

COLUMBUS CITY SCHOOL DISTRICT MENUS SY 2024-25		SS = FOR MS, HS AND SCHOOLS WITH GRADES preK-8 ONLY ES = FOR ELEMENTARY SCHOOLS ONLY												
revised 3/27/2025 *menu subject to change														
Breakfast														
Item	Portion	Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA	
Bagel/Grape Jelly														
Bagel, mini cinnamon creamy cheese, ES	1	Wheat, Barley, Milk, Corn, Legume, Cinnamon, Yeast	230	42g	2g	13g	12g	6g	190mg	6g	2g	10mg	2 grain	
Bagel, mini strawberry creamy cheese	1	Wheat, Barley, Milk, Corn, Strawberry, Legume	230	42g	2g	13g	12g	6g	190mg	6g	2g	10mg	2 grain	
Bagel, whole grain, blueberry SS	1	Wheat, Barley, Molasses, Corn, Blue #2, Red #40, artificial flavor, Yeast	150	32g	3g	5g	0g	5g	180mg	1g	0g	0mg	2 grain	
Bagel, whole grain, cinnamon raisin SS	1	Wheat, Barley, Molasses, Corn, Raisins, Cinnamon, Honey, Yeast	170	37g	3g	7g	2g	5g	280mg	1g	0g	0mg	2 grain	
Bagel, whole grain, plain SS	1	Wheat, Barley, Molasses, Corn, Honey, Yeast	150	30g	3g	3g	1g	5g	290mg	1g	0g	0mg	2.5 grain	
Grape Jelly, pc	1	Grape	35	9g	0g	8g	6g	0g	5mg	0g	0g	0mg	None	
Cereals, *reduced sugar, 1 oz.														
Cereal, Apple Cinnamon, gluten-free	1	Oat, Corn, Apple, Cinnamon	110	23g	2g	9g	9g	2g	110mg	1.5g	0g	0mg	1 grain	
Cereal, Apple Jacks	1	Wheat, Oats, Corn, Apple, Cinnamon	110	24g	2g	8g	8g	2g	160mg	1g	<1g	0mg	1 grain	
Cereal, Cheerios, gluten-free	1	Oats, Corn starch	100	21g	3g	1g	1g	4g	140mg	2g	0g	0mg	1 grain	
Cereal, Cinnamon Chex	1	Cinnamon, Rice, Molasses	110	23g	1g	6g	6g	1g	160mg	2.5g	0g	0mg	1 grain	
Cereal, Cinnamon Toast Crunch	1	Wheat, Soy, Cinnamon, Rice, Caramel Color	110	22g	4g	6g	6g	2g	160mg	0g	0g	0mg	1 grain	
Cereal, Cocoa Puffs*	1	Corn, Cocoa, Caramel Color, Rice, may contain Wheat	120	25g	2g	6g	6g	2g	125mg	1.5g	0g	0mg	1 grain	
Cereal, Froot Loops	1	Wheat, Oats, Corn, may contain coconut oil	110	24g	2g	8g	8g	2g	160mg	1g	<1g	0mg	1 grain	
Cereal, Golden Grahams	1	Wheat, Corn, Rice	110	24g	1g	9g	9g	1g	210mg	1g	0g	0mg	1 grain	
Cereal, Honey Cheerios, gluten-free	1	Oat, Corn, Honey	110	22g	2g	6g	6g	3g	170mg	1.5g	0g	0mg	1 grain	
Cereal, Rice Chex, gluten-free	1	Molasses, Rice	110	24g	1g	2g	2g	2g	230mg	0g	0g	0mg	1 grain	
Cereal, Trix*	1	Corn, Rice, Turmeric, Fruit/Vegetable Juice (unspecified)	110	24g	2g	6g	6g	2g	160mg	1.5g	0g	0mg	1 grain	
Granola, cinnamon, gluten-free	1	Gluten-free oats, Apple, Cinnamon	110	15g	2g	4g	4g	2g	60mg	4g	<1g	0mg	1 grain	
Cinnamon Roll														
Cinnamon Toast Crunch Filled Bar SS	1	Cinnamon, Corn, Legume, Milk, Wheat	260	41g	2g	15g	13g	6g	290mg	8g	2.5g	5mg	2 grain	
Mini Cinnis, Caramel SS	1	Wheat, Milk, Barley, Cinnamon, Corn, Yeast	210	35g	2g	10g	8g	5g	280mg	6g	1g	0mg	2 grain	
Mini Cinnis, Cinnamon ES	1	Wheat, Milk, Barley, Cinnamon, Corn, Yeast	230	41g	3g	14g	13g	5g	280mg	7g	1.5g	0mg	2 grain	
Cheese														
Cheese stick, marble	1	Milk	110	1g	0g	0g	0g	7g	170mg	9g	5g	30mg	1 meat	
Cheese stick, mozzarella string, light	1	Milk	60	1g	0g	1g	0g	7g	200mg	3g	2g	10mg	1 meat	
Cream Cheese, plain SS	1	Milk, Legume	70	2g	0g	1g	0g	1g	110mg	7g	4g	20mg	None	
Cream Cheese, garden vegetable SS	1	Milk, Legume, Bell Pepper, Carrot, Onion, Celery, Cucumber	60	1g	0g	NA	0g	<1g	105mg	5g	3.5g	20mg	None	
Cream Cheese, strawberry SS	1	Milk, Legume, Bell Pepper, Carrot, Onion, Celery, Cucumber	60	3g	0g	3g	2g	1g	55mg	5g	3g	15mg	None	
Chicken														
Chicken Sausage Maple Waffle Sandwich ES	1	Wheat, Egg, Corn, Soy, Milk	170	15g	1g	5g	4g	8g	280mg	8g	1.5g	40mg	1 meat; 1 grain	
Egg														
Breakfast Burrito SS	1	Corn, Egg, Green Chilis, Jalapeno Pepper, Milk, Paprika, Potato, Red/Green Pepper, Tomato, Barley, Wheat	397	47g	2g	4g	2g	16g	1038mg	17g	7g	138mg	2 meat; 2.5 grain, 1/8 cup veg	
Breakfast Quesadilla SS	1	Barley, Corn, Egg, Milk, Red/Green Bell Peppers, Rice, Soy, Wheat, Yeast	225	20g	0.5g	1.5g	1g	8g	665mg	12g	4.75g	102mg	1.75 meat; 1.25 grain	
Egg & American Cheese on Croissant ES	1	Barley, Corn, Egg, Honey, Milk, Paprika, Soy, Wheat, Yeast	180	19g	2g	3g	2g	9g	290mg	8g	3g	65mg	1 meat; 1 grain	
Fiesta Egg Scramble SS	1	Corn, Egg, Green Chilis, Jalapeno Pepper, Milk, Paprika, Potato, Red/Green Pepper, Tomato	185	11g	1g	2g	0g	10g	467mg	11g	5.1g	131mg	2 meat	
French Toast/Frudel														
French Toast Sticks SS	3	Wheat, Barley, Egg, Corn, Soy, Milk, Cinnamon, Yeast	360	57g	3g	18g	18g	9g	390mg	11g	1.5g	15mg	3 grain	
French Toast, Mini Triple Berry ES	1	Wheat, Soy, Milk, Egg, Potato, Fruit/Vegetable Juice, Paprika	210	36g	2g	11g	10g	4g	190mg	7g	1g	0mg	2 grain	
French Toast, Mini Cinnamon ES	1	Wheat, Soy, Milk, Egg, Cinnamon, Molasses	220	37g	2g	11g	10g	4g	200mg	7g	1g	0mg	2 grain	
Frudel, Apple	1	Wheat, Barley, Apple, Corn, Molasses, Milk, Legume, Yeast	210	36g	2g	10g	9g	5g	250mg	6g	1g	0mg	2 grain	
Fruit														
Apple, raw, medium	1	Apple	116	21g	4g	NA	0g	<1g	1mg	0g	0g	0mg	1 cup fruit	
Applesauce, sweetened SS	1/2 cup	Apple, Corn Syrup	90	22g	2g	18g	7g	0g	0mg	0g	0g	0mg	1/2 cup fruit	
Applesauce, unsweetened USDA SS	1/2 cup	Apple	60	15g	1g	18g	0g	0g	15mg	0g	0g	0mg	1/2 cup fruit	
Applesauce, unsweetened	4.5 oz. cup	Apple	60	16g	2g	12g	0g	0g	25mg	0g	0g	0mg	1/2 cup fruit	
Applesauce, unsweetened, strawberry banana	4.5 oz. cup	Apple, Banana, Strawberry, Fruit and Vegetable Juices for Color	50	14g	1g	12g	0g	0g	0mg	0g	0g	0mg	1/2 cup fruit	

Banana, raw	1	Banana	109	28g	3g	NA	0g	1g	1mg	0g	0g	0mg	1/2 cup fruit
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
Oranges, mandarin, canned	1/2 cup	Citrus	64	15g	<1g	12g	NA	0g	8mg	0g	0g	0mg	1/2 cup fruit
Oranges, raw, medium	1	Citrus	62	15g	3g	NA	0g	1g	0mg	0g	0g	0mg	1/2 cup fruit
Peach cup, diced, shelf stable	1	Pear, Peach	50	12g	1g	10g	0g	0g	0mg	0g	0g	0g	1/2 cup fruit
Peach cup, frozen, USDA	1	Peach	80	19g	1g	16g	<1g	1g	0mg	0g	0g	0mg	1/2 cup fruit
Peaches, diced , light syrup SS	1/2 cup	Peach, Pear, Corn Syrup	50	12g	0g	10g	NA	0g	0mg	0g	0g	0mg	1/2 cup fruit
Peaches, diced, light syrup, USDA SS	1/2 cup	Peach, Corn Syrup	70	17g	0g	13g	NA	0g	10mg	0g	0g	0mg	1/2 cup fruit
Pears, diced, light syrup USDA SS	1/2 cup	Pear, Corn	60	16g	2g	12g	NA	0g	5mg	0g	0g	0mg	1/2 cup fruit
Pear, raw, medium	1	Pear	98	25g	4g	NA	0g	<1g	0mg	<1g	0g	0mg	1/2 cup fruit
Pineapple Tidbits in juice SS	1/2 cup	Pineapple	70	17g	2g	12g	0g	1g	0mg	0g	0g	0mg	1/2 cup fruit
Raisins USDA ES	1.33 oz.	Grape	114	30g	1g	30g	0g	1g	4mg	0g	0g	0mg	1/2 cup fruit
Raisins SS	1.5 oz.	Grape	130	31g	2g	28g	0g	1g	10mg	0g	0g	0mg	1/2 cup fruit
Strawberries, sweetened, cup, frozen, USDA	4.5 oz.	Strawberry	90	22g	2g	18g	NA	0g	1mg	0g	0g	0mg	1/2 cup fruit
Strawberries, sliced, unsweetened SS	1/2 cup	Strawberry	39	10g	2g	5g	0g	0g	2mg	0g	0g	0mg	1/2 cup fruit
Watermelon	1/2 cup	Melon	25	5g	<1g	NA	NA	<1g	1.5mg	0g	0g	0mg	1/2 cup fruit
<b>Graham Cracker</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</b>
Cinnamon Tiger Bites	1	Wheat, Honey, Soy, Cinnamon, Molasses	120	21g	2g	7g	7g	2g	125mg	4g	1g	0mg	1 grain
Goldfish Giant Graham's, cinnamon or vanilla	1	Wheat, Corn, Cinnamon	120	19g	1g	7g	7g	1g	140mg	4g	1g	0mg	1 grain
Honey Graham Crackers 3 ct.	1	Wheat, Honey, Oat, Molasses	110	20g	2g	6g	6g	2g	140mg	2g	0g	0mg	1 grain
<b>100% Juice</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</b>
Apple Juice	4 oz.	Apple	70	14g	0g	14g	0g	<1g	0mg	0g	0g	0mg	1/2 cup fruit
Fruit Punch	4 oz.	Apple, Carrot	50	14g	0g	14g	13g	0g	10mg	0g	0g	0mg	1/2 cup fruit
<b>Milk</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</b>
White Milk, 1%	8 oz.	Milk	110	12g	0 g	12g	0g	8g	125mg	2.5g	1.5g	15mg	1 milk
Chocolate Milk, Skim	8 oz.	Milk, Corn Cocoa	120	22 g	0 g	21g	10g	8g	240mg	0g	0g	5 mg	1 milk
<b>Muffins</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</b>
Mini Muffin, apple SS	1	Wheat, Milk, Egg, Soy, Corn, Apple, Cinnamon	150	24g	1g	12g	11g	3g	100mg	4.5g	<1g	20mg	1 grain
Mini Muffin, blueberry SS	1	Wheat, Milk, Egg, Soy, Corn, Blueberry	150	24g	1g	12g	11g	3g	100mg	4.5g	<1g	20mg	1 grain
Mini Muffin, chocolate chip SS	1	Wheat, Milk, Egg, Soy, Corn, Chocolate/Cocoa	160	26g	1g	13g	13g	3g	100mg	5g	<1g	20mg	1 grain
<b>Oatmeal Bar</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</b>
Banana Chocolate Chip Oatmeal Round	1	Oat, Wheat, Banana, Cocoa, Soy, Milk, Egg, Molasses, Cinnamon	260	39g	4g	15g	14g	5g	240mg	12g	4g	10mg	2 grain
<b>Pancakes/Pancake Syrup</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</b>
Pancakes, Confetti	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
<b>Sunflower Seeds SS</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</b>
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
<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</b>
Turkey Canadian Bacon/Egg/Cheese on Croissant SS	1		380	31g	3g	3g	3g	13.5g	880mg	22g	10g	118mg	2.25 meat; 2 grain
Turkey Canadian Bacon slice	1	Sodium Nitrite	25	0g	0g	0g	0g	3.5g	130mg	1.3g	<1g	15mg	0.5 meat
Egg Patty	1	Egg, Corn, milk	45	1g	0g	0g	0g	3g	90mg	3.5g	1g	75mg	0.75 meat
American cheese slice, yellow	2	Milk, Corn, Paprika, Sunflower	80	3g	0g	2g	0g	4g	490mg	8g	4g	10mg	1 meat
Croissant	1	Soy, Wheat, Milk, Yeast, Malt, Honey, Corn	210	28g	3g	3g	3g	5g	220mg	9g	3.5g	4mg	2 grain

Turkey Sausage & Pancake Wrap SS	1	Wheat, Egg, Soy, Sodium Nitrite	190	17g	3g	4g	4g	7g	310mg	10g	2.5g	25mg	1 meat; 1 grain
Turkey Sausage/Egg/Cheese on Croissant SS	1		365	31g	3g	3g	3g	13.5g	700mg	20g	8g	121mg	2.25 meat; 2 grain
Turkey Sausage patty	1	Rice, Yeast, Red Pepper	60	1g	0g	0g	0g	6g	170mg	3g	1g	30mg	1 meat
Egg Patty	1	Egg, Corn, milk	45	1g	0g	0g	0g	3g	90mg	3.5g	1g	75mg	0.75 meat
American cheese slice, yellow	2	Milk, Corn, Paprika, Sunflower	80	3g	0g	2g	0g	4g	490mg	8g	4g	10mg	1 meat
Croissant	1	Soy, Wheat, Milk, Yeast, Malt, Honey, Corn	210	28g	3g	3g	3g	5g	220mg	9g	3.5g	4mg	2 grain
Turkey Sausage/Egg & Cheese on Jalapeno Biscuit SS	1		345	32g	2g	5g	4g	14g	800mg	18g	7.5g	122mg	2.25 meat; 2 grain
Turkey Sausage patty	1	Rice, Yeast, Red Pepper	60	1g	0g	0g	0g	6g	170mg	3g	1g	30mg	1 meat
Egg Patty	1	Egg, Corn, milk	45	1g	0g	0g	0g	3g	90mg	3.5g	1g	75mg	0.75 meat
American cheese slice, yellow	1	Milk, Corn, Paprika, Sunflower	40	1.5g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
Jalapeno Biscuit	1	Wheat, Milk, Malted Barley, Yeast	190	29g	2g	5g	4g	5g	320mg	7g	3g	5mg	2 grain
Turkey Sausage on Pancake Sandwich SS	1		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, whole grain, USDA	2	Wheat, Milk, Egg, Soy	140	26g	0g	6g	NA	4g	270mg	4g	0g	6mg	2 grain
<b>Waffle</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</b>
Froot Loop Waffles	1	Wheat, Egg, Soy, Milk, Fruit/Vegetable Juice (unspecified)	180	32g	3g	5g	5g	4g	210mg	6g	1.5g	0mg	2 grain
Mini Waffle, Blueberry	1	Egg, Milk, Wheat, Soy, Corn, Potato, Fruit Juice for color	210	37g	2g	12g	11g	4g	170mg	6g	1g	0mg	2 grain
Mini Waffle, Maple	1	Egg, Milk, Wheat, Soy, Corn, Maple	210	37g	3g	13g	12g	4g	170mg	6g	1g	<5mg	2 grain
Snack'N Waffle, flavors: maple, cinnamon, confetti or blueberry	1	Milk, Egg, Wheat, Beet, Yeast, Cinnamon (in cinnamon flavor), Blueberry & Fruit Juice (in blueberry flavor) Paprika and Turmeric (in confetti flavor), Carrot and Legume 9in cherry van flavor)	250	37-38g	2g	15g	NA	6g	280-290mg	9g	4g	25-37mg	2 grain
<b>Yogurt</b>	<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</b>
Yogurt, strawberry, Danimals	1	Milk, Corn, Strawberry, unspecified Fruit Juice and Vegetable Juice (for color), Lemon	60	12g	0g	9g	4g	4g	70mg	0g	0g	<5mg	1 meat
Yogurt, strawberry banana, Danimals	1	Milk, Corn, Strawberry, Banana, unspecified Fruit Juice and Vegetable Juice (for color), Raspberry, Lemon	70	12g	0g	9g	5g	4g	70mg	0g	0g	<5mg	1 meat
Yogurt, vanilla, nonfat, Danimals	1	Milk, Corn, Lemon	70	12g	0g	9g	5g	4g	70mg	0g	0g	<5mg	1 meat
Yogurt, strawberry, strawberry banana, peach, cherry vanilla or vanilla, Upstate	1	Milk, Corn, and for strawberry/strawberry banana: Strawberry, Legume, and for strawberry banana: Strawberry, Banana, Legume And for peach: Peach, Legume And for cherry/van: Carrot, Legume	90	19g	0g	10-14g	10g - 14g	4g	50-55mg	0g	0g	<5mg	1 meat
Yogurt Parfait, berry SS	1	Milk, Corn, Soy, Berry, Out, Honey, Rice	295-298	56-58g	3g	35g	23g	7g	182mg	5g	<1g	5mg	1.5 meat, 1 grain, 1/2 cup fruit
Yogurt Parfait, canned fruit SS	1	Milk, Corn, Soy, Peach or Pineapple, Out, Honey, Rice	300-260	49-58g	1-2g	30-36g	23g	7-8g	181mg	5g	<1g	5mg	1.5 meat, 1 grain, 1/2 cup fruit
Yogurt Smoothie, mango pineapple	1	Milk, Pear, Mango, Banana	130	36g	0g	20g	0g	5g	65mg	0g	0g	0mg	1 meat; 1 fruit
Yogurt Smoothie, peach	1	Milk, Pear, Peach, Beet	125	35g	0g	20g	0g	5g	70mg	0g	0g	0mg	1 meat; 1 fruit
Yogurt Smoothie, strawberry banana	1	Milk, Pear, Strawberry, Banana, Beet	130	36g	0g	20g	0g	5g	70mg	0g	0g	0mg	1 meat; 1 fruit
<b>Lunch</b>													
<b>Bean 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</b>
Bean and Cheese Pupusa SS	1	Milk, Corn, Legume, Jalapeno Pepper, Chili Powder, Lime, Citrus	290	47g	4g	1g	0g	13g	480mg	11g	3.5g	15mg	2 meat; 2 grain
Blazin' BBQ Sandwich SS	1	Carrot, Citrus, Corn, Egg, Garlic, Honey, Lime, Milk, Molasses, Mustard, Onion, Potato, Soy, Tomato, Wheat, Yeast, Yellow Dye	350	47g	6g	10g	6g	25g	826mg	6g	2g	10mg	2 meat; 2 grain
Cheese and Bean Enchilada SS	1		418	43g	9g	4g	0g	23g	775mg	19g	9.3g	37mg	2.25 meat; 2 grain; 1/8 cup vegetable
Cheese & Bean Burrito	1	Wheat, Soy, Corn, Milk, Legume, Chili powder, Garlic, Tomato, Onion, Chili Pepper, Turmeric, Trace of Lime	290	40g	8g	4g	0g	12g	400mg	9g	4g	10mg	2 meat; 2 grain
Queso Cheese/Enchilada Sauce	1 oz.	Tomato, Chili powder, Garlic, Corn, Onion, Paprika, Green Chiles, Jalapeno Pepper, Milk	99	3g	1g	0g	0g	11g	359mg	16g	5.3g	24mg	0.25 meat; 1/8 cup vegetable
Cheddar cheese, shredded	1 tsp.	Milk, Potato	9	0g	0g	0g	0g	<1g	16mg	<1g	0.5g	2.5mg	None
Creamy Chickpea Spread and Grape Jelly Sandwich	1	Wheat, Corn, Grape, Apple, Chickpea, Sunflower Seed, Sesame	570	73g	10g	26g	18g	15g	440mg	26g	2.5g	0mg	2 meat; 2 grain
Dynamite Dippers ES	1	Wheat, soy, yeast, onion, potato, garlic, corn, paprika	200	22g	4g	2g	<1g	14g	389mg	9g	1g	0mg	2 meat; 1 grain

Impossible Burger on Bun	1		310	32g	6g	3g	NA	19g	470mg	12g	4.5g	0mg	2 meat; 2 grain
Impossible Burger	1	Soy, Sunflower/Cocunut Oil, Corn, Yeast	170	7g	4g	0g	0g	14g	240mg	10g	4.5g	0mg	2 meat
Bun, Hamburger, whole grain, 4"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Kickin' Orange Tenders over Rice SS	1	Broccoli, Carrot, Citrus, Cocoa, Corn, Garlic, Onion, Orange, Pea, Pineapple, Soy, Turmeric, Wheat, Yeast	345	39g	6g	8g	2g	17g	474mg	14g	2g	0mg	2 meat; 2 grain; 1/2 c. vegetable
Kickin' Patty on Bun	1		360	39g	5g	3g	NA	18g	590mg	15g	2g	0mg	2 meat; 2 grain
Chickenless patty	1	Wheat, Soy, Yeast, Onion, Garlic, Turmeric, Corn	220	14g	3g	0g	NA	13g	360mg	13g	2g	0mg	2 meat
Bun, Hamburger, whole grain, 4"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Kickin' Tenders SS	1	Wheat, Soy, Yeast, Onion, Garlic, Turmeric, Corn	230	13g	3g	0g	0g	14g	370mg	14g	2g	0g	2 meat
Mighty Nachos SS	1	Wheat, Garlic, Corn, Soy, Milk, Green Chilies, Coconut Oil, Jalapeno Pepper, Onion, Garlic, Legume, Tomato, Sunflower	404	43g	8g	3g	1g	20g	689mg	17g	4g	19mg	2.75 meat; 2 grain; 1/4 cup vegetable
Planet Pasta SS	1		390	51g	10g	10g	NA	26g	410mg	12g	2g	8mg	2.25 meat; 1 grain; 3/4 cup
Meatball, plant-based, in spaghetti sauce with cheese	3	Soy, Tomato, Wheat, Onion, Garlic, Pea Protein, Barley, Corn, Yeast, Lime, Chipotle Pepper, Molasses, Honey	155	21g	5g	10g	1g	20g	410mg	12g	2g	8mg	2 meat; 3/4 cup vegetable
Spaghetti noodles, wheat	1	Wheat	135	30g	5g	<1g	NA	6g	0mg	0g	0g	0mg	1 grain
Power Up Sub SS	1		388	49g	6g	13g	NA	24g	1010mg	11g	<1g	0mg	2 meat; 2 grain
Meatball, plant-based, BBQ	4	Soy, Tomato, Wheat, Onion, Garlic, Pea Protein, Barley, Corn, Yeast, Lime, Chipotle Pepper, Molasses, Honey	228	21g	4g	9g	12g	18g	750mg	9g	<1g	0mg	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
Spicy Kickin' Patty on Bun SS	1		360	39g	5g	3g	NA	18g	590mg	15g	2g	0mg	2.25 meat; 2.5 grain
Chickenless patty, spicy	1	Wheat, Soy, Yeast, Onion, Garlic, Turmeric, Corn, Beet, Celery Seed, Paprika	230	14g	7g	0g	0g	15g	410mg	14g	<1g	0mg	2.25 meat; 0.5 grain
Bun, Hamburger, whole grain, 4"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Three Bean Chili with Cheese SS	1	Milk, Soy, Legume, Tomato, Pepper, Onion, Celery, Corn, Garlic, Cilantro, Lime, Potato, Wheat, Yeast, Carrot	226	22g	7g	3.5g	<1g	15g	523mg	9g	3.5g	0mg	2 meat; 3/8 cup vegetable
Veggie Burger with American Cheese on Bun SS	1		330	34g	5g	5g	3g	23g	891mg	13g	2.5g	5mg	2.5 meat; 2 grain
Veggie Prime Griller	1	Wheat, Soy, Egg, Corn, Carrot, Onion, Garlic, Rice, Tomato	150	6g	3g	1g	0g	16g	400mg	8g	1g	0mg	2 meat
American cheese slice, yellow	1	Milk, Corn, Paprika, Sunflower	40	1.5g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
Bun, Hamburger, whole grain, 4"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Veggie Classics Buffalo Wings	5	Wheat, barley, soy, onion, potato, garlic, corn, spices (not specified)	220	22g	4g	2g	2g	14g	291mg	8g	1g	0mg	2 meat
WOW Soy Butter/Grape Jelly Sandwich	1	Wheat, Barley, Soy, Milk, Corn, Grape	540	53g	8g	19g	16g	18g	390mg	29g	6g	0mg	2 meat; 2 grain
WOW Soy Butter/Strawberry Jelly Sandwich	1	Wheat, Barley, Soy, Milk, Yeast, Strawberry, Sesame	570	49g	9g	13g	11g	20g	430mg	33g	7g	0mg	2 meat; 2 grain
<b>Beef</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</b>
BBQ Beef Rib Patty on Bun ES	1	Wheat, Soy, Yeast, Corn, Tomato, Honey, Molasses, Onion, Garlic, Rice	300	30g	2g	8g	4g	17g	600mg	8g	4g	40mg	2 meat; 2 grain
BBQ Beef Rib Patty on Bun SS	1	Wheat, Soy, Yeast, Corn, Tomato, Honey, Molasses, Onion, Garlic, Rice, Lime, Citrus	376	48g	2g	18g	16g	17g	1068mg	8g	4g	40mg	2 meat; 2 grain
Beef Cheeseburger Sandwich ES	1	Milk, Egg, Wheat, Corn, Beet, Paprika, Turmeric, Yeast	296	24g	0g	0g	0g	20g	520mg	5g	1.5g	40mg	2 meat; 1 grain
Cheeseburger on Bun SS	1		364	29g	3g	4g	3g	19g	662mg	18g	7g	61mg	2.5 meat; 2 grain
American cheese slice, yellow	1	Milk, Soy	50	1g	0g	<1g	0g	2.5g	220mg	4.5g	2.5g	12mg	0.5 meat
Beef Patty in Browning Sauce	1	Carrot, Celery, Onion, Parsnips, Turnips, Caramel Color, Citrus flour	166	1g	1g	0g	0g	12g	196mg	12g	5g	49mg	2 meat
Bun, Hamburger, whole grain 4"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Beef Chili with Beans ES	1	Caramel Color, Legume, Onion, Paprika, Soy, Tomato	172	17g	5g	5g	1g	15g	290mg	5g	2g	38mg	2 meat; 3/8 cup vegetable
Fiestada Beef Sandwich ES	1	Milk, Egg, Wheat, Soy, Corn, Yeast, Paprika, Legume, Date, Tomato, Cherry, Chili Pepper, Garlic, Onion	320	31g	3g	6g	1g	18g	600mg	14g	7g	40mg	2 meat; 2 grain
Fiesta Nachos SS	1		390	31g	3g	0g	0g	16g	509mg	21g	8g	53mg	2 meat; 2 grain
Beef Taco Meat	1.4 oz.	Garlic, Chili Pepper, Citrus Flour, Cocoa, Paprika	60	0g	0g	0g	0g	3g	137mg	3g	1.5g	25mg	1 meat
Cheddar/Queso cheese sauce	2 oz.	Milk, Soy, Tomato, Coconut oil, Jalapeno, Green Chiles, Onion, Garlic, Potato	120	2g	0g	0g	0g	9g	214mg	9g	5g	28mg	1 meat
Tortilla chips, yellow corn round	1.5 oz.	Corn, Sunflower	210	29g	3g	0g	0g	3g	158mg	9g	1g	0mg	2 grain
Hamburger on Bun	1		304	28g	3g	3g	NA	17g	426mg	14g	5g	49mg	2 meat; 2 grain
Beef Patty	1	Citrus flour, Caramel Color	164	1g	1g	0g	0g	12g	196mg	12g	5g	49mg	2 meat
Browning Sauce SS	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.	Garlic, Onion, Wheat, Tomato, Milk, Citrus flour, Potato, Paprika, Cocoa	221	17g	1g	1.5g	<1g	16g	326mg	9g	4g	42mg	2 meat; 1 grain; 1/4 cup vegetable

Loaded Cheeseburger Slider ES	1		Corn, Garlic, Milk, Mustard, Onion, Sunflower, Turmeric, Tomato, Wheat, Yeast	330	41	4	11	10	16	490	11	5	35	2 meat; 2 grain
Rotini with Meat Sauce ES	1		Egg, Wheat, Tomato, Onion, Garlic	338	26g	2g	9g	2g	19g	668mg	17g	7g	58mg	2 meat; 1 grain
Salisbury Steak on Bun SS	1			310	34g	3g	4g	NA	21g	957mg	10g	3g	40mg	2 meat; 2 grain
Salisbury Steak	1		Soy, Wheat, Milk, Yeast	140	4g	1g	1g	NA	16g	430mg	7g	3g	40mg	2 meat
Beef Gravy, canned	2 oz.		Soy, Wheat, Corn, Onion, Caramel Color	30	4g	0g	0g	0g	0g	310mg	0g	0g	0mg	None
Bun, Hamburger, whole grain, 4"	1		Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Sloppy Joe on Bun	1			300	37g	3g	11g	NA	19g	917mg	8g	2g	44mg	2 meat; 2 grain; 1/8 cup vegetable
Beef Sloppy Joe	3.6 oz.		Tomato, Soy, Caramel Color, Green/Red Peppers, Onion, Chili Powder, Garlic	160	11g	1g	8g	5g	14g	687mg	6g	2g	44mg	2 meat; 1/8 cup vegetable
Bun, Hamburger, whole grain, 4"	1		Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Spaghetti with Meat Sauce SS	6 oz.		Beef, Corn, Cocoa, Citrus flour, Wheat, Tomato, Garlic, Onion, Milk, Potato, Paprika	338	43g	5g	10g	4g	21g	448mg	11g	5g	39mg	2 meat; 1 grain; 3/4 cup vegetable
Walking Taco ES	1		Chili Pepper, Citrus, Cocoa, Garlic, Milk, Onion, Paprika, Potato	121	2g	0g	<1g	NA	10g	242mg	8g	4.5g	40mg	2.5 meat
Tortilla Strips	1		Corn	162	23g	2g	0g	0g	1g	75 mg	8g	1g	0mg	1.25 grain
<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</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	1		Wheat, Barley, Milk, Soy, Sunflower Lecithin,	80	14g	1g	0g	0g	1g	65mg	1.5g	0g	0mg	1 grain
Cheesy Garlic Breadstick SS	1		Milk, Wheat, Yeast	90	14g	1g	2g	2g	3g	180mg	2g	0g	0mg	1 grain
Cornbread, mini loaf SS	1		Egg, Milk, Soy, Wheat, Corn, Fruit Juice powder, Vegetable Fiber, Legume, Turmeric	180	28g	1g	15g	15g	3g	90mg	5g	<1g	15mg	1 grain
Cornbread muffin ES	1		Egg, Milk, Soy, Wheat, Corn, Turmeric, Legume	240	39g	2g	15g	15g	4g	150mg	8g	1g	25mg	2 grain
Dinner Roll	1		Wheat, Barley, Corn, Soy, Yeast, Honey, Molasses	90	16g	1g	2g	NA	3g	140mg	1g	0g	0mg	1 grain
Fritos SS	1		Corn	160	16g	1g	<1g	NA	2g	170mg	10g	1g	0mg	1.25 grain
Mini Muffin, apple SS	1		Wheat, Milk, Egg, Soy, Corn, Apple, Cinnamon	150	24g	1g	12g	11g	3g	100mg	4.5g	<1g	20mg	1 grain
Mini Muffin, blueberry SS	1		Wheat, Milk, Egg, Soy, Corn, Blueberry	160	26g	1g	13g	13g	3g	100mg	5g	<1g	20mg	1 grain
Mini Muffin, chocolate chip SS	1		Wheat, Milk, Egg, Soy, Corn, Chocolate/Cocoa	150	24g	1g	12g	11g	3g	100mg	4.5g	<1g	20mg	1 grain
Saltines SS	4		Wheat, Yeast, Corn, Soy	100	20g	0g	0g	0g	2g	360mg	2g	0g	0mg	1 grain
Tortilla Chips ES	1		Corn, Sunflower	120	18g	2g	0g	0g	2g	95 mg	4g	0.5g	0mg	1.25 grain
Tortilla Strips ES	1		Corn	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</b>
Broccoli Penne Alfredo SS	8 oz.		Milk, Egg, Wheat, Legume, Turmeric, Garlic, Potato, Broccoli, Carrot, Cayenne Pepper, Corn, Lemon, Orange, Tomato	370	38g	4g	10g	0g	21g	788mg	15g	9g	46mg	2.25 meat; 1 grain; 3/4 cup vegetable
Cheese Breadstick ES	1		Tomato, Corn, Garlic, Onion, Wheat, Milk, Yeast	280	28g	0g	2g	1g	19g	460mg	10g	6g	35mg	2 meat; 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		Tomato, Onion, Garlic	15	3g	<1g	2g	1g	<1g	35mg	<1g	0g	0mg	1/8 cup vegetable
Creamy Spinach Casserole SS	6 oz.		Carrot, Cayenne pepper, Corn, Garlic, Lemon, Milk, Onion, Orange, Potato, Soy, Spinach, Tomato, Wheat, Yeast	322	23g	1g	2g	NA	17g	693mg	18g	10g	46mg	2 meat; 1.5 grain; 1/4 c. vegetable
Macaroni and Cheese ES	6 oz.		Milk, Egg, Wheat, Legume, Turmeric, Paprika, Corn	299	32g	2g	8g	0g	15g	650mg	12g	7g	35mg	2 meat; 1 grain
Macaroni and Cheese SS	6 oz.		Milk, Egg, Wheat, Yeast, Corn	290	28g	2g	6g	0g	17g	550mg	12g	8g	40mg	2 meat; 1 grain
Mozzarella Bites SS	1		Milk, Wheat, Tomato, Legume, Corn, Garlic, Yeast	340	42g	0g	1g	0g	18g	440mg	11g	6g	0mg	2 meat; 2 grain
Spaghetti Sauce	1		Tomato	15	4g	0g	2g	NA	0g	140mg	0g	0g	0mg	1/8 cup vegetable
Penne Alfredo ES	6 oz.		Milk, Egg, Wheat, Corn, Legume, Turmeric, Garlic	305	31g	0g	8g	0g	17g	706mg	12g	7g	37mg	2 meat; 1 grain
Pepper Jack Pretzel Bites SS	1		Corn, Legume, Malt, Milk, Soy, Wheat	360	35g	2g	7g	6g	17g	470mg	17g	11g	0g	2 meat; 2 grain
Toasted Cheese Sandwich ES	1		Wheat, Barley, Soy, Milk, Corn, Yeast	280	31g	3g	6g	NA	19g	581mg	10g	6g	32mg	2 meat; 2 grain
Toasted Cheese Sandwich SS	1			320	36g	4g	4g	NA	14g	1170mg	18g	8g	20mg	2 meat; 2 grain
American cheese slice, yellow	4		Milk, Corn, Paprika, Sunflower	160	6g	0g	4g	0g	8g	980mg	16g	8g	20mg	2 meat

Texas Toast		2	Wheat, Barley, Corn, Soy* (*from pan spray)	160	30g	4g	2g	NA	6g	190mg	2g	0g	0mg	2 grain
Chicken	Portion		Food Allergens and Intolerances	Calories	CHO	Fiber	Total Sugar	Added Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA
BBQ Chicken Drumstick SS	1		Onion, Garlic, Corn, Paprika, Rice, Yeast, Molasses, Honey, Lime, Tomato	222	15g	0g	10g	9g	15g	949mg	10g	2.5g	75mg	2.5 meat
Breaded Chicken Slider, ES	1		Wheat, Barley, Sesame, Corn, Soy, Onion, Garlic, Yeast, Milk	420	51g	5g	5g	5g	23g	840mg	14g	2.5g	50mg	2 meat; 3.5 grains
Buffalo Chicken and Cheese on Bun ES	1		Wheat, Barley, Corn, Yeast, Soy, Milk, Garlic, Paprika, Turmeric, Pea Protein, Potato, Fava Bean	280	31g	2g	5g	5g	21g	870mg	10g	4g	40mg	2 meat; 2 grain
Buffalo Chicken and Cheese on Bun SS	1		Wheat, Barley, Corn, Yeast, Soy, Milk, Garlic, Paprika, Molasses	268	29g	2g	3g	3g	18g	1051mg	8	2.5g	50mg	2 meat; 2 grain
Buffalo Chicken Wrap SS	1			402	40g	2g	3g	2g	20g	989mg	17g	6g	57mg	2 meat; 2.5 grain; 3/8 cup vegetable
Buffalo Chicken Filling	4 oz.		Egg, Rice, Yeast, Aged Peppers, Onion, Corn, Milk, Celery, Mustard, Paprika, Potato	202	5g	1g	1g	1g	15g	449mg	12g	4.5g	57mg	2 meat; 3/8 cup vegetable
Tortilla, wheat, 10-inch	1		Wheat, Barley, Legume	200	35g	1g	2g	1g	5g	540mg	5g	1.5g	0mg	2.5 grain
Chicken Corn Dog SS	1		Wheat, Milk, Corn, Soy, Egg, Celery Powder/Seed, Mustard, Paprika, Honey	300	26g	1g	8g	8g	13g	380mg	15g	3.5g	50mg	2 meat; 2 grain
Chicken Drumstick (breaded)	1		Wheat, Garlic, Corn, Onion, Turmeric, Yeast	220	6g	1g	0g	0g	19g	530mg	13g	3g	60mg	2 meat; 0.75 grain
Chicken Drumstick (unbreaded) ES	1		Garlic, Corn, Onion, Rice, Yeast	180	5g	0g	1g	1g	15g	660mg	10g	2.5g	75mg	2.5 meat
Chicken Egg Roll SS	2		Garrot, Celery, Corn, Egg, Garlic, Milk, Onion, Rice, Soy, Wheat, Yeast	320	38g	6g	4g	2g	20g	780mg	10g	2g	70mg	2 meat; 2 grain; 1/2 c. vegetable
Chicken Enchilada Dip/Tortilla Chips SS	1			430	44g	6g	2g	1g	23g	1137mg	17g	4g	61mg	2 meat; 2 grain, 3/8 cup vegetable
Chicken Enchilada Dip	6 oz.		Garlic, Onion, Citrus, Yeast, Paprika, Tomato, Legume, Milk, Potato, Green Pepper	220	15g	3g	2g	1g	20g	979mg	8g	3g	61mg	2 meat; 3/8 cup vegetable
Tortilla chips, yellow corn round	1.5 oz.		Corn, Sunflower	210	29g	3g	0g	0g	3g	158mg	9g	1g	0mg	2 grain
Chicken Fried Rice SS	1		Carrot, Onion, Corn, Wheat, Soy, Rice, Ginger, Wheat	368	56g	3g	9g	7g	16g	188mg	4g	1g	37mg	2 meat; 2 grain
Chicken Nuggets	5		Soy, Wheat, Onion, Garlic, Turmeric, Carrot, Celery, Yeast	189	12g	2g	0g	0g	17g	319mg	8g	1.8g	24mg	2 meat; 1 grain
Chicken Nuggets (HS only)	6		Soy, Wheat, Onion, Garlic, Turmeric, Carrot, Celery, Yeast	227	14g	3g	0g	0g	21g	383mg	11g	2g	30mg	2 meat; 1 grain
Chicken Patty on Bun	1			340	34g	5g	3g	NA	24g	520mg	11g	1.5g	45mg	2 meat; 3 grain
Chicken Patty, breaded	1		Onion, Garlic, Soy, Wheat, Turmeric, Carrot, Celery, Paprika, Yeast	200	9g	3g	0g	0g	19g	290mg	9g	1.5g	45mg	2 meat; 1 grain
Bun, Hamburger, whole grain, 4"	1		Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Chicken Tenders, breaded HS	4		Wheat, Soy, Onion, Garlic, Turmeric, Carrot, Celery, Yeast, Paprika	220	12g	2g	2g	2g	20g	400mg	12g	2g	40mg	4 meat; 2 grain
Chicken Tenders, breaded MS	2		Wheat, Soy, Onion, Garlic, Turmeric, Carrot, Celery, Yeast, Paprika	110	6g	1g	1g	1g	10g	200mg	6g	1g	20mg	2 meat; 1 grain
Chicken Wrap SS	1			374	42g	2g	2g	2g	19g	852mg	16g	5.5g	35mg	2 meat; 1/2 cup vegetable; 3.5 grain
Chicken Tenders	2		Wheat, Soy, Onion, Garlic, Turmeric, Carrot, Celery, Yeast, Paprika	110	6g	1g	1g	1g	10g	200mg	6g	1g	20mg	2 meat; 1 grain
Tossed Salad Mix	1 cup		Carrot	15	3g	1g	1g	0g	2g	28mg	0g	0g	0mg	1/2 cup vegetable
Cheddar cheese, shredded	1/2 oz.		Milk, Potato	55	<1g	0g	0g	0g	3g	95mg	5g	3g	15mg	0.5 meat
Tortilla, wheat, 10-inch	1		Wheat, Barley, Legume	200	35g	1g	2g	1g	5g	540mg	5g	1.5g	0mg	2.5 grain
General Tso Chicken over Rice SS	1			356	52g	1g	17g	17g	20g	1009mg	5g	0g	55mg	2 meat; 1.5 grain
General Tso Chicken (with Broccoli)	1		Soy, Corn, Garlic, Carrot, Celery, Potato, Onion, Citrus, Yeast, Paprika, Legume, Cocoa powder, Broccoli	186	20g	0g	17g	17g	17g	988mg	4g	0g	55mg	2 meat
Whole Grain Rice	3/4 cup		Rice	170	32g	1g	0g	0g	3g	0mg	1g	0g	0mg	1.5 grain
Mesquite Glazed Chicken Drumstick SS	1		Garlic, Corn, Beet, Legume, Paprika	180	4g	0g	0g	0g	16g	310mg	12g	2.5g	85mg	2 meat; 0.75 grain

Rotisserie Chicken and Cheese on Bun ES	1	Wheat, Barley, Corn, Yeast, Turmeric, Pea protein, Potato, Legume, Onion, Milk, Garlic, Paprika, Soy	280	31g	2g	5g	5g	19g	920mg	10g	4g	40mg	2 meat; 2 grain
Rotisserie Seasoned Chicken and Cheese on Bun SS	1	Wheat, Barley, Corn, Yeast, Honey, Molasses, Soy, Milk, Garlic, Onion, Paprika	260	29g	2g	3g	3g	18g	1141mg	8g	3g	50mg	2 meat; 2 grain
Spicy Chicken Patty on Bun SS	1		350	36g	3g	4g	NA	24g	540mg	12g	2g	45mg	2 meat; 3 grain
Chicken Patty, spicy, breaded	1	Soy, Wheat, Corn, Garlic, Onion, Carrot, Yeast, Celery	200	9g	1g	1g	NA	21g	330mg	10g	2g	45mg	2 meat; 1
Bun, Hamburger, whole grain 4"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	NA	5g	230mg	2g	0g	0mg	2 grain
Spicy Chicken Tenders, breaded HS	4	Wheat, Soy, Corn, Garlic, Onion, Carrot, Celery, Yeast	470	19g	2g	4g	0g	42g	791mg	25g	4g	106mg	4 meat; 2 grain
Spicy Chicken Tenders, breaded MS	2	Wheat, Soy, Corn, Garlic, Onion, Carrot, Celery, Yeast	235	9g	1g	2g	0g	21g	396mg	12g	2g	53mg	2 meat; 1 grain
Spicy Chicken Wrap SS	1		503	44g	4g	4g	1g	29g	1043mg	22g	6g	67mg	2 meat; 3.5 grain; 1/2 cup vegetable
Spicy Chicken Tenders	2	Wheat, Soy, Corn, Garlic, Onion, Rice, Carrot, Celery, Yeast	235	9g	1g	2g	0g	21g	396mg	12g	2g	53mg	2 meat; 1 grain
Tossed Salad Mix	1 cup	Carrot	13	3g	1g	2g	0g	1g	13mg	0g	0g	0mg	1/2 cup vegetable
Cheddar cheese, shredded	1/2 oz.	Milk, Potato	55	<1g	0g	0g	0g	3g	95mg	5g	3g	15mg	0.5 meat
Tortilla, wheat, 10-inch	1	Wheat, Barley, Legume	200	35g	1g	2g	1g	5g	540mg	5g	1.5g	0mg	2.5 grain
<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>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA</b>
BBQ sauce, pc	1	Tomato, Corn, Garlic, Molasses, Onion, Pineapple Juice	20	5g	0g	4g	4g	0g	105mg	0g	0g	0mg	None
Chipotle Ranch Dressing SS	1 oz.	Onion, Egg, Corn, Milk, Garlic, Yeast	135	3g	0g	0g	0g	1.5g	205mg	12g	2g	15mg	None
Cream Cheese SS	1 oz.	Milk	100	2g	0g	1g	0g	2g	100mg	9g	6g	30mg	None
French dressing, light, pc	1	Corn, Garlic, Onion, Paprika, Rice	30	3g	0g	3g	3g	0g	40mg	2g	0g	0mg	None
Grape Jelly, pc	1	Grape	35	9g	0g	8g	6g	0g	5mg	0g	0g	0mg	None
Hot sauce, pc	1	Chili pepper	1	0g	0g	0g	0g	0g	92mg	0g	0g	0mg	None
Italian dressing, pc	1	Garlic, Caramel Color, Turmeric, Rice, Red Bell Pepper	10	2g	0g	0g	0g	0g	55mg	0g	0g	0mg	None
Ketchup, pc	1	Tomato, Corn, Onion	10	3g	0g	2g	2g	0g	95mg	0g	0g	0mg	None
Kickin' Patty Sauce SS	1 T.	Honey, Mustard, Egg, Corn, Turmeric, Tomato, Paprika, Yeast, Spices, Chili Pepper	41	3g	0g	<1g	<1g	0g	168mg	3g	<1mg	<5mg	None
Mayonnaise, lite, pc	2 T.	Egg, Mustard flour, Paprika	30	1g	0g	0g	0g	0g	85 mg	3g	0g	0 mg	None
Mustard, pc	1	Turmeric, Mustard seed	0	0g	0g	0g	0g	0g	69mg	0g	0g	0mg	None
Syrup, Pancake SS	2 oz.	Corn, Caramel Color	170	43g	0g	32g	32g	0g	35mg	0g	0g	0mg	None
Ranch dressing, fat-free, pc ES	1	Corn, Milk, Turmeric, Onion	10	2g	0g	<1g	NA	0g	125mg	0g	0g	0mg	None
Ranch dressing, pc	1	Corn, Milk, Egg, Onion, Garlic, Mustard Seed, Yeast	70	1g	0g	0g	0g	0g	110mg	8g	1.5g	0mg	None
Romano Cheese	1 T.	Milk	20	0g	0g	0g	0g	2g	95mg	1.5g	1g	<5mg	None
Seasonings (may be used in recipes)	N/A	Garlic, Dash Original Onion, Chili Powder, Cinnamon, Chipotle, Fajita*, Pepper, Italian * Fajita seasoning may contain corn, rice, lime, and yeast											None
Sour Cream, pc SS	1 oz.	Milk	60	1g	0g	1g	0g	1g	10mg	5g	3.5g	20mg	None
Taco sauce, pc	1	Tomato, Corn, Onion, Garlic, Caramel Color	0	1g	0g	0g	0g	0g	55mg	0g	0g	0mg	None
<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</b>
Egg, hard boiled, peeled ES	2	Egg	140	2g	0g	2g	0g	12g	110mg	10g	3g	340mg	3 meat
<b>Fruit</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</b>
Apple, raw , medium	1	Apple	116	21g	4g	NA	0g	<1g	1mg	0g	0g	0mg	1 cup fruit
Apple/Peach Crisp SS	1	Honey, Rice, Lemon, Apple, Corn, Citrus, Pear, Cinnamon, Milk, Wheat, Soy, Molasses, Peach	258	52g	3g	41g	27g	2g	166mg	5g	1g	2mg	4 oz. Grain Based Desert
Apple Slices, Hot Cinnamon SS	1/2 cup	Apple, Cinnamon	80	21g	2g	19g	8g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Applesauce, cinnamon	4 oz. cup	Apple, Cinnamon	63	17g	2g	15g	0g	0g	12mg	0g	0g	0mg	1/2 cup fruit
Applesauce, strawberry, unsweetened	4.5 oz.	Apple, Strawberry, Natural flavors/colors	50	14g	1g	11g	0g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Applesauce, sweetened SS	1/2 cup	Apple, Corn Syrup	90	22g	2g	18g	NA	0g	10mg	0g	0g	0mg	1/2 cup fruit
Applesauce, unsweetened USDA SS	1/2 cup	Apple	60	15g	1g	18g	0g	0g	15mg	0g	0g	0mg	1/2 cup fruit
Applesauce, unsweetened	4.5 oz. cup	Apple	60	16g	2g	12g	0g	0g	25mg	0g	0g	0mg	1/2 cup fruit
Applesauce, unsweetened, strawberry banana	4.5 oz. cup	Apple, Banana, Strawberry, Fruit and Vegetable Juices for Color	50	14g	1g	12g	0g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Banana, raw	1	Banana	109	28g	3g	NA	0g	1g	1mg	0g	0g	0mg	1/2 cup fruit
Blueberries, unsweetened, USDA SS	1/2 cup	Blueberry	40	10g	2g	7g	0g	0g	1mg	1g	0g	0mg	1/2 cup fruit
Cantaloupe	1/2 cup	Melon	31	7g	<1g	NA	NA	<1g	8mg	0g	0g	0mg	1/2 cup fruit
Clementine, whole	2	Citrus	35	9g	1g	7g	0g	<1g	1 mg	0g	0g	0mg	1/2 cup fruit

Fruit Juice Gel	1	Grape, Strawberry, Lemon, Acerola berry	80	19g	0g	18g	0g	0g	0g	0g	0g	0mg	1/2 cup fruit
Honeydew melon	1/2 cup	Melon	31	8g	<1g	NA	0g	<1g	9mg	0g	0g	0mg	1/2 cup fruit
Mixed Berries, Extra Light Syrup, frozen, USDA	1/2 cup	Blueberry, Strawberry	90	20g	2g	16g	NA	0g	0g	0g	0g	0mg	1/2 cup fruit
Mixed Fruit, Extra Light Syrup, USDA SS	1/2 cup	Peaches, Pears, Grapes	60	17g	0g	14g	NA	0g	10mg	0g	0g	0mg	1/2 cup fruit
Oranges, mandarin, light syrup, canned SS	1/2 cup	Citrus	53	13g	<1g	15g	14g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Oranges, raw, medium	1	Citrus	62	15g	3g	NA	0g	1g	0mg	0g	0g	0mg	1/2 cup fruit
Peach in pear juice cup, chilled	1	Peach, Pear	55	13g	1g	11g	0g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Peach cup, frozen, USDA	1	Peach	80	19g	1g	16g	NA	1g	0mg	0g	0g	0mg	1/2 cup fruit
Peaches, Hot Cinnamon SS	1/2 cup	Peach, Corn, Cinnamon, Pear	78	20g	0g	18g	NA	0g	0mg	0g	0g	0mg	1/2 cup fruit
Peaches, diced, light syrup, USDA SS	1/2 cup	Peach, Corn Syrup	70	36g	0g	13g	NA	0g	10mg	0g	0g	0mg	1/2 cup fruit
Peaches, diced, light syrup SS	1/2 cup	Peach, Corn Syrup	50	12g	0g	10g	NA	0g	0mg	0g	0g	0mg	1/2 cup fruit
Pears, diced, light syrup, USDA SS	1/2 cup	Pear, Corn	62	16g	2g	12g	NA	0g	5mg	0g	0g	0mg	1/2 cup fruit
Pear, raw, medium	1	Pear	98	25g	4g	NA	0g	<1g	0mg	<1g	0g	0mg	1/2 cup fruit
Pineapple, tidbits in juice SS	1/2 cup	Pineapple	70	17g	2g	12g	0g	1g	0mg	0g	0g	0mg	1/2 cup fruit
Raisins USDA ES	1.33 oz.	Grape	114	30g	1g	30g	0g	1g	4mg	0g	0g	0mg	1/2 cup fruit
Raisins SS	1.5 oz.	Grape	130	31g	2g	28g	0g	1g	10mg	0g	0g	0mg	1/2 cup fruit
Raisins, unsweetened	1.5 oz.	Grape	130	31g	2g	28g	0g	1g	10mg	0g	0g	0mg	1/2 cup fruit
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
<b>Gravies</b>	<b>Portion Size</b>	<b>Food Allergies 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</b>
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
<b>Milk</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</b>
White milk 1%	8 oz.	Milk	110	12g	0g	12g	0g	8g	125mg	2.5g	1.5g	15mg	1 milk
Chocolate milk, Skim	8 oz.	Milk, Corn Cocoa	120	22g	0g	21g	10g	8g	240mg	0g	0g	5mg	1 milk
<b>PICNIC LUNCH (ES): WOW Butter Sandwich, Pretzel, Fruit Cup, Juice, and Milk</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</b>
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
<b>PICNIC LUNCH (SS): WOW Butter Sandwich, Carrot, Apple, Juice, and Milk</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</b>
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
<b>Pizza</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</b>
Pizza, beef and turkey pepperoni, Big Daddy's SS	1/8 pizza	Wheat, Soy, Milk, Garlic, Tomato, Barley, Onion, Yeast, Corn, Legume, Celery powder, Cherry powder, Lime	350	34g	3g	7g	1g	19g	570mg	17g	8g	45mg	2 meat; 2 grain; 1/8 cup vegetable
Pizza, beef and turkey pepperoni, Big Daddy's (high school)	1/6 pizza	Wheat, Soy, Milk, Garlic, Tomato, Barley, Onion, Yeast, Corn, Legume, Celery powder, Cherry powder, Lime	467	45g	4g	9g	1g	25g	760mg	23g	11g	60mg	3 meat; 3 grain; 1/8 cup vegetable
Pizza, cheese, Big Daddy's SS	1/8 pizza	Wheat, Soy, Milk, Garlic, Tomato, Barley, Onion, Yeast, Corn, Legume	350	34g	3g	7g	1g	19g	470mg	17g	8g	45mg	2 meat; 2 grain; 1/8 cup vegetable
Pizza, cheese, Big Daddy's (high school)	1/6 pizza	Wheat, Soy, Milk, Garlic, Tomato, Barley, Onion, Yeast, Corn, Legume	467	45g	4g	9g	1g	25g	627mg	23g	11g	60mg	3 meat; 3 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, 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
<b>Salad/Salad Bar Toppings</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</b>
Chef Salad SS	1	Broccoli, Corn, Garlic, Cucumber, Carrot, Lettuce, Milk, Potato, Tomato, Sodium Nitrate	250	12g	5g	5g	0g	25g	749mg	12g	6g	77mg	2.5 meat; 2 cups vegetable
Crispy Chicken Salad SS	1	Celery, Garlic, Cucumber, Carrot, Lettuce, Milk, Onion, Potato, Soy, Tomato, Turmeric, Wheat, Yeast	322	18g	4g	3g	0g	24g	520mg	17g	7g	52mg	2.5 meat; 1 grain; 1 + 3/4 cups vegetable
Da' Fort Chicken Salad SS	1	Wheat, Corn, Garlic, Onion, Carrot, Celery, Mustard, Yeast, Rice	217	24g	5g	3g	1g	15g	357mg	6g	1.4g	38mg	2 meat, 2 grain; 1/8 c. veg
Garden Salad with Egg & Cheese, SS	1	Broccoli, Carrot, Cucumber, Egg, Lettuce, Milk, Potato, Turmeric	261	14g	4g	6g	NA	17g	344mg	17g	9g	206mg	2.25 meat; 2 cups vegetable
Hawaiian Chicken Pasta Salad SS	1	Broccoli, Carrot, Celery, Citrus, Corn, Egg, Garlic, Mustard, Onion, Paprika, Pineapple, Spinach, Strawberry, Turmeric, Yeast, Yellow Dye	387	54g	3g	NA	0g	20g	867mg	10g	<1g	65mg	2 meat; 1 grain; 1/2 c. vegetable 1/2 c. fruit
Peppers, Banana, rings SS	10 rings	Banana Pepper	1	<1g	<1g	<1g	0g	0g	275mg	0g	0g	0mg	1/8 cup vegetable
Peppers, Jalapeno, hot SS	12 rings	Jalapeno Pepper	1	1g	<1g	1g	0g	0g	203mg	0g	0g	0mg	1/8 cup vegetable
Pickle, dill, slices SS	6 slices	Cucumber, Yellow #5	0	0g	0g	0g	0g	0g	385mg	0g	0g	0mg	1/8 cup vegetable
Power Blend Salad ES	1		155	5g	1g	2g	NA	11g	202mg	12g	3g	1.5mg	2 meat; 1/2 cup vegetable
Vegetable Slaw	1/2 c.	Carrot, Egg, Mustard, Corn	30	4g	1g	1g	NA	1g	52mg	2g	0g	1.5mg	1/2 cup vegetable
Egg, hard boiled, peeled ES	1	Egg	70	1g	0g	1g	0g	6g	55mg	5g	1.5g	170mg	1.5 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Potato	55	<1g	0g	0g	0g	4g	95mg	5g	3g	15mg	0.5 meat
Power Blend Salad SS	1		410	26g	7g	11g	NA	13g	182mg	32g	4g	1.5mg	2 meat; 1/2 cup
Vegetable Slaw	1/2 c.	Carrot, Egg, Mustard, Corn	30	4g	1g	1g	NA	1g	52mg	2g	0g	1.5mg	1/2 cup vegetable
Sunflower seeds, honey roasted	2	Sunflower, Honey	380	22g	6g	10g	NA	12g	130mg	30g	4g	0mg	2 meat
Super Garden Salad SS	1		299	25g	5g	6g	2g	18g	534mg	14g	6g	27mg	2 meat; 1 and 3/8 cups vegetable
Taco Salad Wrap SS	1		380	37g	2g	2g	2g	22g	924mg	16g	7g	64mg	2.5 meat; 2.5 grain
Beef Taco Meat	3 oz.	Garlic, Corn, Soy, Chili Pepper, Tomato, Caramel Color	125	2g	1g	0g	0g	13g	289mg	6g	2g	49mg	2 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Potato	55	<1g	0g	0g	0g	4g	95mg	5g	3g	15mg	0.5 meat
Tortilla, wheat, 10-inch	1	Wheat, Barley, Legume	200	35g	1g	2g	1g	5g	540mg	5g	1.5g	0mg	2.5 grain
<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</b>
BBQ Turkey Meatball Sub	1		287	36g	2g	8g	4g	19g	752mg	7g	1.5g	45mg	2 meat; 2 grain
Meatball, turkey, BBQ	4	Milk, Egg, Tomato, Wheat, Onion, Garlic, Celery Seed, Barley, Corn, Yeast, Chipotle pepper, Molasses, Honey, Lime	127	8g	0g	4.5g	3g	13g	492mg	5g	1.5g	45mg	2 meat
Hoagie Bun, Whole Grain, 5"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	160	28g	2g	4g	1g	6g	260mg	2g	0g	0mg	2 grain
Chili Cheese Coney (grades K-12 only) SS	1		317	29g	2g	6g	1g	17g	701mg	16g	6g	75mg	2.75 meat;
Turkey Hot Dog, uncured	1	Corn, Paprika, Celery, Cherry	120	1g	0g	1g	1g	7g	260mg	9g	3g	45mg	2 meat
Sloppy Joe, Beef, precooked	<1 oz.	Tomato, Soy, Caramel Color, Green/Red Peppers, Onion, Chili Powder, Garlic	59	8g	<1g	2g	0g	4g	203mg	3g	1.5g	23mg	0.5 meat
Cheddar cheese, shredded	1 Tablespoon	Milk, Potato	28	0g	0g	0g	0g	2g	48mg	2g	1.5g	7mg	0.25 meat
Hot dog bun, whole grain	1	Wheat, Barley, Soy, Yeast, Honey, Molasses, Yeast	110	20g	2g	3g	NA	4g	190mg	2g	0g	0mg	1.75 grain
Garlic Dill Turkey and Potatoes	1	Barley, Chili Pepper, Garlic, Onion, Paprika, Potato, Soy, Turmeric, Wheat	449	62g	7g	4g	1g	24g	1365mg	11g	2.5g	35mg	2 meat; 1 grain, 1/2 cup vegetable
Italian Sub SS	1		333	31g	2g	NA	NA	21g	1040mg	13g	5g	72mg	2.5 meat; 2 grain
Turkey Ham, Pepperoni, Salami	3 oz.	Corn, Garlic, Nitrite	123	2g	0g	NA	NA	12g	560mg	6g	2g	59mg	2 meat

American cheese slice, yellow	1	Milk, Corn, Paprika, Sunflower	40	1.5g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
Hoagie Bun, Whole Grain, 5"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	160	28g	2g	4g	NA	6g	260mg	2g	0g	0mg	2 grain
Turkey and Cheese Croissant ES	1	Yeast, Honey, Corn, Malt, Barley, Wheat, Soy, Milk	350	32g	3g	6g	4g	21g	640mg	16g	5g	30mg	2 meat; 2 grain
Turkey and Cheese Melt	1		280	32g	4g	3g	NA	25g	835mg	8g	2.5g	40mg	2.5 meat; 2 grain
American cheese slice, yellow	1	Milk, Corn, Paprika, Sunflower	50	1g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
Turkey Steak	1	None	80	0g	0g	0g	0g	17g	400mg	1.5g	0.5g	35mg	2 meat
Texas Toast	2	Wheat, Barley, Corn, Soy* (*from pan spray)	160	30g	4g	2g	NA	6g	190mg	2g	0g	0mg	2 grain
Turkey and American Cheese on Sub Bun	1	Wheat, Milk, Yeast, Date, Sesame Seeds, Yeast	290	29g	2g	5g	5g	21g	660mg	10g	6g	35mg	2 meat; 2 grain
Turkey and Cheese Sub SS	1		278	29g	2g	5g	NA	26g	947mg	5.5g	1.5g	44g	2.5 meat; 2 grain
Turkey, all natural, fully cooked	3 oz.	None	90	0g	0g	0g	0g	18g	450mg	1.5g	<1g	40mg	2 meat
American cheese slice, yellow	1	Milk, Corn, Paprika, Sunflower	40	1.5g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
Hoagie Bun, Whole Grain, 5"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	160	28g	2g	4g	NA	6g	260mg	2g	0g	0mg	2 grain
Turkey and Cheese Wrap ES	1	Honey, Sunflower, Wheat, Soy, Milk	230	17g	1g	3g	2g	18g	730mg	10g	4.5g	30mg	2 meat; 1 grain
Turkey and Cheese Wrap SS	1		330	37g	1g	3g	1g	25g	1235mg	11g	3.5g	45mg	2.5 meat; 2.5 grain
Turkey, all natural, fully cooked	3 oz.	None	90	0g	0g	0g	0g	18g	450mg	1.5g	<1g	40mg	2 meat
American cheese slice, yellow	1	Milk, Corn, Paprika, Sunflower	40	1.5g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
Tortilla, wheat, 10-inch	1	Wheat, Barley, Legume	200	35g	1g	2g	1g	5g	540mg	5g	1.5g	0mg	2.5 grain
Turkey Divan SS	8 oz.	Wheat, Onion, Milk, Soy, Egg, Lemon, Rice, Corn, Chicken Soup, Celery, Yeast, Mustard, Potato, Carrot, Broccoli, Cayenne pepper, Citrus, Orange, Paprika, Tomato	379	31g	3g	<1g	NA	19g	937mg	18g	7g	61mg	2 meat; 1.75 grain; 1/4 cup
Turkey/Gravy & Potato ES	1		229	22g	2g	0g	0g	20g	826mg	6g	1g	40mg	2 meat; 1/2
Turkey with Chicken Gravy	1	Wheat, Yeast, Turmeric, Corn, Onion	117	4g	0g	0g	0g	18g	750mg	2g	<1g	40mg	2 meat
Potato rounds	4	Potato	112	18g	2g	0g	0g	2g	76mg	4g	0g	0mg	1/2 cup vegetable
Turkey/Gravy SS	1	Chicken, Corn, Soy, Wheat, Onion, Turmeric, Milk	96	2g	0g	0g	0g	17g	588mg	2g	<1g	35mg	2 meat
Turkey Ham/Cheese on Bun ES	4 oz.	Wheat, Milk, Yeast, Sodium Nitrite, Paprika	320	27g	2g	2g	NA	20g	730mg	15g	6g	55mg	2 meat; 2 grain
Turkey Ham and Cheese Sub SS	1		340	32g	2g	7g	NA	21g	865mg	13g	4g	60mg	2.5 meat; 2 grain
Turkey Ham, uncured, fully cooked	3 oz.	Celery	130	3g	0g	2g	2g	13g	360mg	7g	2g	55mg	2 meat
American cheese, yellow	1	Milk, Corn, Paprika, Sunflower	40	1.5g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
Hoagie Bun, Whole Grain, 5"	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	160	28g	2g	4g	NA	6g	260mg	2g	0g	0mg	2 grain
Turkey Ham and Cheese Wrap SS	1		370	39g	1g	5g	3g	20g	1145mg	16g	5g	68mg	2.5 meat; 2.5 grain
Turkey Ham, uncured, fully cooked	3 oz.	Celery	130	3g	0g	2g	2g	13g	360mg	7g	2g	55mg	2 meat
American cheese slice, yellow	1	Milk, Corn, Paprika, Sunflower	40	1.5g	0g	1g	0g	2g	245mg	4g	2g	5mg	0.5 meat
Tortilla, wheat, 10-inch	1	Wheat, Barley, Legume	200	35g	1g	2g	1g	5g	540mg	5g	1.5g	0mg	2.5 grain
Turkey Hot Dog on Bun (grades K-6 only)	4 oz.		240	21g	2g	3g	NA	11g	450mg	12g	3g	50mg	2 meat; 1.75 grain
Turkey Hot Dog	1	Corn, Celery, Cherry, Paprika	130	1g	0g	0g	0g	7g	260mg	10g	3g	50mg	2 meat
Hot Dog Bun, whole grain	1	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	110	20g	2g	3g	NA	4g	190mg	2g	0g	0mg	1.75 grain

Turkey Salami and American Cheese on Sub Bun	1	Barley, Wheat, Corn, Soy, Sesame, Sodium Nitrite	330	31g	2g	6g	5g	17g	1080mg	16g	7g	60mg	2 meat; 2 grain
Turkey Sausage & French Toast Sticks SS	1												
Turkey Sausage patty	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

Turkey Sticks and Tortilla Strips ES	1		242	23g	2g	0g	0g	17g	455mg	10g	1g	40mg	2 meat; 1.25 grain
Turkey Stick, smokehouse	2	Garlic, Onion, Molasses, Chicken Broth, Sunflower Oil	80	0g	0g	0g	0g	16g	380mg	2g	0g	40mg	2 meat
Tortilla 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</b>
Baked Beans, ES	1/2 cup	Legume, Tomato, Corn, Garlic, Molasses, Paprika, Onion	131	25g	6g	4g	4g	7g	505mg	0g	0g	0mg	1/2 cup vegetable
Baked Beans SS	1/2 cup	Legume, Tomato, Onion, Corn, Garlic	145	28g	5g	8g	5g	7g	500mg	<1g	0g	0mg	1/2 cup
Black Beans, seasoned SS	1/2 cup	Legume, Onion, Garlic	118	21g	6g	0g	0g	8g	108mg	1g	<1g	0mg	1/2 cup vegetable
Baked Potato SS	1	Potato	147	33g	2g	2g	0g	4g	34mg	0g	0g	0mg	1/2 cup vegetable
Broccoli, steamed SS	1/2 cup	Mrs. Dash - Onion, Cayenne pepper, Garlic, Carrot, Orange, Tomato, Lemon	21	4g	3g	0g	0g	2g	21mg	0g	0g	0mg	1/2 cup vegetable
Brussels Sprouts, steamed SS	1/2 cup	None	37	7g	3g	2g	0g	3g	11mg	0g	0g	0mg	1/2 cup vegetable
Cabbage, steamed SS	1/2 cup	Garlic, Corn, Onion, Yeast	13	3g	1g	2g	0g	<1g	66mg	<1g	<1g	0mg	1/2 cup vegetable
California Mixed Vegetables SS	1/2 cup	Carrot, Broccoli	27	5g	2g	2g	0g	2g	32mg	0g	0g	0mg	1/2 cup vegetable
Cole Slaw, prepared	1/2 cup	Carrot, Corn, Egg, Mustard	28	3g	1g	2g	<1g	<1g	47mg	2g	<1g	2mg	1/2 cup vegetable
Collard Greens SS	1/2 cup	Onion, Banana Pepper, Mrs. Dash - Onion, Cayenne Pepper, Garlic, Onion, Carrot, Orange, Tomato	16	2g	1g	0g	0g	1g	81mg	0g	0g	0mg	1/2 cup vegetable
Corn, frozen	1/2 cup	Corn	100	21g	2g	4g	0g	2g	0mg	<1g	0g	0mg	1/2 cup vegetable
Fries, Crinkle Cut SS	3 oz.	Potato, Caramel Color, Turmeric	110	21g	1g	0g	0g	2g	40mg	3g	0g	0mg	1/2 cup vegetable
Fries, Spiral, battered SS	3 oz.	Potato, Wheat, Garlic, Onion, Caramel Color, Cocoa, Corn, Rice	150	20g	1g	0g	0g	2g	360mg	8g	1g	0mg	1/2 cup vegetable
Fries, Sweet potato SS	3 oz.	Potato, Corn, Turmeric, Molasses, Rice, Pea	150	23g	2g	0g	0g	1g	190mg	6g	1g	0mg	1/2 cup vegetable
Garbanzo Beans, marinated SS	1/2 cup	Legume, Corn, Tomato, Onion, Garlic, Lemon, Yellow Dye	92	16g	4g	4g	NA	5g	225mg	2g	0g	0mg	1/2 cup vegetable
Green Beans, frozen	1/2 cup	None	23	5g	1g	1g	0g	1g	0mg	0g	0g	0mg	1/2 cup vegetable
Green Beans, seasoned, SS	1/2 cup	Garlic	38	9g	3g	4g	0g	2g	7mg	0g	0g	0mg	1/2 cup vegetable
Hash Brown Patties, triangle SS	2	Potato	200	28g	2g	0g	0g	2g	400mg	8g	1g	0mg	1/2 cup vegetable
Italian Mixed Vegetables SS	1/2 cup	Lima bean, Carrot	32	6g	2g	2g	0g	2g	21mg	0g	0g	0mg	1/2 cup vegetable
Mashed Potatoes with Beef Gravy SS	1/2 cup	Potato, Artificial Color/Flavor, Corn, Milk, Onion, Soy, Wheat	76	13g	1g	0g	0g	2g	302mg	1g	0g	0mg	1/2 cup vegetable
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
Seasoned Mixed Vegetables SS	1/2 cup	Peas, Corn, Lima Beans, Carrot, Green Beans, Garlic	78	14g	3g	3g	0g	3g	16mg	0g	0g	0mg	1/2 cup vegetable
Peas, canned, SS	1/2 cup	Pea	40	8g	2g	4g	0g	2g	100mg	0g	0g	0mg	1/2 cup vegetable
Peas & Carrots SS	1/2 cup	Pea, Carrot	36	7g	2g	3g	0g	2g	50mg	0g	0g	0mg	1/2 cup vegetable
Potato, Emoji ES	4	Potato	120	18g	2g	0g	0g	2g	80mg	4g	<1g	0mg	1/2 cup vegetable
Potato Wedges, seasoned SS	7 wedges	Potato, Onion, Garlic, Rice, Corn, Paprika	130	21g	2g	0g	0g	2g	150mg	4g	<1g	0mg	1/2 cup vegetable
Salsa, mild SS	1/2 cup	Tomato, Onion, Garlic, Jalapeno	40	8g	1g	4g	NA	1g	680mg	0g	0g	0mg	1/2 cup vegetable
Salsa, low sodium, USDA SS	1/2 cup	Tomato, Onion, Green Pepper, Garlic, Jalapeno	35	8g	1g	6g	NA	1g	140mg	0g	0g	0mg	1/2 cup vegetable
Spinach, chopped, frozen SS	1/2 cup	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	66	15g	<1g	9g	5g	4g	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>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-Fat</b>	<b>Cholesterol</b>	<b>USDA</b>
Broccoli florets	1/2 cup	Broccoli	17	3g	1g	<1g	0g	2g	16mg	0g	0g	0mg	1/2 cup vegetable
Cabbage Mix, Pickled SS	1/2 cup	Carrot, Jalapeno Pepper, Onion, Turmeric	24	6g	2g	3g	0g	<1g	28mg	<1g	0g	0mg	1/2 cup vegetable
Carrot, baby	1/2 cup	Carrot	35	8g	3g	5g	0g	<1g	78mg	0g	0g	0mg	1/2 cup vegetable
Carrot, baby	1/2 cup	Carrot	35	8g	3g	5g	0g	<1g	78mg	0g	0g	0mg	1/2 cup vegetable
Cauliflower, raw	1/2 cup	None	28	6g	2g	2g	0g	2g	30mg	0g	0g	0mg	1/2 cup vegetable
Celery Sticks	1/4 cup	Celery	8	1.5g	<1g	0g	0g	<1g	40mg	0g	0g	0mg	1/4 cup vegetable
Cucumbers, sliced	1/4 cup	Cucumber	15	3g	1g	0g	0g	1g	0mg	0g	0g	0mg	1/4 cup vegetable

Tossed Salad Mix	1 cup	Carrot, Lettuce	8	2g	1g	0g	0g	1g	16mg	0g	0g	0mg	1/2 cup vegetable
Green/Red Pepper, sliced	1/4 cup	Green pepper	10	2g	<1g	1g	0g	<1g	1.5mg	0g	0g	0mg	1/4 cup vegetable
Onion, sliced	1/4 cup	Onion	10	2g	<1g	1g	0g	0g	1mg	0g	0g	0mg	1/4 cup vegetable
Spinach, fresh	1 cup	None	7	0g	1g	0g	0g	0g	13mg	0g	0g	0mg	1/2 cup vegetable
Tomatoes, cherry (grades K-12 only)	1/4 cup	Tomato	8	1.5g	<1g	NA	0g	<1g	3mg	0g	0g	0mg	1/2 cup vegetable
Tomato, quarters	1/4 cup	Tomato	5	1g	<1g	1g	0g	<1g	3mg	0g	0g	0mg	1/4 cup vegetable
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>Calorie</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-F</b>	<b>Chole</b>	<b>USDA</b>
<b>Yogurt Grab-n-Go (1 yogurt + 1 cheese stick + 1 bagel) SS</b>	<b>1</b>		<b>335-355</b>	<b>52-59g</b>	<b>3g</b>	<b>21-29g</b>	<b>16-19g</b>	<b>16g</b>	<b>540-545mg</b>	<b>4g</b>	<b>2g</b>	<b>&lt;15mg</b>	<b>2 meat; 2 grain</b>
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	3g	5g	290mg	1g	0g	0mg	2.5 grain
Grape Jelly, pc	1	Grape	35	9g	0g	8g	6g	0g	5mg	0g	0g	0mg	None
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
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>Protein</b>	<b>Sodium</b>	<b>Total Fat</b>	<b>Sat-F</b>	<b>Chole</b>	<b>USDA</b>
Apple Crisps	1	Apple	40	10g	2g	0g	0g	0g	0mg	0g	0g	0g	1 fruit
Cheez-it crackers	1	Wheat, Milk, Soy, Yeast	100	14g	1g	0g	0g	2g	150mg	3.5g	1g	<5mg	1 grain
Cinnamon Belly Bears	1	Wheat, Cinnamon	120	20g	1g	7g	7g	2g	115mg	4g	0g	0mg	1 grain
Dino Bites	1	Wheat, Corn	120	20g	2g	6g	6g	2g	95mg	3.5g	0g	0mg	1 grain
Goldfish Colors Crackers	1	Wheat, Milk, Yeast, Beet, Watermelon, Paprika, Turmeric, Onion, Celery	100	14g	1g	0g	0g	2g	170mg	3.5g	<1g	0mg	1 grain
Goldfish Giant Grahams, cinnamon or vanilla	1	Wheat, Corn, Cinnamon	120	19g	1g	7g	7g	1g	105-140mg	4g	1g	0mg	1 grain
Pretzels, Goldfish, whole grain	0.75 oz.	Wheat, Barley, Milk	100	20g	2g	<1g	<1g	3g	200mg	<1g	0g	0mg	1 grain
Pretzel, heartzel	1	Wheat, Yeast	80	16g	2g	<1g	0g	2g	200mg	1g	0g	0mg	1 grain
Pretzel, whole wheat	1	Wheat, Honey, Yeast, Malt	80	16g	1g	0g	0g	2g	180mg	0g	0g	0mg	1 grain
Strawberry Waffle Grahams	1	Wheat, Strawberry, Elderberry, Sweet Potato, Corn	120	21g	1g	7g	7g	1g	95mg	3g	0g	0mg	1 grain
<b>Smart Snacks, A La Carte and *After School SS</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</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, Chocolate, Blue#2, Yellow#6 Lake, Yellow#5, Red#40, Blue#1, Yellow#6, Corn, Molasses, Artificial Flavors (artificially and naturally Flavors, Tree Nuts, Cinnamon)	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, Oil, 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 Roll Up, Crazy Colors	1	Apple, Corn, Vegetable Juice for Color, Pear, Fruit Juice for Color	50	11g	2g	4g	4g	0g	55mg	1g	<1g	0mg	
Fruit Smoothie Bowl	1	Banana, Strawberry, Pineapple, Mango	100-120	25-30g	0g	18-25g	9-10g	1g	0mg	0mg	0mg	0mg	1/2 cup fruit
Luigi's Sours Sorbet, Watermelon	1	Apple, Natural Flavor, Legume, Vegetable Fiber (Inulin), Beet (for color)	70	20g	3g	15g	0g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Rice Crisp, Apple Cinnamon	1	Rice, Corn, Cinnamon, Soy	100	23g	<1g	7g	7g	1g	70mg	<1g	0g	0mg	None
Soft Pretzel	1	Wheat, Barley, Yeast, Corn	150	30g	3g	1g	1g	5g	140mg	<1g	0g	0mg	2 grain
Cheese Dipping Sauce	1	Milk, Tomato, Green Chili, Corn, Paprika, Cilantro, Onion, Garlic, Jalapeno Pepper	122	1g	0g	0g	0g	7g	217mg	10g	5.5g	29mg	1 meat

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

**GLOSSARY**

- Calorie - The energy value of food. Calories come mainly from carbohydrate, protein and fat.
- Carbohydrate (CHO) - One of the three major energy sources in food.
- Cholesterol - A fat-like substance found in foods made with milk, meat, and animal fat.
- Fat - One of the three major energy sources in food.
- Saturated Fat - A kind of fat that tends to raise blood-cholesterol levels when eaten.
- Fiber - A fragment found in plant foods.
- Gram (g) - A numerical unit of mass and weight in the metric system.
- Milligram (mg) - A numerical unit of mass and weight in the metric system.
- Ounce (oz.) - A unit of weight of one sixteenth of a pound.
- Protein - One of the three major energy sources in food. Can be from animal or plant sources.
- Sodium - A mineral found mainly in salt.
- Starch - One of the two major types of carbohydrate.
- Sugar - One of the two major types of carbohydrate.
- USDA - United States Department of Agriculture school component(s) measured by the amount and kind of food per serving.
- USDA is an equal opportunity provider, employer, and lender.

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