



Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
1.2 oz.	Sunflower, Honey	190	11g	3g	5g	4g	6g	65mg	15g	2g	0mg	1 meat
<b>Portion</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Total Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
1	Turkey Canadian Bacon/Cheese on Muffin SS	215	33g	2g	3g	2g	11g	600mg	9g	2.5g	15mg	1.5 meat; 2 grain
1	Turkey Canadian Bacon slice	25	0g	0g	0g	0g	3.5g	130mg	1.3g	<1g	15mg	0.5 meat
1	American cheese slice, yellow	40	1.5g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
1	English Muffin	150	31g	2g	2g	2g	5g	270mg	1.5g	0g	0mg	2 grain
1	Turkey Pancake Wrap	190	17g	3g	4g	4g	7g	310mg	10g	2.5g	25mg	1 meat; 1 grain
1	Turkey Sausage & Cheese on Muffin SS	250	33g	2g	3g	2g	13g	685mg	9g	2.5g	35mg	1.5 meat; 2 grain
1	Turkey Sausage patty	60	1g	0g	0g	0g	6g	170mg	3g	1g	30mg	1 meat
1	American cheese slice, yellow	40	1.5g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
1	English Muffin	150	31g	2g	2g	2g	5g	270mg	1.5g	0g	0mg	2 grain
1	Turkey Sausage Breakfast Pizza SS	230	31g	3g	5g	2g	11g	310mg	7g	2g	20mg	1 meat; 1.75 grain
1	Turkey Sausage on Pancake SS	240	31g	2g	10g	4g	10g	390mg	7g	1g	35mg	1 meat; 2 grain
1	Turkey Sausage patty	60	1g	0g	0g	0g	6g	170mg	3g	1g	30mg	1 meat
2	Pancake, buttermilk, whole grain	180	30g	0g	10g	4g	4g	220mg	4g	0g	<5mg	2 grain
<b>Portion</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Total Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
1	Mini Waffle, Blueberry	210	37g	2g	12g	11g	4g	170mg	6g	1g	0mg	2 grain
1	Mini Waffle, Maple	210	37g	3g	13g	12g	4g	170mg	6g	1g	<5mg	2 grain
1	Snack'N Waffle, flavors: maple, cinnamon or blueberry	250	37g	2g	15g	NA	6g	290mg	9g	4g	44mg	2 grain
<b>Portion</b>	<b>Cinnamon</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Total Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
1	Yogurt, strawberry, Danimals	70	12g	0g	9g	4g	4g	70mg	0g	0g	<5mg	1 meat
1	Yogurt, strawberry banana, Danimals	70	12g	0g	9g	5g	4g	70mg	0g	0g	<5mg	1 meat
1	Yogurt, vanilla, nonfat, Danimals	70	12g	0g	9g	5g	4g	70mg	0g	0g	<5mg	1 meat
1	Yogurt, strawberry, strawberry banana, peach or vanilla, Upstate	90	19g	0g	10-14g	10g-14g	4g	50-55mg	0g	0g	<5mg	1 meat
1	Yogurt Parfait, berry SS	315	55g	3g	30g	21g	13g	245mg	6g	1.5g	10mg	1.5 meat, 1 grain, 1/2 cup fruit
1	Yogurt Parfait, canned fruit SS	335	59g	1g	30g	21g	9g	245mg	6g	1.5g	10mg	1.5 meat, 1 grain, 1/2 cup fruit
<b>Lunch</b>												
<b>Portion</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Total Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
1	Bean and Cheese Chalupa	245	21g	3g	0g	0g	16g	303mg	11g	4g	19mg	2 meat; 1 grain
1	Blazin' Buffalo Wrap SS	479	50g	8g	3g	1g	19g	978mg	24g	1.8g	0mg	2 meat; 2.5 grain; 3/8 cup vegetable
4	Chickenless tenders with toppings	299	21g	5g	1g	0g	14g	758mg	19g	1.8g	0mg	2 meat; 0.25 grain; 3/8 cup vegetable
1	Tortilla, wheat, 10-inch	180	29g	3g	2g	1g	5g	220mg	4.5g	<1g	0mg	2.25 grain
1	Cheese and Bean Enchilada SS	307	42g	8g	4g	0g	12g	481mg	9g	4.5g	13mg	2 meat; 2 grain; 1/8 cup vegetable
1	Cheese & Bean Burrito	290	40g	8g	4g	0g	12g	400mg	9g	4g	10mg	2 meat; 2 grain
1 oz.	Enchilada Sauce	8	2g	0g	0g	0g	0g	65mg	0g	0mg	0mg	1/8 cup vegetable
1 tsp.	Cheddar cheese, shredded	9	0g	0g	0g	0g	<1g	16mg	<1g	0.5g	2.5mg	None
1	Creamy Chickpea Spread and Grape Jelly Sandwich	570	73g	10g	26g	18g	15g	440mg	26g	2.5g	0mg	2 meat; 2 grain
5	Dynomite Dippers ES	213	23g	5g	3g	0g	15g	413mg	10g	1g	0mg	2.25 meat; 1 grain
1	Impossible Burger on Bun	310	32g	6g	3g	NA	19g	470mg	12g	4.5g	0mg	2 meat; 2 grain
1	Impossible Burger	170	7g	4g	0g	0g	14g	240mg	10g	4.5g	0mg	2 meat
1	Bun, Hamburger, whole grain, 4"	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
1	Kickin' Patty on Bun SS	360	39g	5g	3g	NA	18g	590mg	15g	2g	0mg	2 meat; 2 grain
1	Chickenless patty	220	14g	3g	0g	NA	13g	360mg	13g	2g	0mg	2 meat
1	Bun, Hamburger, whole grain, 4"	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
1	Mighty Nachos SS	425	50g	10g	5g	1g	24g	885mg	18g	4g	15mg	2.75 meat; 1.5 grain; 1/4 cup vegetable
1	Rockin' Curry with Rice SS	443	49g	7g	3g	NA	11g	903mg	20g	<1g	0mg	2 meat; 1 grain; 3/8 cup vegetable
1	Curry	330	28g	6g	3g	NA	10g	903mg	20g	<1g	0mg	2 meat; 3/8 cup vegetable
1/2 cup	Whole Grain Rice	113	21g	1g	0g	0g	1g	0mg	0g	0g	0mg	1 grain
1	Three Bean Chili with Cheese SS	329	41g	11g	7g	1.5g	20g	601mg	7g	1.5g	0mg	2 meat; 3/8 cup vegetable
1	Tomato Spinach Pasta SS	235	28g	5g	NA	NA	23g	556mg	5g	<1g	0mg	2 meat; 1 grain; 3/8 cup vegetable
1	Veggie Burger with American Cheese on Bun SS	330	33g	5g	5g	NA	23g	875mg	14g	3g	5mg	2.5 meat; 2 grain
1	Veggie Prime Griller	150	6g	3g	1g	0g	16g	400mg	8g	1g	0mg	2 meat
1	American cheese slice, yellow	40	1.5g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
1	Bun, Hamburger, whole grain, 4"	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
1	Veggie Burger with Queso Cheese on Bun SS	351	32g	5g	4g	NA	25g	849mg	15g	4g	15mg	2.5 meat; 2 grain
1	Veggie Prime Griller	150	6g	3g	1g	0g	16g	400mg	8g	1g	0mg	2 meat
1 oz.	Queso cheese, white	61	<1g	0g	0g	0g	4g	219mg	5g	3g	15mg	0.5 meat
1	Bun, Hamburger, whole grain, 4"	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
5	Veggie Classics Buffalo Wings	210	23g	5g	2g	2g	14g	360mg	8g	1g	0mg	2 meat
1	WOW Soy Butter/Grape Jelly Sandwich	540	53g	8g	19g	16g	18g	390mg	29g	6g	0mg	2 meat; 2 grain
1	WOW Soy Butter/Strawberry Jelly Sandwich	570	49g	9g	13g	11g	20g	430mg	33g	7g	0mg	2 meat; 2 grain
<b>Portion</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Total Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
1	Beef Cheeseburger Sandwich ES	296	24g	0g	0g	0g	20g	520mg	5g	1.5g	40mg	2 meat; 1 grain

<b>Cheeseburger on Bun SS</b>	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		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
<b>Fiestada Beef Sandwich ES</b>	1	Milk, Egg, Wheat, Soy, Corn, Yeast, Paprika, Legume, Date, Tomato, Cherry, Chili Pepper, Garlic, Onion	320	31g	3g	6g	1g	18g	600mg	14g	7g	40mg	2 meat; 2 grain
<b>Fiesta Nachos SS</b>	1		432	31g	3g	0g	0g	19g	451mg	27g	8.5g	54mg	2 meat; 1.5 grain
Beef Taco Meat	1.4 oz.	Garlic, Chili Pepper, Citrus Flour, Cocoa, Paprika	89	1g	0g	0g	0g	7g	144mg	7g	1g	25mg	1 meat
Cheddar/Queso cheese sauce	2 oz.	Milk, Soy, Tomato, Coconut oil, Jalapeno, Green Chile, Onion,	118	3g	0g	0g	0g	9g	210mg	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
<b>Hamburger on Bun</b>	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 SS		Carrot, Celery, Onion, Parsnips, Turnips, Caramel Color	0	0g	0g	0g	0g	0g	0mg	0g	0g	0mg	None
Bun, Hamburger, whole grain, 4"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
<b>Lasagna SS</b>	6 oz.	Garlic, Onion, Wheat, Tomato, Milk, Citrus flour, Potato, Paprika, Cocoa	254	23g	2g	4g	4g	18g	345mg	10g	5g	48mg	2 meat; 1 grain; 1/4 cup vegetable
<b>Rotini with Meat Sauce ES</b>	8 oz.	Egg, Wheat, Tomato, Onion, Garlic	315	24g	2g	8g	2g	18g	621mg	16g	6g	54mg	2 meat; 1 grain
<b>Salisbury Steak on Bun SS</b>	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
<b>Sloppy Joe on Bun</b>	1		300	36g	3g	12g	NA	19g	690mg	9g	2g	48mg	2 meat; 2 grain; 1/8 cup vegetable
Beef Sloppy Joe	3.6 oz.	Tomato, Soy, Caramel Color, Green/Red Peppers, Onion, Chili Powder, Garlic	160	11g	1g	9g	5g	14g	460mg	7g	2g	48mg	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
<b>Spaghetti with Meat Sauce SS</b>	6 oz.	Beef, Corn, Cocoa, Citrus flour, Wheat, Tomato, Garlic, Onion, Milk, Potato, Paprika	348	44g	8g	10g	4g	22g	463mg	12g	5g	40mg	2 meat; 1 grain; 3/4 cup vegetable
<b>Walking Taco ES</b>	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
<b>Bread/Other Whole Grain Sides</b>	<b>Portion</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Total Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Bread, Slice, whole grain ES	1	Wheat, Barley, Yeast	60	12g	2g	3g	3g	2g	125mg	<1g	0g	0mg	1 grain
Breadstick, whole grain SS	1	Wheat, Barley, Milk, Soy, Sunflower Lecithin, Vegetable protein, Garlic	80	14g	1g	0g	0g	1g	65mg	1.5g	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	5g	<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
Fritos SS	1	Corn	160	16g	1g	<1g	NA	2g	170mg	10g	1g	0mg	1.25 grain
Mini Muffin, apple SS	1	Wheat, Milk, Egg, Soy, Corn, Apple, Cinnamon	150	24g	1g	12g	11g	3g	100mg	4.5g	<1g	20mg	1 grain
Mini Muffin, blueberry SS	1	Wheat, Milk, Egg, Soy, Corn, Blueberry	160	26g	1g	13g	13g	3g	100mg	5g	<1g	20mg	1 grain
Mini Muffin, chocolate chip SS	1	Wheat, Milk, Egg, Soy, Corn, Chocolate/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		162	23g	2g	0g	0g	1g	75 mg	8g	1g	0mg	1.25 grain
<b>Cheese Entrée</b>	<b>Portion</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Total Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
<b>Broccoli Penne Alfredo SS</b>	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 vegetable
<b>Cheese Breadstick ES</b>	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
<b>Cheese Breadsticks w/Spaghetti Sauce SS</b>	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
<b>Cheese &amp; Pretzel ES</b>	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	1	Milk	180	13g	0g	10g	0g	10g	390mg	10g	6g	30mg	1 meat
Cheese stick, cheddar or marble (Colby/Monterey Jack)	1	Milk	110	1g	0g	0g	0g	7g	170-180mg	9g	5-6g	30mg	1 meat
Pretzel Bites	4	Wheat, Barley, Yeast	124	25g	2g	0g	0g	3g	131mg	1g	0g	0mg	2 grain
<b>Cheesy Jalapeno Bites SS</b>	4	Milk, Wheat, Jalapeno pepper, Yeast	290	28g	2g	2g	1g	19g	460mg	11g	6g	35mg	2 meat; 2 grain
Marinara Sauce	1	Tomato	15	4g	0g	2g	NA	0g	140mg	0g	0g	0mg	1/8 cup vegetable
<b>Macaroni and Cheese</b>	6 oz.	Milk, Egg, Wheat, Legume, Turmeric, Paprika, Corn	299	32g	2g	8g	0g	15g	650mg	12g	7g	35mg	2 meat; 1 grain
<b>Penne Alfredo ES</b>	6 oz.	Milk, Egg, Wheat, Corn, Legume, Turmeric, Garlic	305	31g	0g	8g	0g	17g	706mg	12g	7g	37mg	2 meat; 1 grain
<b>Toasted Cheese Sandwich ES</b>	1	Wheat, Barley, Soy, Milk, Corn, Yeast	280	31g	3g	6g	NA	19g	454mg	10g	6g	32mg	2 meat; 2 grain
<b>Toasted Cheese Sandwich SS</b>	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
<b>Chicken</b>	<b>Portion</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Total Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
<b>Breaded Chicken Slider, ES</b>	1	Wheat, Barley, Sesame, Corn, Soy, Onion, Garlic, Yeast, Milk	420	51g	5g	5g	5g	23g	840mg	14g	2.5g	50mg	2 meat; 3.5 grains
<b>Buffalo Chicken and Cheese on Bun ES</b>	1	Wheat, Barley, Corn, Yeast, Soy, Milk, Garlic, Paprika, Turmeric, Pea Protein, Potato, Fava	280	31g	2g	5g	5g	21g	870mg	10g	4g	40mg	2 meat; 2 grain
<b>Buffalo Chicken Wrap SS</b>	1		380	32g	4g	2g	1g	20g	636mg	16.5g	5.5g	0mg	2 meat; 2.25 grain; 3/8 cup vegetable; 2 meat; 3/8 cup vegetable
Buffalo Chicken Filling	4 oz.	Egg, Rice, Yeast, Aged Peppers, Onion, Corn, Milk	200	3g	1g	0g	0g	15g	416mg	12g	5g	0mg	2.25 grain
Tortilla, wheat, 10-inch	1	Wheat	180	29g	3g	2g	1g	5g	220mg	4.5g	<1g	0mg	2.25 grain
<b>Cheesy Chicken Crunch Wrap SS</b>	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 ala King over Rice SS	1	Garlic, Chili Powder, Lemon, Yeast, Rice, Corn, Soy, Wheat, Milk, Potato, Yeast, Celery, Onion	316	30g	1g	0g	0g	19g	793mg	10g	4.5g	85mg	2 meat; 1 grain
Chicken Chipotle Sandwich ES	1	Milk, Egg, Wheat, Beet, Yeast, Corn, Paprika, Turmeric, Tomato, Potato, Onion	310	28g	2g	5g	3g	17g	610mg	15g	4.5g	105mg	2 meat; 2 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	1	Wheat, Garlic, Corn, Onion, Turmeric, Yeast	220	6g	1g	0g	0g	19g	530mg	13g	3g	60mg	2 meat; 0.75 grain
Chicken Drumstick, breaded, hot & spicy SS	1	Wheat, Garlic, Corn, Onion, Celery Seed, Yeast	210	7g	1g	0g	0g	17g	380mg	12g	2.5g	85mg	2 meat; 0.75 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, breaded SS	2	Wheat, Soy, Onion, Garlic, Turmeric, Carrot, Celery, Yeast, Paprika	230	12g	2g	2g	2g	20g	400mg	11g	2g	45mg	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; 3.25 grain
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
Fajita chicken Rice Bowl SS	1		373	39g	0g	<1g	0g	25g	509mg	16g	4.5g	95mg	2.5 meat; 2 grain
Chicken Fajita strips	3 oz.	Corn, Chili powder, Garlic, Lemon, Onion, Sunflower oil	140	2g	0g	0g	0g	17g	400mg	7g	2g	80mg	2 meat
Cheese sauce, Queso	1 oz.	Milk, Tomato, Chili/jalapeno peppers, Garlic, Corn	61	1g	0g	0g	0g	4g	109mg	5g	2.5g	15mg	0.5 meat
Whole Grain Rice	1cup	Rice	172	36g	0g	<1g	0g	4g	0mg	4g	0g	0mg	2 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, Potato, Onion, Lemon, Sunflower oil, Chili pepper, Paprika, Legume, Cassia 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
Rotisserie Chicken and Cheese on Bun ES	1	Wheat, Barley, Corn, Yeast, Turmeric, Pea protein, Potato, Legume, Onion, Milk, Garlic	280	31g	2g	5g	5g	19g	920mg	10g	4g	40mg	2 meat; 2 grain
Rotisserie Seasoned Chicken and Cheese on Bun SS	1	Wheat, Barley, Corn, Yeast, Honey, Molasses, Soy, Milk, Garlic, Onion, Paprika	252	28g	2g	4g	NA	13g	845mg	8g	3g	50mg	2 meat; 2 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, breaded SS	2	Wheat, Soy, Corn, Garlic, Onion, Carrot, Celery, Yeast	220	9g	1g	2g	0g	20g	370mg	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; 1/2 cup vegetable
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 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
<b>Condiment/Seasoning/Topping</b>	<b>Portion</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Total Sugar</b>	<b>Added Sugar</b>	<b>Pro</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
BBQ sauce, pc	1	Tomato, Corn, Garlic, Molasses, Wheat	15	3g	0g	3g	3g	0g	160mg	0g	0g	0mg	None
Chipotle Ranch Dressing	1 oz.	Soy, Milk, Garlic, Lemon	50	8g	0g	5g	NA	0g	320mg	3g	<1g	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, pc	1	Garlic, Caramel Color, Turmeric, Rice, Red Bell Pepper	10	2g	0g	0g	0g	0g	55mg	0g	0g	0mg	None
Ketchup, pc	1	Tomato, Corn	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, Cassinos, Chipotle, Fajita*, Pepper, Italian * Fajita seasoning may contain corn, rice, lime, and yeast											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
<b>Egg Entrée</b>	<b>Portion</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Total Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Egg, hard boiled, peeled ES	2	Egg	140	2g	0g	2g	0g	12g	110mg	10g	3g	340mg	3 meat
<b>Emergency Shelf Stable Lunch</b>	<b>Portion</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Total Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
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

Fruit	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
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
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
Cantaloupe	1/2 cup	Melon	31	7g	<1g	NA	NA	<1g	8mg	0g	0g	0mg	1/2 cup fruit
Clementine, whole	2	Citrus	35	9g	1g	7g	0g	<1g	1 mg	0g	0g	0mg	1/2 cup fruit
Honeydew melon	1/2 cup	Melon	31	8g	<1g	NA	0g	<1g	9mg	0g	0g	0mg	1/2 cup fruit
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	0g	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
Watermelon	1/2 cup	Melon	25	5g	<1g	NA	NA	<1g	1.5mg	0g	0g	0mg	1/2 cup fruit
Gravies	Portion Size	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	Protein	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
DEUCE LUNCH (SS) WOW Better 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
DEUCE LUNCH (SS) WOW Better 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, BBQ Chicken, 8-cut, Big Daddy's SS	1/8 pizza	Wheat, Soy, Milk, Garlic, Tomato, Barley, Onion, Yeast, Corn, Legume, Paprika, Celery, Molasses	390	42g	3g	10g	10g	20g	610mg	16g	7g	45mg	2 meat; 2 grain
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, 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	321	29g	3g	3g	1g	20g	439mg	14g	7g	31mg	2 meat; 2 grain; 1/8 cup vegetable
Pizza, sausage-style (vegetarian) SS	1/8 pizza	Wheat, Soy, Milk, Garlic, Tomato, Barley, Onion, Corn, Yeast, Legume, Carrot, Paprika	390	37g	4g	8g	1g	25g	625mg	18g	8g	45mg	2.5 meat; 2 grain; 1/8 cup vegetable
Pizza, turkey pepperoni ES	4 x 6"	Wheat, Milk, Garlic, Tomato, Barley, Onion, Sodium Nitrite, Yeast	296	29g	3g	3g	1g	18g	482mg	12g	6g	26mg	2 meat; 2 grain; 1/8 cup vegetable
Salad/Salad Bar Toppings	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA 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,	217	29g	5g	NA	NA	24g	334mg	2g	0g	30mg	2 meat; 1 grain; 1/2 cup
Crispy Chicken Salad SS	1		322	27g	7g	NA	0g	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, 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
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
<b>Italian Salad SS</b>	1		201	8g	3g	NA	0g	20g	1040	10g	5g	65mg	2.5 meat; 1 + 1/4 cups vegetable
Turkey Ham, diced	2.6	Sodium Nitrite	86	0g	0g	0g	0g	12g	416mg	5g	2g	52mg	1.75 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
<b>Peppers, Banana, rings SS</b>	10 rings	<b>Banana Pepper</b>	1	<1g	<1g	<1g	0g	0g	275mg	0g	0g	0mg	1/8 cup vegetable
<b>Peppers, Jalapeno, hot SS</b>	12 rings	<b>Jalapeno Pepper</b>	1	1g	<1g	1g	0g	0g	203mg	0g	0g	0mg	1/8 cup vegetable
<b>Pickle, dill, slices SS</b>	5 slices	<b>Cucumber, Yellow #5, Blue #1</b>	1.5	<1g	0g	0g	0g	0g	190mg	0g	0g	0mg	1/8 cup vegetable
<b>Southwest Salad SS</b>	1		247	20g	6g	NA	NA	17g	339mg	11g	4.5g	40mg	2 meat; 0.5 grain; 1 + 3/8 cups vegetable
Cheddar cheese, shredded	1/2 oz.	Milk, Potato	55	<1g	0g	0g	0g	4g	95mg	5g	3g	15mg	0.5 meat
Spicy Chicken Tender, breaded	1	Wheat, Soy, Corn, Garlic, Onion, Carrot, Celery, Yeast	113	5g	1g	1g	0g	10g	180mg	6g	1g	25mg	1 meat; 0.5 grain
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
Corn, frozen	1/8 cup	Corn	15	4g	0g	0g	0g	0g	0mg	0g	0g	0mg	1/8 cup vegetable
Black Beans, canned	1/8 cup	Legume	30	5g	2g	0g	0g	2g	5mg	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
<b>Super Garden Salad SS</b>	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 vegetable
Peppers, Jalapeno, rings	12 rings	Jalapeno pepper	10	2g	<1g	2g	0g	0g	406mg	0g	0g	0mg	1/8 cup vegetable
Tossed Salad Mix	1 cup	Carrot	13	3g	1g	2g	0g	1g	13mg	0g	0g	0mg	1/2 cup vegetable
<b>Taco Salad Wrap SS</b>	1		346	34g	5g	4g	1g	22g	607mg	15g	6g	50mg	2.5 meat 2.25 grain
Beef Taco Meat	3 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
Tortilla, wheat, 10-inch	1	Wheat	180	29g	3g	2g	1g	5g	220mg	4.5g	<1g	0mg	2.25 grain
<b>Turkey</b>	<b>Portion</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Total Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
<b>BBQ Meatball Sub</b>	1		287	35g	2g	8g	NA	19g	827mg	7g	1.5g	45mg	2 meat; 2 grain
Meatball, turkey, BBQ	4	Milk, Egg, Tomato, Wheat, Onion, Garlic, Celery Seed, Barley, Corn, Yeast	127	8g	0g	4.5g	NA	13g	550mg	5g	1.5g	45mg	2 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
<b>Chili Cheese Coney (grades K-12 only) SS</b>	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
Slippy 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
<b>Italian Sub SS</b>	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
<b>Turkey and Cheese Melt</b>	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
<b>Texas Toast</b>	2	Wheat, Barley, Corn, Soy* (*from pan spray)	160	30g	4g	2g	NA	6g	190mg	2g	0g	0mg	2 grain
<b>Turkey and Cheese on Bun ES</b>	1	<b>Wheat, Milk, Corn, Yeast, Paprika</b>	330	27g	2g	2g	NA	21g	660mg	15g	6g	50mg	2 meat; 2 grain
<b>Turkey and Cheese Sub SS</b>	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
<b>Turkey and Cheese Wrap SS</b>	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
<b>Turkey Divan SS</b>	8 oz.	Wheat, Onion, Milk, Soy, Egg, Lemon, Rice, Corn, Chicken Soup, Celery, Yeast, Mustard, Potato	373	33g	1g	<1g	NA	20g	993mg	22g	7g	65mg	2 meat; 1.75 grain; 1/4 cup vegetable
<b>Turkey/Gravy &amp; Potato ES</b>	1		229	22g	2g	0g	0g	20g	826mg	6g	1g	40mg	2 meat; 1/2 cup vegetable
Turkey with Chicken Gravy	1	Wheat, Yeast, Turmeric, Corn, Onion	117	4g	0g	0g	0g	18g	750mg	2g	<1g	40mg	2 meat
Potato rounds	4	Potato	112	18g	2g	0g	0g	2g	76mg	4g	0g	0mg	1/2 cup vegetable
<b>Turkey/Gravy SS</b>	1	<b>Chicken, Corn, Soy, Wheat, Onion, Turmeric, Milk</b>	120	3g	0g	0g	0g	17g	465mg	2g	<1g	35mg	2 meat
<b>Turkey Ham/Cheese on Bun ES</b>	4 oz.	<b>Wheat, Milk, Yeast, Sodium Nitrite, Paprika</b>	320	27g	2g	2g	NA	20g	730mg	15g	6g	55mg	2 meat; 2 grain
<b>Turkey Ham and Cheese Sub SS</b>	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

<b>Turkey Ham and Cheese Wrap SS</b>	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
<b>Turkey Hot Dog on Bun ES (grades K-6 only)</b>	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
<b>Turkey Kielbasa Sub</b>	1		306	36g	3g	NA	NA	18g	891mg	9g	2g	60mg	2 meat; 2 grain; 1/4 cup vegetable
Turkey Kielbasa Sub	3 oz.	Corn, Garlic, Celery powder, Cherry powder	120	4g	0g	1g	1g	12g	630mg	7g	2g	60mg	2 meat
Peppers and Onions	1/4 cup	Bell Pepper, Onion	26	4g	1g	NA	NA	0g	1mg	0g	0g	0mg	1/4 cup 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
<b>Turkey Sausage &amp; Eggoji Waffle ES</b>	1		300	31g	2g	5g	5g	16g	640mg	12g	3.5g	65mg	2 meat; 2 grain
Turkey Sausage patty	2	Rice, Yeast, Red Pepper	120	2g	0g	0g	0g	12g	340mg	6g	2g	60mg	2 meat
Eggoji Waffle	2	Wheat, Egg, Soy, Milk, Cinnamon	180	29g	2g	5g	5g	4g	300mg	6g	1.5g	5mg	2 grain
<b>Turkey Sausage &amp; French Toast Sticks SS</b>	1												
Turkey Sausage patty	2	Rice, Yeast, Red Pepper	120	2g	0g	0g	0g	12g	340mg	6g	2g	60mg	2 meat
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
<b>Turkey Sticks and Tortilla Strips ES</b>	1		242	23g	2g	0g	0g	17g	455mg	10g	1g	40mg	2 meat, 1.25 grain
Turkey Stick, smokehouse or sweet BBQ	2	Garlic, Onion and for smokehouse flavor: Molasses, Chicken Broth, Sunflower Oil	80	0g	0g	0g	0g	16g	380mg	2g	0g	40mg	2 meat
Tortilla strips	1	Corn	162	23g	2g	0g	0g	1g	75mg	8g	1g	0mg	1.25 grain
<b>Vegetables (cooked)</b>	<b>Portion</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Total Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
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	8g	140mg	1g	<1g	0mg	1/2 cup vegetable
<b>Baked Potato SS</b>	1	<b>Potato</b>	161	37g	4g	2g	0g	4g	17mg	0g	0g	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, canned, SS	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, canned, SS	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, 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, canned, SS	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
	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, frozen 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
<b>Vegetables (fresh)</b>	<b>Portion</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Total Sugar</b>	<b>Added Sugar</b>	<b>Pro</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
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
<b>Yogurt Entrée</b>	<b>Portion</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Total Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Yogurt Grab-n-Go (+ 1 bagel) SS	1		335-355	52-59g	3g	21-29g	16-19g	16g	540-545mg	4g	2g	<15mg	2 meat, 2 grain
Yogurt, peach, strawberry, strawberry banana or vanilla, Upstate	1	Milk, Corn, and for strawberry/strawberry banana: Strawberry, Legume, and for strawberry/banana: Strawberry, Banana, Peach, Legume	90	19g	0g	14g	10g	4g	50-55mg	0g	0g	<5mg	1 meat
Cheese, mozzarella string, light	1	Milk	60	1g	0g	0g	0g	7g	200mg	3g	2g	10mg	1 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, Honey, 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	2g	5g	290mg	1g	0g	0mg	2.5 grain
Grape Jelly, pc	1	Grape	35	9g	0g	8g	6g	0g	5mg	0g	0g	0mg	None
<b>Yogurt/Granola/Cheese Stick ES</b>	<b>1</b>		<b>240</b>	<b>28g</b>	<b>2g</b>	<b>14g</b>	<b>9g</b>	<b>13g</b>	<b>330mg</b>	<b>7g</b>	<b>2g</b>	<b>&lt;15mg</b>	<b>2 meat; 1 grain</b>
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, Soy, Berry, Oat, Honey, Rice	315	55g	3g	30g	21g	13g	245mg	0g	0g	10mg	1.5 meat, 1 grain, 1/2 cup fruit
Yogurt Parfait, canned fruit SS	1	Milk, Corn, Soy, Peach or Pineapple, Oat, Honey, Rice	335	59g	1g	30g	21g	9g	245mg	0g	0g	10mg	1.5 meat, 1 grain, 1/2 cup fruit

<b>Preschool and Elementary After School Snacks</b>	<b>Portion</b>	<b>Food Allergens and Intolerances</b>	<b>Calorie</b>	<b>CHO</b>	<b>Fiber</b>	<b>Total Sugar</b>	<b>Added Sugar</b>	<b>Pro</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
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
Animal Crackers	1	Wheat, Soy	120	22g	2g	8g	8g	2g	115mg	3.5g	0g	0mg	1 grain
<b>Smart Snacks, A La Carte and *After School SS</b>	<b>Portion</b>	<b>Food Allergens and Intolerances</b>	<b>Calorie</b>	<b>CHO</b>	<b>Fiber</b>	<b>Total Sugar</b>	<b>Added Sugar</b>	<b>Pro</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
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
Cinnamon Tiger Bites or Scooby Doo Grahams*	1	Wheat, Honey, Soy, Cinnamon	120	21g	1g	8g	8g	2g	105-115 mg	3.5g	1g	0mg	1 grain
Cookie, Blueberry Lemon*	1	Wheat, Soy, Milk, Blueberry, Fruit and Vegetable Juice for Color, Corn, Apple	120	21g	2g	7g	7g	2g	60mg	3.5g	<1g	0mg	1 grain
Cookie, Carnival (Grades 6-12 only)	1	Egg, Milk, Soy, Wheat, Molasses, Corn, Chocolate, Artificial Flavor (unspecified), may contain Peanuts, Tree Nuts, Coconut	170	27g	2g	13g	NA	2g	130mg	6g	1.5g	10mg	1 grain
Cookie, Choc Chip (Grades 6-12 only)	1	Egg, Milk, Soy, Wheat, Molasses, Corn, Chocolate, Artificial Flavor (unspecified), may contain Peanuts, Tree Nuts, Coconut	160	28g	2g	13g	NA	2g	105mg	5g	1.5g	10mg	1 grain
Cookie, Sugar (Grades 6-12 only)	1	Egg, Milk, Soy, Wheat, Molasses, Corn, Oat, Turmeric, Artificial Flavor (unspecified), may contain Peanuts, Tree Nuts, Coconut	160	27g	2g	13g	NA	2g	115mg	5g	1.5g	15mg	1 grain
Doritos, Tortilla 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
Fruit Smoothie Bowl	1	Banana, Strawberry, Pineapple, Mango	100-120	25-30g	0g	18-25g	9-10g	1g	0mg	0mg	0mg	0mg	1/2 cup fruit
Luigi's Sours Sorbet, 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
Rice Crisps, Apple Cinnamon	1	Rice, Corn, Cinnamon, Soy, Stevia	100	23g	<1g	7g	7g	1g	70	<1g	0g	0mg	None
Rice Crisps, Caramel Rice	1	Rice, Corn, Soy, Stevia, Milk, Apple	100	23g	<1g	8g	8g	1g	190	<1g	0g	0mg	None

<b>Special Diet Order</b>	<b>Portion</b>	<b>Food Allergens and Intolerances</b>	<b>Calories</b>	<b>CHO</b>	<b>Fiber</b>	<b>Total Sugar</b>	<b>Added Sugar</b>	<b>Pro</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA Components</b>
Amazing Chickpea Apple Cinnamon Spread	2	Legume, Sunflower, Corn	340	30g	4g	10g	6g	10g	130mg	20g	0g	0mg	2 meat
Bagel, plain, gluten-free	1	Egg, Rice, Corn, Potato, Yeast, Pea	300	47g	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 vegetable
Chicken Pajita Strips	3 oz.	Lemon, Corn, Chili powder, Garlic, Onion	140	2g	0g	0g	0g	17g	400mg	7g	2g	80mg	2 meat
Fruit Smoothie Bowl	1	Banana, Strawberry, Pineapple, Mango	100-120	25-30g	0g	18-25g	9-10g	1g	0mg	0mg	0mg	0mg	1/2 cup fruit
Green Beans, strained/2nd foods	1	None	40	6g	2g	3g	0g	1g	5mg	0g	n/a	n/a	1/2 cup vegetable
Hamburger Bun, gluten-free	1	Egg, Rice, Corn, Potato, Yeast, Legume	240	44g	6g	6g	6g	5g	440mg	5g	<1g	0mg	3 grain
Hot Dog Bun, gluten-free	1	Egg, Rice, Corn, Potato, Yeast, Legume	190	35g	5g	5g	4g	4g	350mg	5g	<1g	0mg	2 grain
Milk, Silk, almond	8 oz.	Almond	80	13g	0g	12g	12g	1g	170mg	2.5g	0g	0mg	1 milk
Milk, non-fat, lactose free, white	8 oz.	Milk (lactose free)	90	13g	0g	12g	0g	9g	130mg	0g	0g	5mg	1 milk
Milk, soy, Silk, vanilla	8 oz.	Soy	150	13g	2g	15g	14g	8g	80mg	4.5g	<1g	0mg	1 milk
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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