

## ELEMENTARY: Itemized Food List - for schools pre-K to 6, and grades K-5

School Year 2018-2019

Revised 11/15/2018 \*Menu subject to change

| Item  | Portion Size | Food Allergens and Intolerances                               | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components    |
|---|--------------|---|----------|-----|-------|-------|---------|--------|-----------|---------|-------------|--------------------|
| <b>Breakfast Items</b>                          |              |   |          |     |       |       |         |        |           |         |             |                    |
| Cereal, Apple Cinnamon Cheerios, gluten-free    | 1 bowl       | Oat, Corn, Apple, Cinnamon                                    | 110      | 22g | 2g    | 10g   | 2g      | 110mg  | 1.5g      | 0g      | 0mg         | 1 grain            |
| Cereal, Cheerios, gluten-free                   | 1 bowl       | Oats, Corn  | 100      | 20g | 3g    | 1g    | 3g      | 140mg  | 2g        | 0g      | 0mg         | 1 grain            |
| Cereal, Cinnamon Toast Crunch, reduced sugar    | 1 bowl       | Wheat, Soy, Cinnamon, Rice, Caramel Color                     | 110      | 22g | 3g    | 6g    | 1g      | 160mg  | 3g        | 0.5g    | 0mg         | 1 grain            |
| Cereal, Cocoa Puffs, reduced sugar              | 1 bowl       | Corn, Cocoa, Caramel Color                                    | 110      | 25g | 2g    | 8g    | 2g      | 120mg  | 1.5g      | 0g      | 0mg         | 1 grain            |
| Cereal, Fruity Cheerios, gluten-free            | 1 bowl       | Oat, Corn, Pear, Fruit/Vegetable Juice                        | 120      | 26g | 2g    | 10g   | 2g      | 150mg  | 1.5g      | 0g      | 0mg         | 1 grain            |
| Cereal, Golden Grahams                          | 1 bowl       | Wheat, Corn   | 100      | 24g | 1g    | 8g    | 1g      | 220mg  | 1g        | 0g      | 0mg         | 1 grain            |
| Cereal, Rice Chex, gluten-free                  | 1 bowl       | Molasses, Rice  | 100      | 24g | 1g    | 2g    | 2g      | 250mg  | 0g        | 0g      | 0mg         | 1 grain            |
| Cereal, Trix, reduced sugar                     | 1 bowl       | Corn, Rice, Turmeric, Fruit/Vegetable Juice                   | 110      | 24g | 1g    | 7g    | 1g      | 140mg  | 1.5g      | 0g      | 0mg         | 1 grain            |
| Cheese, mozzarella string, light                | 1 oz.        | Milk  | 60       | 1g  | 0g    | 0g    | 7g      | 200mg  | 3g        | 2g      | 10mg        | 1 meat             |
| Grape-Filled Crescent                           | 2.3 oz.      | Wheat, Milk, Barley, Corn, Grape, Blueberry, Carrot           | 210      | 35g | 2g    | 9g    | 5g      | 260mg  | 6g        | 1g      | 0mg         | 2 grain            |
| Goldfish Giant Grahams                          | 0.9 oz.      | Wheat, Soy, Cinnamon  | 120      | 19g | 1g    | 6g    | 1g      | 110mg  | 4g        | 1.5g    | 0mg         | 1 grain            |
| Mini Bagels with Strawberry Creamy Cheese       | 2.43 oz. pkg | Wheat, Barley, Corn, Strawberry, Milk, Legume                 | 240      | 41g | 2g    | 13g   | 6g      | 180mg  | 6g        | 2.5g    | 10mg        | 2 grain            |
| Mini Cinnamon French Toast                      | 1 package    | Wheat, Soy, Corn, Milk, Egg, Cinnamon, Molasses               | 220      | 37g | 2g    | 11g   | 4g      | 200mg  | 7g        | 1g      | 0mg         | 2 grain            |
| Mini Cinnis                                     | 2.29 oz.     | Wheat, Milk, Barley, Cinnamon, Corn                           | 240      | 39g | 2g    | 15g   | 5g      | 270mg  | 7g        | 1.5g    | 0mg         | 2 grain            |
| Pancakes, Confetti                              | 3 oz.        | Wheat, Milk, Egg, Soy, Corn                                   | 220      | 36g | 4g    | 11g   | 4g      | 300mg  | 7g        | 1g      | 10mg        | 2 grain            |
| Pancakes, Mini Maple                            | 3.17 oz. pkg | Wheat, Egg, Milk, Rice, Grape Juice, Corn, Maple, Molasses    | 210      | 38g | 3g    | 11g   | 4g      | 270mg  | 6g        | <1g     | 0mg         | 2 grain            |
| Pancakes, Mini Strawberry                       | 3.17 oz. pkg | Wheat, Egg, Milk, Rice, Corn, Grape Juice, Potato, Beet Juice | 220      | 40g | 3g    | 14g   | 4g      | 260mg  | 6g        | <1g     | 0mg         | 2 grain            |
| Sweet Potato Swirl Roll                         | 2.5 oz.      | Wheat, Barley, Soy, Corn, Milk, Cinnamon, Orange              | 220      | 33g | 3g    | 7g    | 5g      | 240mg  | 8g        | 1.5g    | 0mg         | 2 grain            |
| Turkey Sausage Breakfast Pizza                  | 3.67 oz.     | Wheat, Milk, Soy, Corn, Caramel Color, Tomato, Onion, Garlic  | 240      | 31g | 3g    | 5g    | 11g     | 490mg  | 7g        | 2.5g    | 15mg        | 1 meat; 1.75 grain |
| Turkey Sausage Pancake Wrap                     | 2.85 oz.     | Wheat, Egg, Soy, Corn, Caramel Color, Sodium Nitrite          | 200      | 17g | 3g    | 4g    | 7g      | 310mg  | 10g       | 2.5g    | 25mg        | 1 meat; 1 grain    |
| Waffle, Blueberry                               | 2.4 oz. pkg  | Egg, Milk, Wheat, Soy, Corn, Rice                             | 210      | 36g | 3g    | 10g   | 4g      | 170mg  | 6g        | 1g      | <5mg        | 2 grain            |
| Yogurt, raspberry, nonfat, Danimals             | 4 oz.        | Milk, Corn, Fruit Juice and Vegetable Juice                   | 80       | 15g | 0g    | 12g   | 4g      | 65mg   | 0g        | 0g      | 5mg         | 1 meat             |
| Yogurt, strawberry, nonfat, Danimals            | 4 oz.        | Milk, Corn, Black carrot juice                                | 80       | 15g | 0g    | 12g   | 4g      | 65mg   | 0g        | 0g      | 5mg         | 1 meat             |
| Yogurt, vanilla, nonfat, Danimals               | 4 oz.        | Milk, Corn, Lemon   | 70       | 14g | 0g    | 10g   | 4g      | 60mg   | 0g        | 0g      | <5mg        | 1 meat             |
| <b>Fruit</b>                                    |              |   |          |     |       |       |         |        |           |         |             |                    |
| Item  | Portion Size | Food Allergens and Intolerances                               | Calories | CHO | Fiber | Sugar | Protein | Sodium | Total Fat | Sat-Fat | Cholesterol | USDA Components    |
| Apple Juice-100%                                | 4 oz.        | Apple   | 70       | 14g | 0g    | 12g   | <1g     | 0mg    | 0g        | 0g      | 0mg         | 1 fruit            |
| Apple, raw, medium                              | 1 apple      | Apple   | 116      | 21g | 4g    | n/a   | <1g     | 1mg    | 0g        | 0g      | 0mg         | 2 fruit            |
| Applesauce, unsweetened, USDA                   | 4.5 oz. cup  | Apple   | 51       | 14g | 1g    | 11g   | 0g      | 2mg    | 0g        | 0g      | 0mg         | 1 fruit            |
| Applesauce, Cinnamon, reduced sugar, USDA       | 4.5 oz. cup  | Cinnamon, Apple   | 90       | 22g | 2g    | n/a   | 0g      | 15mg   | 0g        | 0g      | 0mg         | 1 fruit            |
| Applesauce, Cinnamon, sweetened                 | 4 oz. cup    | Cinnamon, Apple   | 60       | 17g | 1g    | 15g   | 0g      | 0mg    | 0g        | 0g      | 0mg         | 1 fruit            |
| Apricots, frozen, sliced, sweetened, USDA       | 4.5 oz. cup  | None  | 110      | 25g | 2g    | 23g   | 1g      | 2.5mg  | 0g        | 0g      | 0mg         | 1 fruit            |
| Banana, raw, medium                             | 1 banana     | Banana  | 109      | 28g | 1g    | n/a   | 1g      | 12mg   | 0g        | 0g      | 0mg         | 1 fruit            |
| Birthday Cake Applesauce, reduced sugar         | 4.5 oz. cup  | Fruit and vegetable juices (for color)                        | 90       | 22g | 2g    | n/a   | 0g      | 15mg   | 0g        | 0g      | 0mg         | 1 fruit            |
| Cherry Applesauce, reduced sugar, USDA          | 4.5 oz.      | Apple, Red #40  | 90       | 22g | 2g    | n/a   | 0g      | 15mg   | 0g        | 0g      | 0mg         | 1 fruit            |
| Orange Juice - 100%                             | 4 oz.        | Citrus  | 60       | 14g | 1g    | n/a   | 1g      | 12mg   | 0g        | 0g      | 0mg         | 1 fruit            |
| Orange, raw, medium                             | 1 orange     | Citrus  | 62       | 15g | 3g    | n/a   | 0g      | 0mg    | 0g        | 0g      | 0mg         | 1 fruit            |
| Peaches, frozen, diced, sweetened, USDA         | 4.4 oz.      | Peach   | 80       | 19g | 1g    | 16g   | 1g      | 0mg    | 0g        | 0g      | 0mg         | 1 fruit            |
| Pear, raw, medium                               | 1 pear       | Pear  | 98       | 25g | 4g    | n/a   | <1g     | 0mg    | <1g       | 0g      | 0mg         | 1 fruit            |
| Plum, raw                                       | 1 medium     |   | 36       | 9g  | 0g    | 0g    | <1g     | 114mg  | 0g        | 0g      | 0mg         | 1 fruit            |
| Raisins, USDA                                   | 1 box        | Grape   | 110      | 30g | 1g    | 22g   | 1g      | 0mg    | 0g        | 0g      | 0mg         | 1 fruit            |
| Strawberries, frozen, diced, sweetened, USDA    | 4.5 oz. cup  | Strawberry  | 80       | 21g | 2g    | 16g   | 0g      | 0mg    | 0g        | 0g      | 0 mg        | 1 fruit            |
| Strawberry Applesauce, sweetened, USDA          | 4.5 oz.      | Apples, Strawberry, Red #40                                   | 90       | 22g | 2g    | 19g   | 0g      | 15mg   | 0g        | 0g      | 0mg         | 1 fruit            |
| Strawberry/Banana Applesauce, unsweetened, USDA | 4.5 oz. cup  | Apples, Strawberry, Banana flavor                             | 60       | 14g | 1g    | 12g   | 0g      | 15mg   | 0g        | 0g      | 0mg         | 1 fruit            |

| Item   | Portion Size     | Food Allergens and Intolerances  | Calories   | CHO        | Fiber         | Sugar     | Protein    | Sodium       | Total Fat  | Sat-Fat       | Cholesterol   | USDA Components                       |
|--|------------------|--|------------|------------|---------------|-----------|------------|--------------|------------|---------------|---------------|---------------------------------------|
| Super Sour Applesauce, reduced sugar, USDA                 | 4.5 oz.          | Apple  | 90         | 22g        | 2g            | n/a       | 0g         | 15mg         | 0g         | 0g            | 0mg           | 1 fruit                               |
| Tangerine, raw, medium                                     | 1 medium         | Citrus   | 37         | 9g         | 2g            | n/a       | <1g        | 1mg          | 0g         | 0g            | 0mg           | 1 fruit                               |
| Wild Watermelon Applesauce, sweetened, USDA                | 4.5 oz. cup      | Apples, Red #40  | 90         | 22g        | 2g            | 19g       | 0g         | 15mg         | 0g         | 0g            | 0mg           | 1 fruit                               |
| Milk   | Portion Size     | Food Allergens and Intolerances  | Calories   | CHO        | Fiber         | Sugar     | PRO        | Sodium       | Total Fat  | Sat-Fat       | Cholesterol   | USDA Components                       |
| White Milk, 1%   | 8 oz.            | Milk   | 110        | 13g        | 0g            | 12g       | 9g         | 125mg        | 2.5g       | 1.5g          | 15mg          | 1 milk                                |
| Chocolate Milk, Skim                                       | 8 oz.            | Milk, Corn Syrup, Cocoa  | 130        | 24g        | 0g            | 21g       | 8g         | 210mg        | 0g         | 0g            | 0mg           | 1 milk                                |
| Lunch Nutrition Information                                |                  |  |            |            |               |           |            |              |            |               |               |                                       |
| Main Entrée  | Portion Size     | Food Allergens and Intolerances  | Calories   | CHO        | Fiber         | Sugar     | Pro        | Sodium       | Total Fat  | Sat-Fat       | Cholesterol   | USDA Components                       |
| <b>Cheddar Bits and Apple Cinnamon Muffin</b>              | <b>1 serving</b> |  | <b>272</b> | <b>23g</b> | <b>2g</b>     | <b>0g</b> | <b>8g</b>  | <b>255mg</b> | <b>17g</b> | <b>6g</b>     | <b>30mg</b>   | <b>2 meat; 1.25 grain</b>             |
| Cheddar Cheese   | 2 oz.            | Milk   | 110        | 0g         | 0g            | 0g        | 7g         | 180mg        | 9g         | 5g            | 30mg          | 2 meat                                |
| Apple Cinnamon Muffin                                      | 2 oz.            | Milk, Wheat, Egg, Soy, Corn, Apple, Cinnamon, Turmeric, Fruit Juice, Legume                            | 160        | 27g        | 1g            | 13g       | 3g         | 100mg        | 5g         | <1g           | 25mg          | 1 grain                               |
| <b>Cheese &amp; Bean Enchilada</b>                         | <b>1 each</b>    |  | <b>329</b> | <b>42g</b> | <b>n/a</b>    | <b>4g</b> | <b>17g</b> | <b>701mg</b> | <b>9g</b>  | <b>7.5g</b>   | <b>12.5mg</b> | <b>2 meat; 2 grain; 1/8 vegetable</b> |
| Cheese & Bean Burrito                                      | 5 oz.            | Wheat, Soy, Corn, Milk, Legume, Chili powder, Garlic, Tomato, Onion, Chili Pepper, Turmeric            | 310        | 40g        | 9g            | 4g        | 16g        | 580mg        | 9g         | 7g            | 10mg          | 2 meat; 2 grain                       |
| Enchilada Sauce  | 1 oz.            | Tomato, Chili powder, Garlic, Corn   | 10         | 2g         | n/a           | 0g        | 0g         | 105mg        | 0g         | 0mg           | 0mg           | 1/8 vegetable                         |
| Cheddar cheese, shredded, mild                             | 1 tsp.           | Milk, Corn   | 9          | 0g         | 0g            | 0g        | <1g        | 16mg         | <1g        | 0.5g          | 2.5mg         | None                                  |
| <b>Cheeseburger Meatloaf on Bun</b>                        | <b>1 serving</b> |  | <b>300</b> | <b>28g</b> | <b>3g</b>     | <b>8g</b> | <b>15g</b> | <b>580mg</b> | <b>14g</b> | <b>6g</b>     | <b>40mg</b>   | <b>2 meat; 1.5 grain</b>              |
| Cheeseburger Meatloaf                                      | 2.9 oz.          | Milk, Wheat, Tomato, Turmeric, Corn, Onion, Garlic,  | 190        | 8g         | 1g            | 5g        | 11g        | 390mg        | 12g        | 6g            | 40mg          | 2 meat                                |
| Hamburger Bun, whole grain, 3.5"                           | 1 each           | Wheat, Soy, Corn, Honey, Molasses  | 110        | 20g        | 2g            | 3g        | 4g         | 190mg        | 2g         | 0g            | 0mg           | 1.5 grain                             |
| <b>Cheese Pizza</b>  | <b>4 x 6"</b>    | <b>Wheat, Milk, Garlic, Tomato, Barley, Onion</b>  | <b>310</b> | <b>30g</b> | <b>3g</b>     | <b>6g</b> | <b>22g</b> | <b>360mg</b> | <b>12g</b> | <b>6g</b>     | <b>30mg</b>   | <b>2 meat; 2 grain; 1/8 vegetable</b> |
| <b>Cheesy Bread Sticks w/ Marinara Sauce</b>               | <b>1 serving</b> |  | <b>305</b> | <b>31g</b> | <b>&lt;1g</b> | <b>5g</b> | <b>19g</b> | <b>830mg</b> | <b>11g</b> | <b>6g</b>     | <b>30mg</b>   | <b>2 meat; 2 grain; 1/8 vegetable</b> |
| Breaded Mozzarella Cheese Sticks, whole grain              | 3.86 oz.         | Wheat, Milk, Corn, Soy   | 290        | 27g        | <1g           | 3g        | 19g        | 690mg        | 11g        | 6g            | 30mg          | 2 meat; 2 grain                       |
| Marinara Sauce   | 1 oz.            | Tomato, Corn, Garlic, Onion  | 15         | 4g         | 0g            | 2g        | 0g         | 140mg        | 0g         | 0g            | 0mg           | 1/8 vegetable                         |
| <b>Chicken Drumstick, fully cooked, bone-in</b>            | <b>1</b>         | <b>Wheat, Garlic, Corn, Onion, Turmeric</b>  | <b>190</b> | <b>5g</b>  | <b>1g</b>     | <b>0g</b> | <b>16g</b> | <b>450mg</b> | <b>11g</b> | <b>2.5g</b>   | <b>50mg</b>   | <b>2 meat; 0.75 grain</b>             |
| <b>Bread, whole grain</b>                                  | <b>1 oz.</b>     | <b>Wheat, Barley, Corn</b>   | <b>70</b>  | <b>12g</b> | <b>1g</b>     | <b>1g</b> | <b>3g</b>  | <b>80mg</b>  | <b>1g</b>  | <b>0g</b>     | <b>0mg</b>    | <b>1 grain</b>                        |
| <b>Chicken Nuggets - whole grain</b>                       | <b>5 each</b>    | <b>Soy, Wheat, Onion, Garlic, Rice, Turmeric, Carrot</b>   | <b>200</b> | <b>13g</b> | <b>3g</b>     | <b>0g</b> | <b>18g</b> | <b>338mg</b> | <b>9g</b>  | <b>2g</b>     | <b>25mg</b>   | <b>2 meat; 1 grain</b>                |
| <b>Bread, whole grain</b>                                  | <b>1 oz.</b>     | <b>Wheat, Barley, Corn</b>   | <b>70</b>  | <b>12g</b> | <b>1g</b>     | <b>1g</b> | <b>3g</b>  | <b>80mg</b>  | <b>1g</b>  | <b>0g</b>     | <b>0mg</b>    | <b>1 grain</b>                        |
| <b>Chicken Soft Taco</b>                                   | <b>5.12 oz.</b>  | <b>Wheat, Soy, Milk, Corn, Legume, Tomato, Potato</b>  | <b>240</b> | <b>27g</b> | <b>1g</b>     | <b>3g</b> | <b>17g</b> | <b>630mg</b> | <b>7g</b>  | <b>2g</b>     | <b>30mg</b>   | <b>2 meat; 2 grain</b>                |
| <b>Bread, whole grain</b>                                  | <b>1 oz.</b>     | <b>Wheat, Barley, Corn</b>   | <b>70</b>  | <b>12g</b> | <b>1g</b>     | <b>1g</b> | <b>3g</b>  | <b>80mg</b>  | <b>1g</b>  | <b>0g</b>     | <b>0mg</b>    | <b>1 grain</b>                        |
| <b>Chili with Cheese</b>                                   | <b>5 oz.</b>     | <b>Onion, Soy, Corn, Garlic, Spices (not specified), Legume, Tomato, Pepper, Celery, Trace of Lime</b> | <b>138</b> | <b>18g</b> | <b>13g</b>    | <b>3g</b> | <b>7g</b>  | <b>285mg</b> | <b>5g</b>  | <b>1.5g</b>   | <b>30mg</b>   | <b>2 meat</b>                         |
| <b>Cornbread Muffin</b>                                    | <b>1.8 oz.</b>   | <b>Egg, Milk, Soy, What, Corn, Legume, Barley, Turmeric, Vegetable fiber (not specified)</b>           | <b>150</b> | <b>23g</b> | <b>0g</b>     | <b>9g</b> | <b>3g</b>  | <b>90mg</b>  | <b>5g</b>  | <b>&lt;1g</b> | <b>15mg</b>   | <b>1 grain</b>                        |
| <b>Bread, whole grain</b>                                  | <b>1 oz.</b>     | <b>Wheat, Barley, Corn</b>   | <b>70</b>  | <b>12g</b> | <b>1g</b>     | <b>1g</b> | <b>3g</b>  | <b>80mg</b>  | <b>1g</b>  | <b>0g</b>     | <b>0mg</b>    | <b>1 grain</b>                        |
| <b>Garden Salad with Egg &amp; Cheese</b>                  | <b>1 serving</b> |  | <b>134</b> | <b>4g</b>  | <b>1g</b>     | <b>3g</b> | <b>11g</b> | <b>163mg</b> | <b>8g</b>  | <b>3.5g</b>   | <b>180mg</b>  | <b>2.5 meat; 1/2 cup vegetable</b>    |
| Egg, hard boiled   | 1                | Egg  | 80         | 1g         | 0g            | 1g        | 6g         | 55mg         | 5g         | 1.5g          | 170mg         | 1.5 meat                              |
| Cheese, cheddar, mild, shredded                            | 1 oz.            | Milk, Corn   | 41         | 0g         | 0g            | 0g        | 4g         | 100mg        | 3g         | 2g            | 10mg          | 1 meat                                |
| Garden Salad Mix (iceberg lettuce, carrot and red cabbage) | 1 cup            | Carrot   | 13         | 3g         | 1g            | 2g        | 1g         | 13mg         | 0g         | 0g            | 0mg           | 1 vegetable                           |
| <b>Bread, whole grain</b>                                  | <b>1 oz.</b>     | <b>Wheat, Barley, Corn</b>   | <b>70</b>  | <b>12g</b> | <b>1g</b>     | <b>1g</b> | <b>3g</b>  | <b>80mg</b>  | <b>1g</b>  | <b>0g</b>     | <b>0mg</b>    | <b>1 grain</b>                        |

| Item  | Portion Size        | Food Allergens and Intolerances  | Calories        | CHO           | Fiber        | Sugar         | Protein    | Sodium           | Total Fat        | Sat-Fat        | Cholesterol        | USDA Components                       |
|---|---------------------|--|-----------------|---------------|--------------|---------------|------------|------------------|------------------|----------------|--------------------|---------------------------------------|
| <b>Hard Boiled Egg, peeled</b>                            | <b>2 eggs</b>       | <b>Egg</b>   | <b>140-160</b>  | <b>2g</b>     | <b>0g</b>    | <b>2g</b>     | <b>12g</b> | <b>55-60mg</b>   | <b>10g</b>       | <b>3g</b>      | <b>340-370mg</b>   | <b>3-3.5 meat</b>                     |
| <b>Pepperoni Pizza (turkey pepperoni)</b>                 | <b>4 x 6"</b>       | <b>Wheat, Milk, Garlic, Tomato, Barley, Onion, Sodium Nitrite</b>            | <b>310</b>      | <b>30g</b>    | <b>3g</b>    | <b>6g</b>     | <b>23g</b> | <b>500mg</b>     | <b>11g</b>       | <b>6g</b>      | <b>35mg</b>        | <b>2 meat; 2 grain; 1/8 vegetable</b> |
| <b>Salisbury Steak with Gravy &amp; Potato</b>            | <b>1 serving</b>    |  | <b>280</b>      | <b>24g</b>    | <b>4g</b>    | <b>1g</b>     | <b>18g</b> | <b>635mg</b>     | <b>12g</b>       | <b>4g</b>      | <b>43mg</b>        | <b>2 meat; 1 vegetable</b>            |
| Salisbury Steak (beef) with Gravy                         | 3 oz.               | Soy, Wheat, Milk, Caramel color, Corn, Onion                                 | 160             | 6g            | 1g           | 1g            | 17g        | 580mg            | 8g               | 4g             | 43mg               | 2 meat                                |
| Potato rounds   | 2.4 oz.             |  | 120             | 18g           | 3g           | 0g            | 1g         | 80mg             | 4g               | 0g             | 0mg                | 1 vegetable                           |
| <b>Bread, whole grain</b>                                 | <b>1 oz.</b>        | <b>Wheat, Barley, Corn</b>   | <b>70</b>       | <b>12g</b>    | <b>1g</b>    | <b>1g</b>     | <b>3g</b>  | <b>80mg</b>      | <b>1g</b>        | <b>0g</b>      | <b>0mg</b>         | <b>1 grain</b>                        |
| <b>Turkey Ham &amp; Cheese Stick with Tortilla Strips</b> | <b>1 serving</b>    |  | <b>292</b>      | <b>25g</b>    | <b>2g</b>    | <b>2g</b>     | <b>16g</b> | <b>500mg</b>     | <b>15g</b>       | <b>4g</b>      | <b>42mg</b>        | <b>2 meat; 1.25 grain</b>             |
| Turkey ham, all natural                                   | 1.65 oz.            | Celery powder  | 70              | 1g            | 0g           | 2g            | 8g         | 225mg            | 4g               | 1g             | 32mg               | 1 meat                                |
| Cheese, mozzarella string, light                          | 1 oz.               | Milk   | 60              | 1g            | 0g           | 0g            | 7g         | 200mg            | 3g               | 2g             | 10mg               | 1 meat                                |
| Tortilla Strips   | 1.25 oz.            | Corn   | 162             | 23g           | 2g           | 0g            | 1g         | 75 mg            | 8g               | 1g             | 0mg                | 1.25 grain                            |
| <b>Bread, whole grain</b>                                 | <b>1 oz.</b>        | <b>Wheat, Barley, Corn</b>   | <b>70</b>       | <b>12g</b>    | <b>1g</b>    | <b>1g</b>     | <b>3g</b>  | <b>80mg</b>      | <b>1g</b>        | <b>0g</b>      | <b>0mg</b>         | <b>1 grain</b>                        |
| <b>Bread, whole grain</b>                                 | <b>1 oz.</b>        | <b>Wheat, Barley, Corn</b>   | <b>70</b>       | <b>12g</b>    | <b>1g</b>    | <b>1g</b>     | <b>3g</b>  | <b>80mg</b>      | <b>1g</b>        | <b>0g</b>      | <b>0mg</b>         | <b>1 grain</b>                        |
| <b>Walking Taco</b>                                       | <b>1 serving</b>    |  | <b>308</b>      | <b>27g</b>    | <b>3.5g</b>  | <b>1.5g</b>   | <b>16g</b> | <b>404mg</b>     | <b>17g</b>       | <b>5g</b>      | <b>44mg</b>        | <b>2 meat; 1.25 grain</b>             |
| Beef Taco Meat  | 2.6 oz.             | Garlic, Onion, Soy, Tomato, Chili pepper, Caramel Color                      | 91              | 4g            | 1.5g         | 1.5g          | 11g        | 239mg            | 4g               | 1.5g           | 29mg               | 1.5 meat                              |
| Cheddar cheese, shredded                                  | 1/2 oz.             | Milk, Corn   | 55              | 0g            | 0g           | 0g            | 3.5g       | 90mg             | 4.5g             | 2.5g           | 15mg               | 0.5 meat                              |
| Tortilla Strips   | 1.25 oz.            | Corn   | 162             | 23g           | 2g           | 0g            | 1g         | 75 mg            | 8g               | 1g             | 0mg                | 1.25 grain                            |
| <b>Bread, whole grain</b>                                 | <b>1 oz.</b>        | <b>Wheat, Barley, Corn</b>   | <b>70</b>       | <b>12g</b>    | <b>1g</b>    | <b>1g</b>     | <b>3g</b>  | <b>80mg</b>      | <b>1g</b>        | <b>0g</b>      | <b>0mg</b>         | <b>1 grain</b>                        |
| <b>Yogurt with Granola and Cheese Stick</b>               | <b>1 serving</b>    |  | <b>240-250</b>  | <b>30-34g</b> | <b>2g</b>    | <b>14-17g</b> | <b>14g</b> | <b>330-335mg</b> | <b>7g</b>        | <b>2g</b>      | <b>15mg</b>        | <b>2 meat; 1 grain</b>                |
| Yogurt, raspberry, nonfat, Danimals                       | 4 oz.               | Milk, Corn , Fruit Juice and Vegetable Juice                                 | 80              | 15g           | 0g           | 12g           | 4g         | 65mg             | 0g               | 0g             | 5mg                | 1 meat                                |
| Yogurt, strawberry, nonfat, Danimals                      | 4 oz.               | Milk, Corn , Black Carrot Juice  | 80              | 15g           | 0g           | 12g           | 4g         | 65mg             | 0g               | 0g             | 5mg                | 1 meat                                |
| Yogurt, vanilla, nonfat, Danimals                         | 4 oz.               | Milk, Corn , Lemon   | 70              | 14g           | 0g           | 10g           | 4g         | 60mg             | 0g               | 0g             | <5mg               | 1 meat                                |
| Granola, cinnamon   | 1 oz.               | Gluten-free oats, Apple, Cinnamon  | 110             | 15g           | 2g           | 4g            | 2g         | 60mg             | 4g               | 0g             | 0mg                | 1 grain                               |
| Cheese, mozzarella string, light                          | 1 oz.               | Milk   | 60              | 1g            | 0g           | 0g            | 7g         | 200mg            | 3g               | 2g             | 10mg               | 1 meat                                |
| <b>Bread, whole grain</b>                                 | <b>1 oz.</b>        | <b>Wheat, Barley, Corn</b>   | <b>70</b>       | <b>12g</b>    | <b>1g</b>    | <b>1g</b>     | <b>3g</b>  | <b>80mg</b>      | <b>1g</b>        | <b>0g</b>      | <b>0mg</b>         | <b>1 grain</b>                        |
| <b>Sandwiches/Wrap</b>                                    | <b>Portion Size</b> | <b>Food Allergens and Intolerances</b>                                       | <b>Calories</b> | <b>CHO</b>    | <b>Fiber</b> | <b>Sugar</b>  | <b>Pro</b> | <b>Sodium</b>    | <b>Total Fat</b> | <b>Sat-Fat</b> | <b>Cholesterol</b> | <b>USDA Components</b>                |
| <b>BBQ Beef Rib on Bun</b>                                | <b>1 serving</b>    | <b>Soy, Milk, Corn, Wheat, Tomato, Honey, Molasses, Onion, Caramel Color</b> | <b>310</b>      | <b>43g</b>    | <b>3g</b>    | <b>10g</b>    | <b>17g</b> | <b>460mg</b>     | <b>9g</b>        | <b>3g</b>      | <b>30mg</b>        | <b>2 meat; 2 grain</b>                |
| <b>Chicken Fajita and Cheese Wrap</b>                     | <b>1 serving</b>    | <b>Corn, Chili powder, Garlic, Wheat, Milk, Soy, Lemon</b>                   | <b>242</b>      | <b>15g</b>    | <b>1g</b>    | <b>&lt;1g</b> | <b>18g</b> | <b>400mg</b>     | <b>12.5g</b>     | <b>6g</b>      | <b>60mg</b>        | <b>2 meat, 1 grain</b>                |
| <b>Bread, whole grain</b>                                 | <b>1 oz.</b>        | <b>Wheat, Barley, Corn</b>   | <b>70</b>       | <b>12g</b>    | <b>1g</b>    | <b>1g</b>     | <b>3g</b>  | <b>80mg</b>      | <b>1g</b>        | <b>0g</b>      | <b>0mg</b>         | <b>1 grain</b>                        |
| <b>Chicken Patty on Bun</b>                               | <b>1 serving</b>    |  | <b>310</b>      | <b>29g</b>    | <b>5g</b>    | <b>3g</b>     | <b>23g</b> | <b>480mg</b>     | <b>11g</b>       | <b>1.5g</b>    | <b>45mg</b>        | <b>2 meat; 2.5 grain</b>              |
| Chicken Patty, breaded                                    | 3.8 oz.             | Onion, Garlic, Soy, Wheat, Rice, Turmeric, Carrot                            | 200             | 9g            | 3g           | 0g            | 19g        | 290mg            | 9g               | 1.5g           | 45mg               | 2 meat; 1 grain                       |
| Hamburger Bun, whole grain, 3.5"                          | 1 each              | Wheat, Soy, Corn, Honey, Molasses  | 110             | 20g           | 2g           | 3g            | 4g         | 190mg            | 2g               | 0g             | 0mg                | 1.5 grain                             |
| <b>Hamburger on Whole Grain Bun</b>                       | <b>1</b>            |  | <b>210</b>      | <b>20g</b>    | <b>2g</b>    | <b>3g</b>     | <b>12g</b> | <b>270mg</b>     | <b>9g</b>        | <b>2.5g</b>    | <b>30mg</b>        | <b>1.5 meat, 1.5 grain</b>            |
| Beef patty, fully cooked                                  | 1.6 oz.             | None   | 100             | 0g            | 0g           | 0g            | 8g         | 80mg             | 7g               | 2.5g           | 30mg               | 1.5 meat                              |
| Hamburger Bun, whole grain, 3.5"                          | 1 each              | Wheat, Barley, Soy, Corn, Honey, Molasses                                    | 110             | 20g           | 2g           | 3g            | 4g         | 190mg            | 2g               | 0g             | 0mg                | 1.5 grain                             |
| <b>Power Up Sub</b>                                       | <b>1 serving</b>    |  | <b>305</b>      | <b>41g</b>    | <b>3g</b>    | <b>5g</b>     | <b>22g</b> | <b>890mg</b>     | <b>6g</b>        | <b>0g</b>      | <b>0mg</b>         | <b>2 meat; 2 grain; 1/8 vegetable</b> |
| Sauce Mariana Cup   | 1 each              |  | 15              | 3g            | 0g           | 1g            | 0g         | 260 mg           | 0g               | 0g             | 0mg                | 1/8 vegetable                         |
| Soy meatball  | 3 oz.               | Soy, Egg, Onion, Caramel color, rice, Garlic, Tomato                         | 150             | 13g           | 1g           | 0g            | 17g        | 400 mg           | 4g               | 0g             | 0mg                | 2 meat                                |
| Hot Dog Bun, Whole Grain                                  | 1 each              | Wheat, Barley Soy, Corn, Honey, Molasses                                     | 140             | 25g           | 2g           | 4g            | 5g         | 230mg            | 2g               | 0g             | 0mg                | 2 grain                               |
| <b>Sun Butter/Jelly and Bagel</b>                         | <b>1 serving</b>    |  | <b>555</b>      | <b>49g</b>    | <b>6g</b>    | <b>17g</b>    | <b>18g</b> | <b>470mg</b>     | <b>35g</b>       | <b>4g</b>      | <b>0mg</b>         | <b>2 meat; 2 grain</b>                |
| Sun Butter  | 2.2 oz. cup         | Sunflower  | 400             | 14g           | 4g           | 6g            | 14g        | 260mg            | 34g              | 4g             | 0mg                | 2 meat                                |
| Grape Jelly or Strawberry Jelly                           | 1 each              | Grape or Strawberry  | 35              | 9g            | 0g           | 8g            | 0g         | 0mg              | 0g               | 0g             | 0mg                | None                                  |
| Bagel, whole grain  | 1.9 oz.             | Wheat, Barley, Honey, Molasses, Corn   | 120             | 26g           | 2g           | 3g            | 4g         | 210mg            | 0.5g             | 0g             | 0mg                | 2 grain                               |
| <b>Sun Butter and Grape Jelly Sandwich</b>                | <b>1 serving</b>    | <b>Wheat, Barley, Soy, Sunflower, Corn, Grape</b>                            | <b>520</b>      | <b>40g</b>    | <b>16g</b>   | <b>23g</b>    | <b>18g</b> | <b>470mg</b>     | <b>35g</b>       | <b>4g</b>      | <b>0mg</b>         | <b>2 meat; 2 grain</b>                |
| <b>Toasted Cheese Sandwich</b>                            | <b>1 sandwich</b>   | <b>Wheat, Barley, Soy, Milk, Legume</b>                                      | <b>221</b>      | <b>24g</b>    | <b>2g</b>    | <b>5g</b>     | <b>14g</b> | <b>512mg</b>     | <b>8g</b>        | <b>5g</b>      | <b>23mg</b>        | <b>1.5 meat; 1.5 grain</b>            |

| Item   | Portion Size        | Food Allergens and Intolerances  | Calories        | CHO        | Fiber        | Sugar        | Protein        | Sodium        | Total Fat        | Sat-Fat        | Cholesterol        | USDA Components  |
|--|---------------------|--|-----------------|------------|--------------|--------------|----------------|---------------|------------------|----------------|--------------------|--|
| <b>Turkey Hot Dog on Bun (grades K-6 students only)</b>  | <b>4 oz.</b>        |  | <b>270</b>      | <b>26g</b> | <b>2g</b>    | <b>5g</b>    | <b>12mg</b>    | <b>930mg</b>  | <b>13g</b>       | <b>3g</b>      | <b>45mg</b>        | <b>2 meat; 2 grain</b>                                   |
| Turkey Dog   | 2 oz.               | Corn, Nitrite  | 130             | 1g         | 0g           | 0g           | 7g             | 700mg         | 11g              | 3g             | 45mg               | 2 meat   |
| Hot Dog Bun, Whole Grain   | 1 each              | Wheat, Barley Soy, Corn, Honey, Molasses                                     | 140             | 25g        | 2g           | 4g           | 4g             | 230mg         | 2g               | 0g             | 0mg                | 2 grain  |
| <b>Veggie Burger with Cheese on Bun</b>  | <b>1 serving</b>    | <b>Soy, Milk, Corn, Wheat, Tomato, Honey, Molasses, Onion, Caramel Color</b> | <b>310</b>      | <b>40g</b> | <b>6g</b>    | <b>7g</b>    | <b>14g</b>     | <b>460mg</b>  | <b>12g</b>       | <b>3.5g</b>    | <b>15mg</b>        | <b>2 meat; 2 grain</b>                                   |
| <b>WOW BUTTER &amp; Grape Jelly Sandwich</b>   | <b>4.6 oz.</b>      | <b>Wheat, Barley, Milk, Soy, Corn, Grape</b>                                 | <b>570</b>      | <b>55g</b> | <b>8g</b>    | <b>21g</b>   | <b>19g</b>     | <b>440mg</b>  | <b>32g</b>       | <b>6g</b>      | <b>0mg</b>         | <b>2 meat; 2 grain</b>                                   |
| <b>Picnic Lunch: Sun Butter &amp; Grape Jelly Sandwich, Carroteenis, Fruit Cup, Dragon Punch, and Milk</b> |                     |  |                 |            |              |              |                |               |                  |                |                    |  |
| Dragon Punch (100% Fruit/Vegetable Juice)  | 4 oz.               | Apple, Pear, Carrot, Celery, Spinach   | 50              | 13g        | 0g           | 12g          | 0g             | 35mg          | 0g               | 0g             | 0mg                | 1 vegetable  |
| <b>MISC SPECIAL DIET</b>   | <b>Portion Size</b> | <b>Food Allergens and Intolerances</b>                                       | <b>Calories</b> | <b>CHO</b> | <b>Fiber</b> | <b>Sugar</b> | <b>Pro</b>     | <b>Sodium</b> | <b>Total Fat</b> | <b>Sat-Fat</b> | <b>Cholesterol</b> | <b>USDA Components</b>                                   |
| B&B Hot Dog, beef (for K-6 only)   | 2 oz.               | Sodium nitrite   | 167             | <1g        | 0g           | 0g           | 7g             | 580mg         | 15g              | 6g             | 35mg               | 1 meat   |
| Beef and Beef Gravy, Gerber, strained, 2nd foods   | 2.5 oz.             | Corn, Lemon  | 70              | 2g         | 0g           | 0g           | 8g             | 30mg          | 2.5g             | n/a            | n/a                | 1 meat   |
| Beef patty, fully cooked   | 1.6 oz.             | None   | 100             | 0g         | 0g           | 0g           | 8g             | 80mg          | 7g               | 2.5g           | 30mg               | 1.5 meat   |
| Carrots, Gerber, strained/2nd foods  | 4 oz.               | Carrot   | 40              | 9g         | 1g           | 6g           | <1g            | 40mg          | 0g               | n/a            | n/a                | 1 vegetable  |
| Cereal, Rice Chex, gluten-free   | 1 bowl              | Molasses, Rice   | 100             | 24g        | 1g           | 2g           | 2g             | 250mg         | 0g               | 0g             | 0mg                | 1 grain  |
| Cheddar Cheese   | 2 oz.               | Milk   | 110             | 0g         | 0g           | 0g           | 7g             | 180mg         | 9g               | 5g             | 30mg               | 2 meat   |
| Cheese, mozzarella string, light   | 1 oz.               | Milk, cheese cultures  | 60              | 1g         | 0g           | 0g           | 8g             | 210mg         | 2.5g             | 2g             | 10mg               | 1 meat   |
| Chicken and Chicken Gravy, Gerber, strained/2nd foods  | 2.5 oz.             | Corn   | 100             | 2g         | 0g           | 0g           | 7g             | 40mg          | 6g               | n/a            | n/a                | 1 meat   |
| Chicken Fajita Strips  | 2.25 oz.            | Garlic, Onion, Chili powder, Corn, Lemon                                     | 105             | 1.5g       | 0g           | 0g           | 13g            | 300mg         | 5g               | 1.5g           | 60mg               | 1.5 meat   |
| Chicken Patty, breaded   | 3.8 oz.             | Onion, Garlic, Soy, Wheat, Rice, Turmeric, Carrot                            | 200             | 9g         | 3g           | 0g           | 19g            | 290mg         | 9g               | 1.5g           | 45mg               | 2 meat; 1 grain  |
| Green Beans, canned, cooked  | 1/2 cup             | None   | 15              | 4g         | 2g           | 2g           | 1g             | 140mg         | 0g               | 0g             | 0mg                | 1 vegetable  |
| Green Beans, Gerber, strained/2nd foods  | 4 oz.               | None   | 40              | 6g         | 2g           | 3g           | 1g             | 5mg           | 0g               | n/a            | n/a                | 1 vegetable  |
| Milk, Homogenized, ESL   | 8 fl oz.            | Milk   | 150             | 13g        | 0g           | 12g          | 8g             | 125mg         | 8g               | 5g             | 35mg               | 1 Milk   |
| Milk Non-fat Lact Free   | 8 fl oz.            | Milk   | NA              | NA         | NA           | NA           | NA             | NA            | NA               | NA             | NA                 | 1 Milk   |
| Milk, Soy, Silk  | 8 fl oz.            | Soy  | 110             | 9g         | 2g           | 6g           | 8g             | 95mg          | 4.5g             | 0.5g           | 0mg                | 1 Milk   |
| Peaches, Gerber, strained/2nd foods  | 4 oz.               | Peach  | 70              | 14g        | 1g           | 13g          | 1g             | 0mg           | 0g               | n/a            | n/a                | 1 fruit  |
| Pears, Gerber, strained/2nd foods  | 4 oz.               | Pear   | 70              | 17g        | 3g           | 12g          | 0g             | 5mg           | 0g               | n/a            | n/a                | 1 fruit  |
| Peas, green, frozen  | 1/2 cup             | Peas   | 60              | 10g        | 3g           | 3g           | 4g             | 0mg           | 0g               | 0g             | 0mg                | 1 vegetable  |
| Peas, Gerber, strained/2nd foods   | 4 oz.               | Peas   | 50              | 7mg        | 2g           | 2g           | 0g             | 5mg           | 0g               | n/a            | n/a                | 1 vegetable  |
| Soy Meatball   | 3 oz.               | Soy, Egg, Onion, Caramel color, Rice, Garlic, Tomato                         | 150             | 13g        | 1g           | 0g           | 17g            | 400 mg        | 4g               | 0g             | 0mg                | 2 meat   |
| Squash, Gerber, strained/2nd foods   | 4 oz.               | Squash   | 40              | 8g         | 1g           | 4g           | 0g             | 5mg           | 0g               | n/a            | n/a                | 1 vegetable  |
| Sweet Potatoes, strained, 1st foods  | 2.5 oz.             | None   | 50              | 10g        | <1g          | 6g           | <1g            | 15mg          | 0g               | n/a            | n/a                | 1 vegetable  |
| Taco Hummus  | ~4 oz.              | Legume (chickpea), sesame, red pepper, tomato, onion                         | 160             | 20g        | 6g           | 2g           | 8g             | 380mg         | 6g               | 0g             | 0mg                | 2 meat   |
| Tortilla Strips  | 1.25 oz.            | Corn   | 162             | 23g        | 2g           | 0g           | 1g             | 75 mg         | 8g               | 1g             | 0mg                | 1.25 grain   |
| Turkey and Turkey Gravy, Gerber, strained/2nd foods  | 2.5 oz.             | Corn   | 80              | 2g         | 0g           | 0g           | 7g             | 35mg          | 4g               | n/a            | n/a                | 1 meat   |
| Turkey Canadian Bacon  | 0.76 oz.            | Sodium Nitrite   | 30              | 0g         | 0g           | 0g           | 4g             | 125mg         | 2g               | <1g            | 15mg               | 0.5 meat   |
| Turkey-Ham, uncured  | ~3 oz.              | Celery powder  | 139             | 4g         | 0g           | 4g           | 15g            | 450mg         | 7g               | 4g             | 64mg               | 2 meat   |
| Turkey Sausage, fully cooked   | 2 patties           | Caramel color  | 150             | 1g         | 0g           | 1g           | 12g            | 400mg         | 10g              | 3g             | 50mg               | 1.75 meat  |
| Veggie Sausage Patty   | 2 patties           | Soy, Malt, Wheat, Corn, Egg, Onion, Garlic, Caramel color                    | 180             | 7g         | 3g           | 0g           | 19g            | 510mg         | 9g               | <1g            | 0mg                | 2 meat   |
| <b>Emergency Meal</b>  | <b>Portion Size</b> | <b>Food Allergens and Intolerances</b>                                       | <b>Calories</b> | <b>CHO</b> | <b>Fiber</b> | <b>Sugar</b> | <b>Protein</b> | <b>Sodium</b> | <b>Total Fat</b> | <b>Sat-Fat</b> | <b>Cholesterol</b> | <b>USDA Components</b>                                   |
| <b>Cheddar Cheese Lunch Kit</b>  | <b>1 lunch kit</b>  |  | <b>480</b>      | <b>68g</b> | <b>5g</b>    | <b>48g</b>   | <b>14g</b>     | <b>955mg</b>  | <b>18g</b>       | <b>12g</b>     | <b>50mg</b>        | <b>2 meat; 1 grain; 3/4 Cup vegetable; 1/2 Cup fruit</b> |
| White Cheddar Cheese   | 2 oz.               | Milk   | 200             | 2g         | 0g           | 0g           | 12g            | 720mg         | 16g              | 12g            | 50mg               | 2 meat   |
| Pizza Crackers   | 0.8 oz.             | Wheat, Tomato  | 80              | 15g        | 2g           | 2g           | 2g             | 190mg         | 2g               | 0g             | 0mg                | 1 grain  |
| Craisins   | 1.16oz              | Orange, Berry  | 110             | 28g        | 3g           | 24g          | 0g             | 0mg           | 0g               | 0g             | 0 mg               | 1/2 Cup fruit  |
| Dragon Punch (100% Fruit/Vegetable Juice)  | 5.75 oz.            | Apple, Pear, Carrot, Celery, Spinach   | 90              | 23g        | 0g           | 22g          | 0g             | 45mg          | 0g               | 0g             | 0mg                | 3/4 Cup vegetable  |

| Item  | Portion Size        | Food Allergens and Intolerances            | Calories        | CHO        | Fiber        | Sugar        | Protein        | Sodium        | Total Fat        | Sat-Fat        | Cholesterol        | USDA Components        |
|---|---------------------|--|-----------------|------------|--------------|--------------|----------------|---------------|------------------|----------------|--------------------|------------------------|
| <b>Cooked Vegetables</b>  | <b>Portion Size</b> | <b>Food Allergens and Intolerances</b>     | <b>Calories</b> | <b>CHO</b> | <b>Fiber</b> | <b>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, prepared, cooked   | 1/2 cup             | Navy bean, tomato, corn, garlic, molasses  | 142             | 30g        | 4g           | 7g           | 6g             | 493mg         | <1g              | 0g             | 0mg                | 1 vegetable            |
| Broccoli, steamed   | 1/2 cup             | None                                       | 13              | 2g         | 1g           | 0g           | 1g             | 10mg          | 0g               | 0g             | 0mg                | 1 vegetable            |
| Corn, canned, cooked  | 1/2 cup             | Corn                                       | 78              | 18g        | 2g           | 3g           | 2.5g           | 16mg          | 1g               | <1g            | 0mg                | 1 vegetable            |
| Corn, frozen, cooked  | 1/2 cup             | Corn                                       | 80              | 17g        | 2g           | n/a          | 2g             | 10mg          | 0g               | 0g             | 0mg                | 1 vegetable            |
| Mixed Vegetables, frozen, cooked (green bean, carrot, pea, corn, and lima bean) | 1/2 cup             | Peas, Corn, Lima Beans, Carrot             | 45              | 9g         | 2g           | 3g           | 2g             | 64mg          | 0g               | 0g             | 0mg                | 1 vegetable            |
| Potato Wedges, USDA, skin on, baked   | 3 oz.               | None                                       | 100             | 14g        | 2g           | 0g           | 2g             | 20mg          | 3g               | 0g             | 0mg                | 1 vegetable            |
| Sweet Potato Wedge. USDA, baked   | 3 oz.               | Corn, Turmeric, Pea, Rice                  | 140             | 21g        | 4g           | 10g          | 2g             | 150mg         | 6g               | 1g             | 0mg                | 1 vegetable            |
| <b>Fresh Vegetables</b>   | <b>Portion Size</b> | <b>Food Allergens and Intolerances</b>     | <b>Calories</b> | <b>CHO</b> | <b>Fiber</b> | <b>Sugar</b> | <b>Pro</b>     | <b>Sodium</b> | <b>Total Fat</b> | <b>Sat-Fat</b> | <b>Cholesterol</b> | <b>USDA Components</b> |
| Broccoli spears   | 1/4 cup             | None                                       | 6               | 1g         | <1g          | 0g           | <1g            | 6mg           | 0g               | 0g             | 0mg                | 0.5 vegetable          |
| Carroteenis   | 1/4 cup             | Carrot                                     | 16              | 4g         | 1g           | n/a          | <1g            | 13mg          | 0g               | 0g             | 0mg                | 0.5 vegetable          |
| Cucumber Slices   | 1/4 cup             | Cucumber                                   | 15              | 3g         | 1g           | 0g           | 1g             | 0mg           | 0g               | 0g             | 0mg                | 0.5 vegetable          |
| Garden Salad Mix (iceberg lettuce, carrot and red cabbage)                      | 1 cup               | Carrot                                     | 13              | 3g         | 1g           | 2g           | 1g             | 13mg          | 0g               | 0g             | 0mg                | 1 vegetable            |
| Squash, yellow, sliced  | 1/2 cup             | Squash                                     | 11              | 2.5g       | 1g           | n/a          | <1g            | 1mg           | 0g               | 0g             | 0mg                | 1 vegetable            |
| Tomatoes, cherry  | 1/4 cup             | Tomato                                     | 8               | 1.5        | <1           | n/a          | <1             | 3             | 0g               | 0g             | 0mg                | 0.5 vegetable          |
| Zucchini, sliced  | 1/4 cup             | Squash                                     | 4               | <1         | <1           | n/a          | <1             | <1            | 0g               | 0g             | 0mg                | 0.5 vegetable          |
| <b>Fruit</b>  | <b>Portion Size</b> | <b>Food Allergens and Intolerances</b>     | <b>Calories</b> | <b>CHO</b> | <b>Fiber</b> | <b>Sugar</b> | <b>Protein</b> | <b>Sodium</b> | <b>Total Fat</b> | <b>Sat-Fat</b> | <b>Cholesterol</b> | <b>USDA Components</b> |
| Apple, raw , medium   | 1 apple             | Apple                                      | 116             | 21g        | 4g           | n/a          | <1g            | 1mg           | 0g               | 0g             | 0mg                | 2 fruit                |
| Applesauce, unsweetened, USDA   | 4.5 oz. cup         | Apple                                      | 51              | 14g        | 1g           | 11g          | 0g             | 2mg           | 0g               | 0g             | 0mg                | 1 fruit                |
| Applesauce, Cinnamon, reduced sugar, USDA                                       | 4.5 oz cup          | Cinnamon, Apple                            | 90              | 22g        | 2g           | n/a          | 0g             | 15mg          | 0g               | 0g             | 0g                 | 1 fruit                |
| Applesauce, Cinnamon, sweetened   | 4 oz. cup           | Cinnamon, Apple                            | 60              | 17g        | 1g           | 15g          | 0g             | 0mg           | 0g               | 0g             | 0mg                | 1 fruit                |
| Apricots, frozen, sliced, sweetened, USDA                                       | 4.5 oz. cup         | None                                       | 110             | 25g        | 2g           | 23g          | 1g             | 2.5mg         | 0g               | 0g             | 0mg                | 1 fruit                |
| Banana, raw, medium   | 1 banana            | Banana                                     | 109             | 28g        | 1g           | n/a          | 1g             | 12mg          | 0g               | 0g             | 0mg                | 1 fruit                |
| Birthday Cake Applesauce, reduced sugar   | 4.5 oz. cup         | Fruit and vegetable juices (for color)     | 90              | 22g        | 2g           | n/a          | 0g             | 15mg          | 0g               | 0g             | 0mg                | 1 fruit                |
| Cherry Applesauce, reduced sugar, USDA  | 4.5 oz.             | Apple, Red #40                             | 90              | 22g        | 2g           | n/a          | 0g             | 15mg          | 0g               | 0g             | 0mg                | 1 fruit                |
| Orange, raw, medium   | 1 orange            | Citrus                                     | 62              | 15g        | 3g           | n/a          | 0g             | 0mg           | 0g               | 0g             | 0mg                | 1 fruit                |
| Peaches, frozen, diced, sweetened, USDA   | 4.4 oz.             | Peach                                      | 80              | 19g        | 1g           | 16g          | 1g             | 0mg           | 0g               | 0g             | 0mg                | 1 fruit                |
| Pear, raw, medium   | 1 pear              | Pear                                       | 98              | 25g        | 4g           | n/a          | <1g            | 0mg           | <1g              | 0g             | 0mg                | 1 fruit                |
| Plum, raw   | 1 medium            |  | 36              | 9g         | 0g           | 0g           | <1g            | 114mg         | 0g               | 0g             | 0mg                | 1 fruit                |
| Raisins, USDA   | 1 box               | Grape                                      | 110             | 30g        | 1g           | 22g          | 1g             | 0mg           | 0g               | 0g             | 0mg                | 1 fruit                |
| Strawberries, frozen, diced, sweetened, USDA                                    | 4.5 oz. cup         | Strawberry                                 | 80              | 21g        | 2g           | 16g          | 0g             | 0mg           | 0g               | 0g             | 0mg                | 1 fruit                |
| Strawberry Applesauce, sweetened, USDA  | 4.5 oz.             | Apples, Strawberry, Red #40                | 90              | 22g        | 2g           | 19g          | 0g             | 15mg          | 0g               | 0g             | 0mg                | 1 fruit                |
| Strawberry/Banana Applesauce, unsweetened, USDA                                 | 4.5 oz. cup         | Apples, Strawberry, Banana flavor          | 60              | 14g        | 1g           | 12g          | 0g             | 15mg          | 0g               | 0g             | 0mg                | 1 fruit                |
| Super Sour Applesauce, reduced sugar, USDA                                      | 4.5 oz.             | Apple                                      | 90              | 22g        | 2g           | n/a          | 0g             | 15mg          | 0g               | 0g             | 0mg                | 1 fruit                |
| Tangerine, raw, medium  | 1 medium            | Citrus                                     | 37              | 9g         | 2g           | n/a          | <1g            | 1mg           | 0g               | 0g             | 0mg                | 1 fruit                |
| Wild Watermelon Applesauce, sweetened, USDA                                     | 4.5 oz. cup         | Apples, Red #40                            | 90              | 22g        | 2g           | 19g          | 0g             | 15mg          | 0g               | 0g             | 0mg                | 1 fruit                |
| <b>Milk</b>   | <b>Portion</b>      | <b>Food Allergens and Intolerances</b>     | <b>Calories</b> | <b>CHO</b> | <b>Fiber</b> | <b>Sugar</b> | <b>Pro</b>     | <b>Sodium</b> | <b>Fat</b>       | <b>Sat-Fat</b> | <b>Cholesterol</b> | <b>USDA Components</b> |
| White Milk, 1%  | 8 oz.               | Milk                                       | 110             | 13g        | 0g           | 12g          | 9g             | 125mg         | 2.5g             | 1.5g           | 15mg               | 1 milk                 |
| Chocolate Milk, Skim  | 8 oz.               | Milk, Corn Syrup, Cocoa                    | 130             | 24g        | 0g           | 21g          | 8g             | 210mg         | 0g               | 0g             | 0mg                | 1 milk                 |
| <b>Condiments</b>   | <b>Portion Size</b> | <b>Food Allergens and Intolerances</b>     | <b>Calories</b> | <b>CHO</b> | <b>Fiber</b> | <b>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   | 1 packet            | Tomato, Corn, Garlic, Molasses, Wheat      | 15              | 4g         | 0g           | 2g           | 0g             | 85mg          | 0g               | 0g             | 0mg                | None                   |
| French dressing   | 1 packet            | Garlic, Corn, Onion, Lemon                 | 50              | 3g         | 0g           | 0g           | 0g             | 130mg         | 0g               | 0g             | 0mg                | None                   |
| Hot Sauce   | 1 packet            | Red pepper                                 | 2               | 0g         | 0g           | n/a          | 0g             | 120mg         | 0g               | 0g             | 0mg                | None                   |
| Ketchup   | 1 packet            | Tomato, Corn                               | 10              | 3g         | 0g           | 2g           | 0g             | 105mg         | 0g               | 0g             | 0mg                | None                   |
| Taco sauce  | 1 packet            | Tomato, Corn, Wheat                        | 5               | 1g         | 0g           | 0g           | 0g             | 95mg          | 0g               | 0g             | 0mg                | None                   |
| Ranch dressing, light   | 1 packet            | Soy, Corn, Egg, Milk, Garlic, Lemon, Onion | 20              | 3g         | 0g           | 2g           | 0g             | 115mg         | 1g               | 0g             | 0mg                | None                   |
| Mustard   | 1 packet            | Turmeric, Garlic                           | 4               | 0g         | 0g           | 0g           | 0g             | 50mg          | 0g               | 0g             | 0mg                | None                   |
| Italian dressing , fat-free   | 1 each              | Garlic, Corn, Lemon                        | 4               | <1g        | 0g           | 0g           | 0g             | 110mg         | 0g               | 0g             | 0mg                | None                   |
| <b>Smart Snacks: A La Carte</b>   | <b>Portion Size</b> | <b>Food Allergens and Intolerances</b>     | <b>Calories</b> | <b>CHO</b> | <b>Fiber</b> | <b>Sugar</b> | <b>Pro</b>     | <b>Sodium</b> | <b>Total Fat</b> | <b>Sat-Fat</b> | <b>Cholesterol</b> | <b>USDA Components</b> |

| Item                                | Portion Size        | Food Allergens and Intolerances           | Calories        | CHO        | Fiber        | Sugar        | Protein    | Sodium        | Total Fat        | Sat-Fat        | Cholesterol        | USDA Components        |
|-------------------------------------|---------------------|---|-----------------|------------|--------------|--------------|------------|---------------|------------------|----------------|--------------------|------------------------|
| Scooby-Doo Fruit Flavored Snacks    | 1 pkg.              | Apple, Pear, Corn, Natural Flavors/Colors | 70              | 21g        | 5g           | 9g           | 0g         | 30mg          | 0g               | 0g             | 0mg                | None                   |
| <b>Snacks: ELO, Latchkey, Pre K</b> | <b>Portion Size</b> | <b>Food Allergens and Intolerances</b>    | <b>Calories</b> | <b>CHO</b> | <b>Fiber</b> | <b>Sugar</b> | <b>Pro</b> | <b>Sodium</b> | <b>Total Fat</b> | <b>Sat-Fat</b> | <b>Cholesterol</b> | <b>USDA Components</b> |
| Animal Crackers, Keebler            | 1 oz.               | Wheat, Soy                                | 130             | 21g        | 2g           | 8g           | 2g         | 110mg         | 4g               | 1g             | 0mg                | 1 grain                |
| Cheez-it, whole grain               | 0.75 oz.            | Wheat, Milk, Soy, Turmeric                | 100             | 14g        | 1g           | 0g           | 2g         | 150mg         | 3.5g             | 1g             | <5mg               | 1 grain                |
| Despicable Me Graham Snacks         | 1 pkg.              | Wheat, Soy, Milk, Molasses, Cinnamon      | 140             | 22g        | 2g           | 8g           | 2g         | 110mg         | 4.5g             | 1.5g           | 0mg                | 1 grain                |
| Pretzels, Goldfish, whole grain     | 0.75 oz.            | Wheat, Barley, Milk                       | 100             | 20g        | 2g           | <1g          | 3g         | 200mg         | <1g              | 0g             | 0mg                | 1 grain                |
| Nutrition Crackers                  | 1 oz.               | Wheat, Milk, Sunflower, Egg, Honey        | 120             | 22g        | 2g           | 6g           | 2g         | 65mg          | 4g               | 0g             | 0mg                | 1 grain                |

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#### 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.