5g	4g	NA	25g	849mg	15g	4g	15mg	2.5 meat; 2 grain
Veggie Prime Griller	1	Wheat, Soy, Egg, Milk, Corn, Carrot, Onion, Garlic, Rice, Tomato	150	6g	3g	1g	0g	16g	400mg	8g	1g	0mg	2 meat
Queso cheese, white	1 oz.	Milk, Soy, Corn, Tomatillos, Chiles, Coconut Oil, Sunflower, Jalapeno, Cilantro, Onion, Garlic	61	<1g	0g	0g	0g	4g	219mg	5g	3g	15mg	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)	210	23g	5g	2g	2g	14g	360mg	8g	1g	0mg	2 meat
Veggie Pasta Bake SS	1	Tomato, Garlic, Wheat, Legume, Milk, Egg, Soy, Carrot, Onion	291	46g	14g	9g	NA	20g	828mg	4g	0g	0mg	2 meat; 1 grain; 1/2 cup vegetable
Beef	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Beef and Noodles SS	1	Corn, Onion, Wheat, Soy, Caramel color	296	24g	0g	0g	0g	20g	520mg	5g	1.5g	40mg	2 meat; 1 grain
Beef Chili with Beans	1	Tomato, Legume, Soy, Onion, Paprika, Caramel Color	163	16g	5g	5g	1g	14g	274mg	5g	2g	32mg	2 meat; 3/8 cup vegetable
Cheeseburger on Bun SS	1		356	27g	3g	4g	NA	20g	651mg	18g	7g	62mg	2.5 meat; 2 grain
American cheese slice, yellow	1	Milk, Corn, Paprika, Sunflower	40	1.5g	0g	1g	0g	2g	196mg	4g	2g	5mg	0.5 meat
Beef Patty	1	Citrus flour, Caramel Color	166	1g	1g	0g	0g	12g	256mg	12g	5g	49mg	2 meat
Browning Sauce	1	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
Fiesta Nachos SS	1		432	31g	3g	0g	0g	19g	605mg	27g	8.5g	54mg	2 meat; 1.5 grain
Beef Taco Meat	1.4 oz.	Garlic, Chili Pepper, Citrus Flour, Cocoa, Paprika	99	1g	0g	0g	0g	7g	144mg	7g	1g	25mg	1 meat
Cheddar/Queso cheese sauce	2 oz.	Milk, Soy, Tomato, Coconut oil, Jalapeno, Green Chiles, Onion, Garlic, Potato	118	3g	0g	0g	0g	9g	364mg	9g	6g	29mg	1 meat
Tortilla chips, yellow corn round	1.5 oz.	Corn, Lime	225	30g	3g	0g	0g	3g	97mg	11g	1.5g	0mg	1.5 grain
Hamburger on Bun	1		306	26g	3g	3g	NA	17g	486mg	14g	5g	49mg	2 meat; 2 grain
Beef Patty	1	Citrus flour, Caramel Color	166	1g	1g	0g	0g	12g	256mg	12g	5g	49mg	2 meat
Browning Sauce	1	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.	Soy, Garlic, Onion, Wheat, Tomato, Milk, Caramel color, Potato	294	23g	2g	6g	5g	19g	301mg	15g	6g	48mg	2 meat; 1 grain; 1/4 cup vegetable
Philly Beef & Cheese Sub SS	1		300	33g	3g	5g	NA	24g	661mg	8g	3g	52mg	2.5 meat; 2 grain; 1/4 c. vegetable
Beef, Shredded	2 oz.	None	80	0g	0g	0g	0g	15g	180mg	2g	1g	40mg	2 meat
American cheese slice, white	1	Milk, Corn, Paprika, Sunflower	50	1.5g	0g	1g	0g	2g	220mg	4g	2g	12mg	0.5 meat
Bell Peppers/Onions	1/4 cup	Onion	10	4g	1g	0g	0g	<1g	1mg	0g	0g	0mg	1/4 c. vegetable
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
Salisbury Steak/Gravy & Potato ES	1		280	24g	3g	1g	NA	18g	635mg	12g	4g	43mg	2 meat; 1/2 cup vegetable
Salisbury Steak with Gravy	1	Soy, Wheat, Milk, Caramel color, Corn, Onion, Yeast	160	6g	1g	1g	NA	17g	580mg	8g	4g	43mg	2 meat
Potato rounds	4	Potato	112	18g	2g	0g	0g	2g	76mg	4g	0g	0mg	1/2 cup vegetable
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		285	35g	3g	11g	NA	18g	899mg	8g	1g	44mg	2 meat; 2 grain; 1/8 cup
Beef Sloppy Joe	3.6 oz.	Tomato, Soy, Caramel Color, Green/Red Peppers, Onion, Chili Powder, Garlic	145	10g	1g	8g	5g	13g	659mg	6g	1g	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.	Beef, Soy, Corn, Caramel Color, Wheat, Oat fiber, Tomato, Garlic, Onion, Milk, Potato	404	44g	8g	10g	4g	25g	447mg	17g	7g	46mg	2 meat; 1 grain; 3/4 cup vegetable
Spicy Beef and Broccoli Lo Mein SS	1 cup	Soy, Corn, Carrot, Onion, Celery, Potato, Garlic, Cocoa, Legume, Paprika, Wheat, Lemon, Orange, Tomato, Mustard, Beef Pepper	360	40g	<1g	NA	NA	19g	648mg	6g	1g	40mg	2 meat; 1 grain; 1/8 cup vegetable
Spicy Beef on Bun	1		247	31g	2g	9g	NA	20g	561mg	4g	1g	40mg	2 meat; 2 grain
Beef, Shredded, in Sweet Chili Sauce	2 oz.	Garlic, Corn, Rice, Bell Pepper, Onion, Paprika	107	6g	0g	6g	6g	15g	331mg	2g	1g	40mg	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
Walking Taco ES	1		309	25g	3g	0g	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	0g	10.5g	217mg	5.5g	1.5g	36mg	1.5 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Potato	55	0g	0g	0g	0g	3.5g	90mg	4.5g	2.5g	15mg	0.5 meat
Tortilla Strips	1	Corn	162	23g	2g	0g	0g	1g	75 mg	8g	1g	0mg	1.25 grain
Bread/Other Whole Grains	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Biscuit, whole grain	1	Wheat, Milk, Barley	220	27g	2g	2g	1g	4g	410mg	10g	7g	0mg	2 grain
Bread, Slice, white ES	1	Wheat, Barley, Yeast, Date, Legume	60	14g	2g	2g	NA	2g	135mg	<1g	0g	0mg	1 grain
Cornbread, mini loaf SS	1	Egg, Milk, Soy, Wheat, Corn, Fruit Juice powder, Vegetable Fiber, Legume, Turmeric	180	28g	1g	15g	15g	3g	90mg	9g	<1g	15mg	1 grain
Dinner Roll	1	Wheat, Barley, Corn, Soy, Yeast, Honey, Molasses	90	16g	1g	2g	NA	3g	140mg	1g	0g	0mg	1 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

Item	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Mini Muffin, chocolate chip SS	1	Wheat, Milk, Egg, Soy, Corn, Chocolate/Coconut	150	24g	1g	12g	11g	3g	100mg	4.5g	<1g	20mg	1 grain
Muffin, Blueberry ES	1	Wheat, Barley, Blueberry, Egg, Milk, Corn	280	46g	2g	22g	21g	5g	190mg	5g	1.5g	40mg	2 grain
Saltines SS	4	Wheat, Yeast, Corn, Soy	100	20g	0g	0g	0g	2g	360mg	2g	0g	0mg	1 grain
Tortilla Strips ES	1	Corn	162	23g	2g	0g	0g	1g	75 mg	8g	1g	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 Components
Broccoli Penne Alfredo SS	8 oz.	Milk, Egg, Wheat, Legume, Turmeric, Garlic, Potato	348	33g	1g	8g	0g	20g	769mg	15g	9g	45mg	2.25 meat; 1 grain, 1/2 cup
Cheese Breadstick ES	1	Tomato, Corn, Garlic, Onion, Wheat, Milk, Yeast	280	28g	0g	2g	1g	19g	460mg	10g	6g	35mg	2 meat; 2 grain
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 oz.	Tomato, Onion, Garlic	15	3g	<1g	2g	1g	<1g	35mg	<1g	0g	0mg	1/8 cup vegetable
Cheese Cups, Pretzel (& Fruit) SS	1	Milk, Wheat, Barley	264	25g	2g	0g	0g	9g	911mg	13g	7g	30mg	2 meat; 2 grain; 1/2 cup fruit
Cheese, cheddar dip cup	2	Milk	140	1g	0g	0g	0g	6g	780mg	12g	7g	30mg	2 meat
Pretzel Bites	4	Wheat, Barley, Yeast	124	25g	2g	0g	0g	3g	131mg	1g	0g	0mg	2 grain
Italian Cheesy Pull-Apart ES	1	Milk, Wheat, Yeast, Barley, Corn	300	32g	2g	5g	3g	14g	520mg	13g	6g	30mg	2 meat; 2 grain
Macaroni and Cheese ES/Colerain/Columbus Scioto	6 oz.	Milk, Egg, Wheat, Legume, Turmeric, Paprika, Corn	299	32g	2g	8g	0g	15g	650mg	12g	7g	35mg	2 meat; 1 grain
Macaroni & Cheese SS	6 oz.	Milk, Wheat, Soy, Egg, Onion, Cayenne Pepper, Orange, Tomato, Lemon, Potato	297	28g	3g	7g	NA	16g	865mg	16g	8g	34mg	2 meat; 1 grain
Penne Alfredo ES	6 oz.	Milk, Egg, Wheat, Corn, Legume, Turmeric,	305	31g	0g	8g	0g	17g	706mg	12g	7g	37mg	2 meat; 1 grain
Southwest Cheesy Pull-Apart ES	1	Milk, Wheat, Yeast, Onion, Paprika, Chili Pepper, Garlic, Red Pepper, Corn	300	33g	2g	5g	3g	14g	580mg	13g	6g	30mg	2 meat; 2 grain
Toasted Cheese Sandwich ES	1	Wheat, Barley, Soy, Milk, Corn, Yeast	280	31g	3g	6g	NA	19g	454mg	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
Veg Out Wrap SS	1		408	41g	6g	NA	1g	21g	591mg	17g	7.5g	30mg	2 meat; 3/4 cup vegetable; 2.25 grain
Tossed Salad Mix	1/2 cup	Carrot	7	1g	1g	2g	0g	<1g	7mg	0g	0g	0mg	1/4 cup vegetable
Tomato, raw	4 slices	Tomato	26	6g	1g	NA	0g	1g	11mg	<1g	<1g	<1mg	1/4 cup vegetable
Cucumbers, raw, sliced	1/4 cup	Cucumber	15	3g	1g	NA	0g	1g	1.5mg	0g	0g	0mg	1/4 cup vegetable
Mozzarella Cheese, shredded	1/2 cup	Milk, Potato	180	2g	0g	2g	0g	14g	360mg	12g	7g	30mg	2 meat
Tortilla, wheat, 10-inch	1	Wheat	180	29g	3g	2g	1g	5g	220mg	4.5g	<1g	0mg	2.25 grain
Chicken	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Buffalo Chicken Wrap SS	1		380	32g	4g	2g	1g	20g	636mg	16.5g	5.5g	0mg	2 meat; 2.25 grain
Buffalo Chicken Filling	4 oz.	Egg, Rice, Yeast, Apple Peppers, Onion, Corn, Milk	200	3g	1g	0g	0g	15g	416mg	12g	5g	0mg	2 meat; 3/8 cup vegetable
Tortilla, wheat, 10-inch	1	Wheat	180	29g	3g	2g	1g	5g	220mg	4.5g	<1g	0mg	2.25 grain
Cheese and Chicken Burrito SS	1		461	50g	3g	2g	1g	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	0g	17g	400mg	7g	2g	80mg	2 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Potato	55	1g	0g	0g	0g	4g	95mg	5g	3g	15mg	0.5 meat
Whole Grain Rice	1/2 cup	Rice	86	18g	0g	<1g	0g	2g	0mg	2g	0g	0mg	1 grain
Tortilla, wheat, 10-inch	1	Wheat	180	29g	3g	2g	1g	5g	220mg	4.5g	<1g	0mg	2.25 grain
Cheesy Chicken Crunch Wrap SS	1		525	52g	5g	2g	1g	27g	780mg	23g	7g	95mg	2.5 meat; 3.25 grain
Chicken Fajita strips	3 oz.	Corn, Chili powder, Garlic, Lemon, Onion	140	2g	0g	0g	0g	17g	400mg	7g	2g	80mg	2 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Potato	55	<1g	0g	0g	0g	3g	95mg	5g	3g	15mg	0.5 meat
Tortilla chips, yellow corn round	1 oz.	Corn, Lime	150	20g	2g	0g	0g	2g	65mg	7g	1g	0mg	1 grain
Tortilla, wheat, 10-inch	1	Wheat	180	29g	3g	2g	1g	5g	220mg	4.5g	<1g	0mg	2.25 grain
Chicken Chipotle Sandwich ES	1	Wheat, Milk, Corn, Egg, Yeast, Paprika, Beet, Turmeric, Tomato, Potato, Onion	310	28g	2g	5g	3g	17g	610mg	15g	4.5g	105mg	2.25 meat; 2.25 grain
Chicken Corn Dog SS	1	Wheat, Milk, Corn, Soy, Egg, Celery Powder/Seed, Mustard, Paprika, Honey	300	25g	1g	8g	8g	13g	380mg	15g	3.5g	50mg	2 meat; 2 grain
Chicken Drumstick ES	1	Wheat, Garlic, Corn, Onion, Turmeric, Yeast	220	6g	1g	0g	0g	19g	530mg	13g	3g	60mg	2 meat; 0.75 grain
Chicken Drumstick & Belgian Waffle SS	1		410	35g	5g	6g	NA	23g	800mg	19g	4g	80mg	2 meat; 2.75 grain
Chicken Drumstick, breaded	1	Wheat, Garlic, Corn, Onion, Yeast, Turmeric, Celery Seed, Paprika	220	6g	1g	0g	0g	19g	530mg	13g	3g	60mg	2 meat; 0.75 grain
Waffle, whole grain, Belgian	1	Wheat, Milk, Soy, Egg	190	29g	4g	7g	NA	5g	270mg	6g	1g	20mg	2 grain
Chicken Enchilada Dip/Tortilla Chips SS	1		343	31g	6g	0g	0g	19g	602mg	17g	5g	68mg	2 meat; 1 grain; 3/8 cup vegetable
Chicken Enchilada Dip	6 oz.	Garlic, Onion, Chili powder, Lemon, Tomato, Legume, Milk	193	11g	4g	0g	0g	17g	537mg	10g	4g	68mg	2 meat; 3/8 cup vegetable
Tortilla chips, yellow corn round	1 oz.	Corn, Lime	150	20g	2g	0g	0g	2g	65mg	7g	1g	0mg	1 grain
Chicken Fajita Wrap SS	1		330	35g	4g	2g	1g	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	0g	17g	400mg	7g	2g	80mg	2 meat
Bell Peppers/Onions	1/4 cup	Onion	10	4g	1g	0g	0g	<1g	1mg	0g	0g	0mg	1/4 c. vegetable
Tortilla, wheat, 10-inch	1	Wheat	180	29g	3g	2g	1g	5g	220mg	4.5g	<1g	0mg	2.25 grain
Chicken Fried Rice SS	1	Carrot, Onion, Corn, Wheat, Soy, Rice, Ginger, Wheat	335	47g	3g	NA	NA	24g	250mg	2g	<1g	30mg	2 meat; 2 grain
Chicken Nuggets/Wings	5	Soy, Wheat, Onion, Garlic, Turmeric, Carrot, Celery, Yeast	200	13g	3g	0g	0g	18g	338mg	9g	2g	25mg	2 meat; 1 grain

Chicken Nuggets/Wings (HS only)	6	Soy, Wheat, Onion, Garlic, Turmeric, Carrot, Celery, Yeast	240	15g	3g	0g	0g	21g	405mg	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 Tenders SS	2	Wheat, Soy, Onion, Garlic, Turmeric, Carrot, Celery, Yeast, Paprika	220	12g	2g	2g	2g	20g	375mg	12g	2g	40mg	2 meat; 1 grain
Chicken Wrap SS	1		468	45g	5g	6g	2g	29g	548mg	18g	4.5g	55mg	2 meat; 1/2 cup vegetable
Chicken Tenders	2	Wheat, Soy, Onion, Garlic, Turmeric, Carrot, Celery, Yeast, Paprika	220	12g	2g	2g	2g	20g	375mg	12g	2g	40mg	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	180	29g	3g	2g	1g	5g	220mg	4.5g	<1g	0mg	2.25 grain
General Tso Chicken over Rice SS	1		396	52g	1g	16g	16g	20g	828mg	10g	2g	80mg	2 meat; 1.5 grain
General Tso Chicken	1	Soy, Corn, Garlic, Carrot, Celery, Potatoes, Onion, Lemon, Sunflower oil, Chili pepper, Paprika, Legume, Cocoa powder	226	20g	0g	16g	16g	17g	828mg	9g	2g	80mg	2 meat
Whole Grain Rice	3/4 cup	Rice	170	32g	1g	0g	0g	3g	0mg	1g	0g	0mg	1.5 grain
Hot & Spicy Chicken Drumstick and Biscuit SS	1		430	34g	3g	2g	1g	21g	790mg	22g	9.5g	85mg	2 meat; 2.75 grain
Chicken Drumstick, breaded, hot & spicy	1	Wheat, Garlic, Corn, Onion, Celery Seed, Yeast	210	7g	1g	0g	0g	17g	380mg	12g	2.5g	85mg	2 meat; 0.75 grain
Biscuit, whole grain	1	Wheat, Milk, Barley	220	27g	2g	2g	1g	4g	410mg	10g	7g	0mg	2 grain
Southwest Chicken Wrap SS	1		344	30g	3g	2g	2g	20g	617mg	14g	5g	48mg	2.25 meat; 2.25 grain
Southwest style chicken	2 oz.	Chili Pepper, Onion, Garlic, Cayenne Pepper	103	0g	0g	0g	0g	11g	178mg	5g	1.5g	33mg	1.75 meat
Queso cheese, white	1 oz.	Milk, Soy, Corn, Tomatillos, Chiles, Coconut Oil, Sunflower, Jalapeno, Cilantro, Onion, Garlic	61	<1g	0g	0g	0g	4g	219mg	5g	3g	15mg	0.5 meat
Tortilla, wheat, 10-inch	1	Wheat	180	29g	3g	2g	1g	5g	220mg	4.5g	<1g	0mg	2.25 grain
Spicy Chicken Patty on Bun SS	1		340	34g	3g	4g	NA	27g	560mg	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 SS	2	Wheat, Soy, Corn, Garlic, Onion, Carrot, Celery, Yeast	225	9g	2g	2g	0g	20g	360mg	12g	2g	50mg	2 meat; 1 grain
Spicy Chicken Wrap SS	1		468	40g	6g	6g	NA	29g	688mg	21g	9.5g	65mg	2 meat; 3.25 grain; 2.25 grain
Spicy Chicken Tenders	2	Wheat, Soy, Corn, Garlic, Onion, Rice, Carrot, Celery, Yeast	225	9g	2g	2g	0g	20g	360mg	12g	2g	50mg	2 meat; 1 grain
Tossed Salad Mix	1 cup	Carrot	13	3g	1g	2g	0g	1g	13mg	0g	0g	0mg	1/2 cup
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	180	29g	3g	2g	1g	5g	220mg	4.5g	<1g	0mg	2.25 grain
Condiment/Seasoning/Topping	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
BBQ sauce, pc	1	Tomato, Corn, Garlic, Molasses, Wheat	15	3g	0g	3g	3g	0g	160mg	0g	0g	0mg	None
Cream Cheese SS	1 oz.	Milk	100	2g	0g	1g	0g	2g	100mg	9g	6g	30mg	None
Grape Jelly, pc	1	Grape	35	9g	0g	8g	6g	0g	5mg	0g	0g	0mg	None
Hot sauce, pc	1	Chili pepper	10	0g	0g	0g	0g	0g	120mg	0g	0g	0mg	None
Italian dressing SS	2 T.	Garlic, Caramel Color, Turmeric, Legume	10	2g	0g	0g	0g	0g	360mg	0g	0g	0mg	None
Ketchup, pc	1	Tomato, Corn	10	3g	0g	2g	2g	0g	95mg	0g	0g	0mg	None
Mayonnaise, 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	4	0g	0g	0g	0g	0g	65mg	0g	0g	0mg	None
Syrup, Pancake SS	2 oz.	Corn	135	36g	0g	12g	12g	0g	90mg	0g	0g	0mg	None
Ranch dressing, fat-free, pc	1	Corn, Milk, Turmeric, Onion	10	2g	0g	<1g	NA	0g	110mg	2g	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
Seasonings (may be used in recipes)	N/A	Garlic, Dash Original, Onion, Chili Powder, Cinnamon, Chipotle, Falpa, Pepper, Molasses											None
Soup Base, vegetable (to season) SS	1 T.	Carrot, Onion, Celery, Corn, Tomato, Garlic	55	6g	0g	1g	NA	1g	471mg	2g	<1g	0mg	None
Sour Cream, pc SS	1 oz.	Soy, Corn, Egg, Milk, Garlic, Lemon, Onion	60	1g	0g	1g	0g	1g	10mg	5g	3.5g	20mg	None
Taco sauce, pc	1	Tomato, Corn, Onion, Garlic, Caramel Color	5	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 combo (+ fruit) SS	1		254	27g	2g	1g	0g	16g	366mg	9g	3.5g	180mg	1.5 meat; 2 grain
Egg, hard boiled, peeled	1	Egg	70	1g	0g	1g	0g	6g	55mg	5g	1.5g	170mg	1.5 meat
Cheese stick, mozzarella string, light	1	Milk	60	1g	0g	1g	0g	7g	200mg	3g	2g	10mg	1 meat
Pretzel Bites	4	Wheat, Barley, Yeast	124	25g	2g	0g	0g	3g	131mg	1g	0g	0mg	2 grain
2 Peeps & Pretzel Bites ES	1		264	27g	2g	2g	0g	15g	340mg	11g	3g	340mg	3 meat; 2 grain
Egg, hard boiled, peeled ES	2	Egg	140	2g	0g	2g	0g	12g	110mg	10g	3g	340mg	3 meat
Pretzel Bites	4	Wheat, Barley, Yeast	124	25g	2g	0g	0g	3g	131mg	1g	0g	0mg	2 grain
Emergency Shelf Stable Lunch	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Beef Stick, dried	1	Celery	120	<1g	0g	0g	0g	6g	360mg	10g	4g	15mg	1 meat
Cheese, swiss	1	Milk	100	1g	0g	0g	0g	6g	360mg	8g	6g	25mg	1 meat
Graham crackers, 3-count	1	Wheat, Corn, Honey, Molasses	112	20g	1g	7g	NA	2g	140mg	3g	1g	0mg	1 grain
Craisins, strawberry	1	Cranberry, unspecified natural flavors	110	27g	2g	24g	22g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Cherry Star 100% juice	1	Sweet Potato, Apple, Pear, Cherry, Celery, Kale, Spinach	80	21g	0g	19g	0g	0g	25mg	0g	0g	0mg	3/4 cup vegetable
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	0g	0g	0mg	1 cup fruit
Apple Slices, Hot Cinnamon SS	1/2 cup	Apple, Cinnamon	89	22g	1g	19g	8g	0g	0mg	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
Banana, raw	1	Banana	109	28g	3g	NA	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
Clementine, whole	2	Citrus	35	9g	1g	7g	0g	<1g	1 mg	0g	0g	0mg	1/2 cup fruit
Craisins, orange, original, strawberry, 1.16 oz.	1.16 oz.	Cranberry, Elderberry, Sunflower oil	110	27-28g	2-3g	24g	22g	0g	0mg	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
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
Oranges, mandarin, canned SS	1/2 cup	Citrus	64	15g	<1g	12g	0g	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, 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	99	27g	0g	18g	NA	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	NA	0g	5-10mg	0g	0g	0mg	1/2 cup fruit
Peaches, sliced, light syrup 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 SS	1/2 cup	Pear	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	40	10g	1g	9g	NA	0g	5mg	0g	0g	0mg	1/2 cup fruit
Plum	1	Plum	36	9g	1g	0g	0g	<1g	114mg	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
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
Gravies	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
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 Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
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	5 mg	1 milk
WOW Butter Sandwich, Pretzel, Fruit Cup, Juice, and Milk	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	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	80	21g	0g	19g	0g	0g	25mg	0g	0g	0mg	3/4 cup vegetable
WOW Butter Sandwich, Carrot, Apple, Juice, and Milk	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	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	50	13g	0g	12g	0g	0g	15mg	0g	0mg	0mg	1/2 cup vegetable
Pizza	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added 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	1g	19g	570mg	17g	8g	45mg	2 meat; 2 grain; 1/8 cup vegetable
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	1g	18g	490mg	16g	8g	40mg	2 meat; 2 grain; 1/8 cup vegetable
Pizza, cheese ES	4 x 6"	Wheat, Milk, Garlic, Tomato, Barley, Onion, Yeast	326	28g	3g	6g	0g	21g	579mg	15g	9g	43mg	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	0g	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	366	37g	3g	NA	NA	19g	470mg	17g	8g	45mg	2 meat; 2 grain; 3/8 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 Components
Chef Salad SS	1		223	16g	6g	NA	0g	24g	668mg	9g	4g	65mg	2.5 meat; 2 cups vegetable
Tossed Salad Mix	2 cups	Carrot	26	4g	2g	4g	0g	2g	26mg	0g	0g	0mg	1 cup vegetable
Broccoli, raw	1/4 cup	None	6	1g	1g	NA	0g	<1g	6mg	<1g	0g	0mg	1/4 cup vegetable
Cucumbers, raw	1/4 cup	Cucumber	15	3g	1g	NA	0g	1g	0mg	0g	0g	0mg	1/4 cup vegetable
Tomato, raw	4 quarters	Tomato	26	6g	2g	NA	0g	1g	11mg	<1g	0g	<1mg	1/2 cup vegetable
Turkey Breast, diced	2 oz.	None	50	1g	0g	0g	0g	9g	290 mg	<1g	0g	20mg	1 meat
Turkey Ham, diced	1.5 oz.	Sodium Nitrite	50	0g	0g	0g	0g	7g	240mg	3g	1g	30mg	1 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Potato	55	<1g	0g	0g	0g	3g	95mg	5g	3g	15mg	0.5 meat
Chicken Penne Salad SS	1	Wheat, Corn, Garlic, Onion, Lemon, Carrot, Celery Seed, Orange, Tomato, Cucumber, Cayenne, Bell Pepper, Legume, Yellow nos.	217	29g	5g	NA	NA	24g	334mg	2g	0g	30mg	2 meat; 1 grain; 1/2 cup vegetable
Creamy Noodle Salad SS	1	Wheat, Rice, Yeast, Celery, Carrot, Corn, Egg, Mustard, Orange, Lemon, Tomato, Garlic, Cayenne Pepper	359	27g	1g	NA	NA	19g	409mg	18g	3g	54mg	2 meat; 1 grain; 1/4 cup vegetable
Crispy Chicken Salad SS	1		322	27g	7g	NA	0g	25g	470mg	14g	5g	40mg	2.5 meat; 1 grain; 1 + 3/4 cups
Chicken Nuggets - whole grain	5	Soy, Onion, Garlic, Wheat, Turmeric, Carrot	200	13g	3g	0g	0g	18g	338mg	9g	2g	25mg	2 meat; 1 grain
Tossed Salad Mix	2 cups	Carrot	26	4g	2g	4g	0g	2g	26mg	0g	0g	0mg	1 cup vegetable
Tomato, raw	4 quarters	Tomato	26	6g	1g	NA	0g	1g	11mg	<1g	<1g	<1mg	1/2 cup vegetable
Cucumbers, raw, sliced	1/4 cup	Cucumber	15	3g	1g	0g	0g	1g	0mg	0g	0g	0mg	1/4 cup vegetable
Cheddar cheese, shredded	1/2 oz.	Milk, Potato	55	<1g	0g	0g	0g	3g	95mg	5g	3g	15mg	0.5 meat
Down South Pepper Pasta SS	1	Wheat, Bell Pepper, Banan Pepper, Egg, Mustard Seed, Corn, Onion, Garlic, Yellow nos.	379	28g	<1g	NA	NA	22g	1231mg	11g	1g	48mg	2 meat; 1 grain
Garden Salad with Egg & Cheese, ES	1		163	5g	1g	3g	0g	11g	163mg	10g	4.5g	185mg	2 meat; 1/2 cup vegetable
Egg, hard boiled, peeled	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
Tossed Salad Mix	1 cup	Carrot	13	3g	1g	2g	0g	1g	13mg	0g	0g	0mg	1/2 cup vegetable
Garden Salad with Egg & Cheese, SS	1		193	16g	1g	3g	0g	13g	258mg	10g	4.5g	185mg	2.25 meat; 2 + 1/2 cup vegetable
Egg, hard boiled, peeled	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
Tomato, raw	4 quarters	Tomato	26	6g	2g	NA	0g	1g	11mg	<1g	0g	<1mg	1/2 cup vegetable
Broccoli, raw	1/4 cup	None	6	1g	<1g	0g	0g	<1g	6mg	0g	0g	0mg	1/4 cup vegetable

Cucumbers, raw, sliced	1/4 cup	Cucumber	15	3g	1g	0g	0g	1g	0mg	0g	0g	0mg	1/4 cup vegetable
Tossed Salad Mix	2 cups	Carrot	26	5g	2g	4g	0g	2g	26mg	0g	0g	0mg	1 cup vegetable
Italian Salad SS	1		215	8g	3g	NA	0g	22g	1104mg	11g	5g	73mg	2.75 meat, 1 + 1/4 cups
Turkey Ham, diced	3oz.	Sodium Nitrite	100	0g	0g	0g	0g	14g	480mg	6g	2g	60mg	2 meat
Mozzarella Cheese, shredded	0.75 oz.	Milk, Potato	79	1g	0g	1g	0g	6g	158mg	5g	3g	13mg	0.75 meat
Tomato, diced	1 oz.	Tomato	4	1g	0g	NA	0g	0g	0mg	0g	0g	0mg	1/8 cup vegetable
Peppers, Banana, rings	1 oz.	Banana Pepper	6	1g	1g	1g	0g	0g	440mg	0g	0g	0mg	1/8 cup vegetable
Tossed Salad Mix	2 cups	Carrot	26	5g	2g	4g	0g	2g	26mg	0g	0g	0mg	1 cup 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	5 slices	Cucumber, Yellow #5, Blue #1	1.5	<1g	0g	0g	0g	0g	190mg	0g	0g	0mg	1/8 cup vegetable
Roburst Pasta SS	1	Legume, Tomato, Orange, Onion, Celery, Soy, Corn, Sesame Oil, Ginger, Wheat, Milk, Potato	442.0	69g	4g	NA	NA	17g	670mg	7g	3g	15mg	2 meat, 1 grain; 1/2 cup fruit & vegetable
Sunflower Salad SS	1	Wheat, Apple, Egg, Corn, Sunflower Seed, Honey, Mustard Seed	571	51g	3g	NA	NA	14g	549mg	34g	6g	189mg	2 meat, 1 grain; 3/8 cup vegetable
Super Garden Salad SS	1		282	31g	7g	NA	2g	18g	612mg	12g	4g	15mg	2 meat, 1 and 3/8 cups vegetable
Veggie buffalo wings, lightly breaded	4	Wheat, barley, soy, onion, potato, garlic, corn, spices (not specified)	168	18g	4g	2g	2g	11g	288mg	6g	<1g	0mg	1.5 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Potato	55	<1g	0g	0g	0g	4g	95mg	5g	3g	15mg	0.5 meat
Tomato, raw	4 quarters	Tomato	26	6g	1g	NA	0g	1g	11mg	<1g	<1g	<1mg	1/2 cup vegetable
Cucumbers, raw, sliced	1/4 cup	Cucumber	15	3g	1g	0g	0g	1g	0mg	0g	0g	0mg	1/4 cup
Peppers, Jalapeno, rings	12 rings	Jalapeno pepper	10	2g	<1g	2g	0g	0g	406mg	0g	0g	0mg	1/8 cup
Tossed Salad Mix	1 cup	Carrot	13	3g	1g	2g	0g	1g	13mg	0g	0g	0mg	1/2 cup
Taco Salad with Tortilla Chips SS	1		310	29g	6g	4g	0g	20g	470mg	15g	6g	50mg	2.5 meat, 1/2 cup vegetable, 1 grain
Beef Taco Meat	3.2 oz.	Garlic, Corn, Soy, Chili Pepper, Tomato, Caramel Color	111	5g	2g	2g	0g	13g	292mg	5g	2g	35mg	2 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Potato	55	<1g	0g	0g	0g	4g	95mg	5g	3g	15mg	0.5 meat
Tossed Salad Mix	1 cup	Carrot	13	3g	1g	2g	0g	1g	13mg	0g	0g	0mg	1/2 cup
Tortilla chips, yellow corn round	1 oz.	Corn, Lime	150	20g	2g	0g	0g	2g	65mg	7g	1g	0mg	1 grain
Sun Butter or WOW Butter	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total	Added	Protein	Sodium	Total	Sat-Fat	Cholesterol	USDA
Sun Butter/Jelly and Bagel ES	1		565	49g	6g	17g	12g	19g	515mg	35g	4g	0mg	2 meat; 2 grain
Sun Butter	1	Sunflower	400	14g	4g	6g	6g	14g	260mg	34g	4g	0mg	2 meat
Grape Jelly	1	Grape	35	9g	0g	8g	6g	0g	5mg	0g	0g	0mg	None
Bagel, whole grain, plain	1	Wheat, Barley, Honey, Molasses, Corn, Yeast	130	26g	2g	3g	<1g	5g	250mg	0.5g	0g	0mg	2 grain
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
Turkey	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total	Added	Protein	Sodium	Total	Sat-Fat	Cholesterol	USDA
Turkey Components													
Chili Cheese Coney (grades K-12 only) SS	1		308	24g	2g	5g	NA	16g	1122mg	17g	5g	64mg	2.75 meat; 1.75 grain
Turkey Hot Dog	1	Corn, Sodium Nitrite, Smoke flavoring	130	1g	0g	0g	0g	7g	700mg	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	0g	3g	184mg	2g	<1g	12mg	0.5 meat
Cheddar cheese, shredded	1 Tablespoon	Milk, Potato	28	0g	0g	0g	0g	2g	48mg	2g	1g	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
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
Southwest Burger on Bun SS	1		340	26g	2g	3g	NA	24g	885mg	16g	6g	65mg	2.5 meat; 2 grain
Turkey Burger, all natural	1	Garlic, Onion	150	0g	0g	0g	0g	16g	410mg	9g	2.5g	60mg	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
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	40	1.5g	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/Cheese Sticks and Tortilla Strips ES	1		262	24g	2g	0g	0g	15g	465mg	12g	3g	30mg	2 meat, 1.25 grain
Turkey Stick, smokehouse or sweet	1	Garlic, Onion and fat smokehouse flavor, Molasses, Chicken Broth, potassium acetate	40	0g	0g	0g	0g	8g	190mg	1g	0g	20mg	1 meat
Cheese stick, mozzarella string, light	1	Milk	60	1g	0g	1g	0g	7g	200mg	3g	2g	10mg	1 meat
Tortilla strips	1	Corn	162	23g	2g	0g	0g	1g	75mg	8g	1g	0mg	1.25 grain
Turkey and Cheese on Bun ES	1	Wheat, Milk, Corn, Yeast, Paprika	330	27g	2g	2g	NA	21g	660mg	15g	6g	50mg	2 meat; 2 grain
Turkey and Cheese Sub SS	1		300	29g	2g	5g	NA	27g	910mg	8g	3g	53mg	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 SS	1		320	30g	3g	2g	1g	27g	890mg	11g	3.5g	53mg	2.5 meat, 2.25 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	180	29g	3g	2g	1g	5g	220mg	4.5g	<1g	0mg	2.25 grain
Turkey Divan SS	8 oz.	Wheat, Onion, Milk, Soy, Egg, Lemon, Rice, Corn, Chicken Soup, Yeast, Mustard, Potato, Legume, Turmeric, Caramel	426	52g	3g	1g	NA	14g	626mg	22g	7g	60mg	2 meat; 1.75 grain; 1/4 cup
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
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	22g	840mg	14g	5g	68mg	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	37g	3g	5g	3g	21g	800mg	17g	5g	68mg	2.5 meat, 2.25 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	180	29g	3g	2g	1g	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	NA	11g	890mg	13g	3g	45mg	2 meat; 1.75 grain
Turkey Hot Dog	1	Corn, Sodium Nitrite	130	1g	0g	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	NA	4g	190mg	2g	0g	0mg	1.75 grain
Turkey Sausage & French Toast Sticks	1												
Turkey Sausage patty	2	Rice, Yeast, Red Pepper	120	2g	0g	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	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
Vegetables (cooked)	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Baked Beans, ES	1/2 cup	Legume, tomato, corn, garlic, molasses	160	30g	6g	9g	9g	6g	573mg	<1g	0g	0mg	1/2 cup vegetable
Baked Beans SS	1/2 cup	Legume, Tomato, Onion, Corn, Garlic	145	28g	6g	3g	5g	7g	479mg	<1g	0g	0mg	1/2 cup vegetable
Black Beans, seasoned SS	1/2 cup	Legume, Onion, Garlic	120	21g	6g	0g	0g	0g	140mg	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	0g	1g	10mg	0g	0g	0mg	1/2 cup vegetable
Brussels Sprouts, steamed SS	1/2 cup	None	24	4g	2g	2g	0g	4g	6mg	0g	0g	0mg	1/2 cup vegetable
Cabbage, steamed SS	1/2 cup	Garlic	13	3g	2g	n/a	0g	<1g	6mg	2g	<1g	0mg	1/2 cup vegetable
Carrot, shelf stable	1/2 cup	Carrot	15	3g	1g	1g	0g	0g	120mg	0g	0g	0mg	1/2 cup vegetable
California Mixed Vegetables SS	1/2 cup	Carrot	25	5g	2g	2g	0g	2g	30mg	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	0g	1g	101mg	0g	0g	0mg	1/2 cup vegetable
Corn, shelf stable	1/2 cup	Corn	35	6g	1g	2g	0g	0g	100mg	0g	0g	0mg	1/2 cup vegetable
Corn, frozen	1/2 cup	Corn	60	14g	2g	2g	0g	2g	0mg	<1g	0g	0mg	1/2 cup vegetable
Fries, Oven USDA SS	3 oz.	Potato, Caramel Color, Turmeric	130	22g	2g	0g	0g	2g	30mg	4g	1g	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, Egg, Corn, Tomato, Onion, Garlic, Lemon, Caramel Color, Bell Pepper	121	20g	7g	<1g	NA	7g	286mg	<1g	0g	0mg	1/2 cup vegetable
Green Beans, frozen	1/2 cup	None	23	5g	1g	1g	0g	1g	0mg	0g	0g	0mg	1/2 cup vegetable
Green Beans, canned, USDA SS	1/2 cup	Garlic	16	3g	2g	1g	0g	1g	140mg	0g	0g	0mg	1/2 cup vegetable
Green Beans, shelf stable	1/2 cup	None	10	2g	1g	0g	0g	1g	105mg	0g	0g	0mg	1/2 cup vegetable
Hash Brown Patties, triangle SS	4 oz.	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	31	6g	2g	2g	0g	2g	20mg	0g	0g	0mg	1/2 cup vegetable
Mashed Potatoes SS	1/2 cup	Potato	90	17g	1g	0g	0g	2g	200mg	1g	0g	0mg	1/2 cup vegetable
Mixed Vegetables ES	1/2 cup	Peas, Corn, Green Beans, Carrot	47	9g	2g	3g	0g	2g	64mg	0g	0g	0mg	1/2 cup vegetable
Mixed Vegetables SS	1/2 cup	Peas, Corn, Lima Beans, Carrot	53	9g	3g	3g	0g	2g	30mg	0g	0g	0mg	1/2 cup vegetable
Peas and Carrot, shelf stable	1/2 cup	Pea, Carrot	30	7g	2g	3g	0g	2g	100mg	0g	0g	0mg	1/2 cup vegetable
Peas, shelf stable	1/2 cup	Pea	40	8g	2g	4g	0g	2g	100mg	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	130	21g	2g	0g	0g	2g	150mg	4g	<1g	0mg	1/2 cup vegetable
Salsa, mild SS	1/2 cup	Tomato, Onion, Green Pepper, Garlic, Jalapeno	40	8g	1g	4g	NA	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	NA	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	0g	1g	195mg	0g	0g	0mg	1/2 cup vegetable
Spinach, chopped, USDA SS	1/2 cup	None	32	5g	4g	0g	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	5g	2g	360mg	0g	0g	0mg	1/8 cup vegetable
Vegetables (fresh)	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Broccoli florets	1/4 cup	None	6	1g	<1g	0g	0g	<1g	6mg	0g	0g	0mg	1/4 cup vegetable
Carrot, baby or Carroteenis	1/4 cup	Carrot	16	4g	1g	0g	0g	<1g	13mg	0g	0g	0mg	1/4 cup vegetable
Celery Sticks	1/4 cup	Celery	3	<1g	<1g	0g	0g	<1g	18mg	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	13	3g	1g	2g	0g	1g	13mg	0g	0g	0mg	1/2 cup vegetable
Green Pepper, sliced	1/4 cup	Green pepper	7	2g	<1g	<1g	0g	<1g	<1mg	0g	0g	0mg	1/4 cup vegetable
Radish, sliced	1/4 cup	Radish	6	1	<1	NA	0g	0g	7mg	0g	0g	0mg	1/4 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, quartered	1/4 cup	Tomato	13	3g	<1g	NA	0g	<1g	6mg	0g	0g	0mg	1/4 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 Components
Yogurt & Cheese Grab-n-Go (grades K-5 only)	1		520	89g	4g	57g	24g	13g	540-545mg	11g	4g	<15mg	2 meat; 2 grain; 1/2 cup fruit
Yogurt, strawberry, strawberry banana or vanilla, Upstate	1	Milk, Corn, and for strawberry/strawberry banana: Strawberry, Legume, and for strawberry/banana: Strawberry, Banana, Legume	90	19g	0g	14g	10g	4g	50-55mg	0g	0g	<5mg	1 meat
Raisins, unsweetened	1.5 oz.	Grape	130	31g	2g	28g	0g	1g	10mg	0g	0g	0mg	1/2 cup fruit
Cheese, mozzarella string, light	1	Milk	60	1g	0g	0g	0g	7g	200mg	3g	2g	10mg	1 meat
Goldfish Giant Grahams	2	Wheat, Cinnamon, Corn	240	38g	2g	14g	14g	2g	280mg	8g	2g	0mg	2 grain
Yogurt & Seed Grab-n-Go (grades 6-12 only)	1		650	99g	7g	61g	28g	12g	405-410mg	23g	4g	<5mg	2 meat; 2 grain; 1/2 cup fruit
Yogurt, strawberry, strawberry banana or vanilla, Upstate	1	Milk, Corn, and for strawberry/strawberry banana: Strawberry, Legume, and for strawberry/banana: Strawberry, Banana, Legume	90	19g	0g	14g	10g	4g	50-55mg	0g	0g	<5mg	1 meat
Raisins, unsweetened	1.5 oz.	Grape	130	31g	2g	28g	0g	1g	10mg	0g	0g	0mg	1/2 cup fruit
Sunflower seeds, honey roasted	1	Sunflower, Honey	190	11g	3g	5g	4g	6g	65mg	15g	2g	0mg	1 meat
Goldfish Giant Grahams	2	Wheat, Cinnamon, Corn	240	38g	2g	14g	14g	2g	280mg	8g	2g	0mg	2 grain
Yogurt/Granola/Cheese Stick ES	1		240	28g	2g	14g	9g	13g	330mg	7g	2g	<15mg	2 meat; 1 grain
Yogurt, vanilla, nonfat, Danimals	1	Milk, Corn, Lemon	70	12g	0g	9g	5g	4g	70mg	0g	0g	<5mg	1 meat
Granola, cinnamon, gluten-free	1	Gluten-free oats, Apple, Cinnamon	110	15g	2g	4g	4g	2g	60mg	4g	0g	0mg	1 grain
Cheese, mozzarella string, light	1	Milk	60	1g	0g	1g	0g	7g	200mg	3g	2g	10mg	1 meat
Yogurt Parfait/Berry (SS)	1	Milk, corn, oat, rice, honey, soy, blueberry or strawberry	412	75g	5g	50g	26g	11g	280mg	7g	2g	13mg	2 meat; 1 grain; 1/2 cup fruit
Yogurt Parfait/Peaches or Oranges or Pineapple (SS)	1	Milk, corn, oat, rice, honey, soy, peach or orange or pineapple	379-397	70-73g	2g	46-52g	NA	11g	303mg	7g	2g	13mg	2 meat; 1 grain; 1/2 cup fruit
Yogurt Smoothie, Cheese Stick, & Muffin ES			465-470	82-83g	2g	43g	21g	17g	440mg	8g	3.5g	50mg	2 meat; 2 grain; 1 fruit
Smoothie, mango pineapple or	1	Milk, Pear, Mango, Banana	130	36g	0g	20g	0g	5g	65mg	0g	0g	0mg	1 meat; 1 fruit
Smoothie, peach or	1	Milk, Pear, Peach, Beet	125	35g	0g	20g	0g	5g	70mg	0g	0g	0mg	1 meat; 1 fruit
Smoothie, strawberry banana	1	Milk, Pear, Strawberry, Banana, Beet	130	36g	0g	20g	0g	5g	70mg	0g	0g	0mg	1 meat; 1 fruit
Cheese, mozzarella string, light	1	Milk	60	1g	0g	1g	0g	7g	200mg	3g	2g	10mg	1 meat
Muffin, Blueberry ES	1	Wheat, Barley, Blueberry, Egg, Milk, Corn	280	46g	2g	22g	21g	5g	190mg	5g	1.5g	40mg	2 grain
Preschool and Elementary After School Snacks	Portion	Food Allergens and Intolerances	Calorie	CHO	Fiber	Total Sugar	Added Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Animal crackers	1	Wheat, Soy	120	22g	2g	8g	8g	2g	115mg	3.5g	1g	0mg	1 grain
Cheez-it crackers	1	Wheat, Milk, Soy, Yeast	100	14g	1g	0g	0g	2g	150mg	3.5g	1g	<5mg	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 Pretzel	1	Wheat, Milk	90	16g	1g	0g	0g	2g	200mg	1.5g	0g	0mg	1 grain
Pretzel, heartzel	1	Wheat, Yeast	80	16g	2g	<1g	0g	2g	200mg	1g	0g	0mg	1 grain
Scoby Doo Grahams or Cinnamon Tiger Bites	1	Wheat, Honey, Soy, Cinnamon	120	21g	1g	8g	8g	2g	105-115 mg	3.5g	1g	0mg	1 grain
Smart Snacks, A La Carte and *After School SS	Portion	Food Allergens and Intolerances	Calorie	CHO	Fiber	Total Sugar	Added Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
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 Tiger Bites*	1	Wheat, Soy, Cocoa, Molasses	120	20g	2g	7g	7g	2g	125mg	4g	1g	0mg	1 grain
Scoby Doo Grahams or Cinnamon Tiger Bites*	1	Wheat, Honey, Soy, Cinnamon	120	21g	1g	8g	8g	2g	105-115 mg	3.5g	1g	0mg	1 grain
Cookie, Carnival (Grades 6-12 only)	1	Egg, Milk, Soy, Wheat, Chocolate, Blue #2, Yellow #1 Lake, Yellow #5, Red #40, Blue #1, Yellow #6, Corn, Molasses, Artificial Flavor (unsweetened), may contain Peanuts, Tree Nuts, Coconut	170	27g	2g	13g	NA	2g	130mg	6g	1.5g	10mg	1 grain
Cookie, Chee Chip (Grades 6-12 only)	1	Egg, Milk, Soy, Wheat, Molasses, Corn, Chocolate, Artificial Flavor (unsweetened), 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, Oil, Turmeric, Artificial Flavor (unsweetened), may contain Peanuts, Tree Nuts, Coconut	160	27g	2g	13g	NA	2g	115mg	5g	1.5g	15mg	1 grain
Cool Tropics 100% Juice Slush, Berry Berry Blue	1	Apple, Sweet Potato	80	19g	0g	0g	15g	0g	11mg	0g	0g	0mg	1/2 cup vegetable
Cool Tropics 100% Juice Slush, Hula Cooler	1	Apple, Grape, Passion Fruit, Orange	70	19g	0g	0g	18g	0g	12mg	0g	0g	0mg	1/2 cup fruit
Cool Tropics 100% Juice Slush, Raspberry Passion Fruit	1	Apple, Pear	60	16g	0g	0g	11g	0g	10mg	0g	0g	0mg	1/2 cup fruit
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 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 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
Envy Juice, Cherry Apple	8 oz.	Apple, Fruit/Vegetable Juice	110	29g	0g	28g	0g	0g	5mg	0g	0g	0mg	1 cup fruit
Envy Juice, Fruit Punch	8 oz.	Apple, Pear, Fruit/Vegetable Juice	110	29g	0g	28g	0g	0g	5mg	0g	0g	0mg	1 cup fruit
Luigi's Sours Sorbet, Raspberry	1	Apple, Natural Flavor, Fruit/Vegetable Juice, Vegetable Fiber (Inulin), Legume	70	20g	3g	15g	0g	0g	10mg	0g	0g	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

Special Diet Order	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Bagel, plain, gluten-free	1	Egg, Rice, Corn, Potato, Yeast, Pea	300	47g	6g	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
Chicken Dippers ES	2.6 oz.	Rice, Yeast	121	<1g	0g	0g	0g	17g	112mg	4.5g	1g	51mg	2 meat
Chicken Fajita Strips	3 oz.	Levon, Corn, Chili powder, Garlic, Onion	140	2g	0g	0g	0g	17g	400mg	7g	2g	80mg	2 meat
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, beef (for K-6 only)	1	Sodium nitrite	167	<1g	0g	0g	0g	7g	580mg	15g	6g	35mg	1 meat
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, 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	18g	2g	15g	14g	8g	80mg	4.5g	<1g	0mg	1 milk
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
Turkey Canadian Bacon slice	2	Sodium Nitrite	50	0g	0g	0g	0g	7g	260mg	5g	2g	30mg	1 meat
Turkey Sausage patty	1	Rice, Yeast, Red Pepper	60	1g	0g	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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