

Peoria Unified School District

Food & Nutrition Department

Menu & Allergen Information

Updated: 1/09/2019

The allergen information provided is accurate and up-to-date to the best of our knowledge. It is based entirely on the information provided by our ingredient manufacturers and suppliers. No allergen or information on our menu should ever be considered a guarantee, but simply a best faith effort to serve our customers and students.

Peoria Unified School District is an equal opportunity provider and employer.

Full Description of Columns

Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	Pnuts	Seed	Fish	Pork
Calories	Total Fat - g	Saturated Fat - g	Cholesterol - mg	Sodium - mg	Carbohydrate - g	Fiber - g	Protein - g	Corn	Corn Derivatives	Milk	Wheat/Gluten	Soy	Eggs	Tree Nuts	Peanuts	Seed	Fish	Pork

Key:

A	almonds	PF	peanut free
AN	anchovie	PS	poppy seed
B	beef	RT	rainbow trout
CF	citrus fiber	RS	reduced sugar
C	Coconut	S	sesame
CO	coconut oil	SB	soy bean
FC	facility contains	SE	shared equipment
FF	nut free facility	SF	smoke flavor
GF	gluten free	SF	shellfish
MC	may contain (see note)	SL	soy lecithin
MS	mustard seed	SO	soybean oil
NP	no pork	SU	sunflower

Portion		Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	PNuts	Seed	Fish	Pork	Notes
Breakfast Entrees																					
Bagel, WG	1 Bagel	270	2	0	0	480	51	4	9	X			X	SO							
BeneFit Bar, Banana Chocolate Chunk	1 Bar	280	8	3	15	220	48	3	5	X		X	X	X	X						
Biscuits & Sausage Gravy	1 Serving	461	13	3.5	20	1960	64	2	16.3	X		X	X	X	X					X	
Breakfast Bowl (Biscuit, Eggs, Tator Tots, Cheese)	1 Serving	369	18.5	7.4	269	714	31	2.3	16.3	X		X	X	X	X						
Breakfast Burrito, Bacon, Egg, & Cheese - HS	1 Burrito	441	23	7	441	600	32.8	3	24	X		X	X	X	X					X	
Breakfast Burrito, Egg, Cheese, & Salsa - Elem	1 Burrito	244	10	4	70.5	311	28	2.75	9.75	X		X	X	SO	X						
Breakfast Burrito, Green Chili, Egg, & Cheese - Elem	1 Burrito	246	10	3.5	70	320	29	2.75	9.5	X		X	X	SO	X						
Breakfast Burrito, Green Chili, Egg, & Cheese - HS	1 Burrito	389	20	6.75	436	530	28	3.6	22	X		X	X		X						
Breakfast Pizza, Sausage - Elem	1 Slice	210	7	2	15	480	26	2	9	X		X	X	X							
Breakfast Pizza, Sausage - HS	1 Slice	280	9.25	2.5	20	640	34.5	2.5	12	X		X	X	X							
Breakfast Platter	1 Serving	405	19.5	6	195	930	41	3.5	13.5	X		X	X	X	X						
Biscuits	1 Each	170	5	2	0	460	25	2	4	X		X	X	X							
Hash Brown Square	1 Each	125	13	1	0	260	15	1.5	1.5	X				SO							
Omelet	1 Each	110	8	3	195	210	1	0	8	X		X		X	X						
Breakfast Sandwich, BEC Croissant	1 Sandwich	340	17	7	113	697	32	2	14	X		X	X	X	X					X	
Breakfast Sandwich, Ham & Eng. Muffin	1 Sandwich	257	9	3.5	126	706	28	3	17	X		X	X	X	X					X	
Breakfast Sandwich, Ham & Pretzel Bun	1 Sandwich	296	10	4.7	130	598	33	3	17	X		X	X	X	X					X	
Breakfast Sandwich, Sausage, Biscuit	1 Sandwich	330	15	6	128	970	28	2	16	X		X	X	X	X					X	
Breakfast Sandwich, SEC English Muffin	1 Sandwich	290	11.5	4	128	710	27	3	18	X		X	X	X	X					X	
Cereal, Apple Jacks	1 Bowl	110	1	0.5	0	160	24	3	2	X			X	X							RS
Cereal, Cheerios	1 Bowl	100	2	0.5	0	140	20	3	3	X											GF
Cereal, Chocolate Frosted Mini Wheats	1 Bowl	100	1	0	0	105	23	3	3				X	X							

	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	P.Nuts	Seed	Fish	Pork	Notes
Cereal, Cinnamon Toast Crunch	1 Bowl	110	3	0.5	0	160	22	2	1	X			X	X							
Cereal, Cocoa Puffs	1 Bowl	110	1.5	0	0	120	25	2	2	X			X								RS
Cereal, Fruit Loops	1 Bowl	110	1	0.5	0	170	24	3	2	X			X	X							RS
Cereal, Frosted Flakes, Chocolate	1 Bowl	100	1	0.5	0	160	24	2	2	X			X	X							RS
Cereal, Frosted Flakes, Reduced Sugar	1 Bowl	100	0.5	0	0	170	23	1	2	X			X	X							
Cereal, Honey Nut Cheerios	1 Bowl	110	1.5	0	0	160	22	2	2	X						A					GF
Cereal, Honey Nut Chex	1 Bowl	120	0.5	0	0	190	27	1	2	X						A					GF
Cereal, Lucky Charms	1 Bowl	110	1	0	0	180	23	2	2	X											GF
Cereal, Rice Chex	1 Bowl	100	0.5	0	0	250	24	1	2												GF
Cereal, Rice Krispies	1 Bowl	100	0.5	0	0	170	23	0.5	2												
Cereal, Trix	1 Bowl	110	1	0	0	140	24	1	1	X											RS
Cheese, String, Cheddar	1 String Cheese	110	9	6	20	200	0	0	7			X									
Cheese, String, Colby Jack	1 String Cheese	110	9	6	25	200	0	0	7			X									
Cheese, String, Mozzarella	1 String Cheese	80	6	4	15	200	1	0	6			X									
Chicken Slider	1 Chicken Sandwich	185	5.5	1	12.5	355	22	3.5	11	X			X	X							
Cinnamon Swirl Bun, WG	1 Bun	190	7	1	0	200	29	3	4	X		X	X	SO	X		FF				
Egg, Hard-Boiled	1 Egg	70	5	1.5	170	55	1	0	6						X						
Egg, Scrambled w/Ham & Cheese	1 Serving	257	17	7.2	456	541	3.4	0	23.6			X		X						X	
French Toast Sticks, WG	2 Pieces	240	7	1	10	260	38	2	6	X		X	X	X			FF				
Fresh Baked Cinnamon Roll w/ Icing	1 Serving	197	1.5	0.5	5	140	40	3	5	X		X	X	X	X			S			CF
Fruit & Yogurt Parfait Mixed Berries	1 Parfait	354	3.25	0.5	2.5	150	76	6	8.4	X		X	X	X							
Mixed Berries (straw, blue & rasp) & Yogurt	1 Serving	134	0.75	0.5	2.5	55	29	2	3.4	X		X									
Granola Pouch	1 Bag	220	2.5	0	0	95	47	4	5	X			X	X							

	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	P.Nuts	Seed	Fish	Pork	Notes
Fruit & Yogurt Parfait - Peaches	1 Parfait	385	3.2	0.5	5	145	84	6	9.5	X		X	X	X							
Granola Pouch	1 Bag	220	2.5	0	0	95	47	4	5	X			X	X							
Peaches & Yogurt	1 Serving	165	0.7	0.5	5	50	37	2	4.5	X		X									
Fruit Pocket- Apple, Glazed	1 Pocket	310	8	2	0	290	54	6	4	X			X	SO							
Fruit Pocket- Cherry, Glazed	1 Pocket	310	8	3	0	200	54	8	4	X			X	SO							
Glazed Breakfast Bar, WG	1 Bar	230	7	2	15	220	39	2	4	X		X	X	X	X		FF				PF
Granola, WG, Low Fat	1 Pouch	220	2.5	0	0	95	47	4	5	X			X	X							
Hoagie, Sriracha Breakfast	1 Sandwich	285	12	4	112	817	42	3.2	12.5	X		X	X	X	X						
Huevos Rancheros Breakfast Bowl	1 Serving	300	11	4.7	222	960	35.5	5.7	15.5	X		X			X						
Mini Donuts - Chocolate	1 Package	320	15	7	0	270	41	2	5	X		X	X	X	X						PF
Mini Donuts - Powdered	1 Package	270	11	3	0	230	41	2	4	X		X	X	X	X						PF
Nutrigrain Bar, Strawberry	1 Bar	160	4	0.5	0	150	29	3	2	X		X	X	X							
Oatmeal, Apple Baked	1 Serving	272	9.5	5.3	67	237	41.7	3	6	X		X	X		X						
Oats, Apple Pie Overnight	1 Serving	323	3.7	1	3.4	85.7	63.4	5	10.4	X		X	X								
Pancake on a Stick, WG, WT	1 Stick	200	10	2.5	25	310	17	3	7	X			X	X	X						WT
Pancakes, Mini, Strawberry Splash	1 Package	220	6	0.5	0	130	40	3	4	X		X	X		X						
Parfait, Lemon Blueberry	1 Parfait	630	8.7	1.25	5	211	122	12	20	X		X	X	X							
Pop Tart, Chocolate Fudge, WG, (2)	1 Pack	360	6	2	0	390	76	6	5	X			X	X							
Pop Tart, Cinnamon Frosted, WG, (2)	1 Pack	370	5	2	0	380	75	6	5	X			X	X							
Pop Tart, Strawberry Frosted, WG, (2)	1 Pack	360	4.5	2	0	360	75	6	4	X			X	X							
Super Bun, WG	1 Bun	240	8	2	20	300	38	3	5	X		X	X	SO	X		FF				PF
Taco, Walking Breakfast	1 Serving	320	17	7.7	237	791	25	2.7	16	X		X			X						
Toast, Texas Apple Cinnamon	1 Serving	260	6	1	0	300	45	2	8	X		X	X	SO							

	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	PNuts	Seed	Fish	Pork	Notes
Waffle,4"	1 Waffle	70	2.5	0	0	95	11	0	2	X		X	X	X	X						
Waffles, Blueberry Mini, WG	1 Package	210	6	1	0	170	37	3	4	X		X	X	X	X						
Lunch Entrees																					
Burger, Cheeseburger	1 Cheeseburger	314	12.4	4.8	42.5	633	28.9	3.6	22.1	X	X	X	X	X							
Bun, Wheat Hamburger	1 Bun	144	1.9	0.3	0	243	25.9	2.6	6.1		X		X	SO							
Patty, Beef	1 Patty	130	8	3	35	240	2	1	13	X	X		MC	X							NS
Cheese, Sliced American Skim	1 Slice	40	2.5	1.5	7.5	150	1	0	3		X	X		X							
Burger, Chili Cheeseburger	1 Cheeseburger	449	15	6	60	1177	47	8	30.6	X		X	X	X							
Burger, Bacon Cheeseburger	1 Cheeseburger	360	17	6.5	52.5	817	29	4	22.5	X	X	X	X	X						X	
Bun, Wheat Hamburger	1 Bun	144	1.9	0.3	0	243	25.9	2.6	6.1		X		X	SO							
Patty, Beef	1 Patty	130	8	3	35	240	2	1	13	X	X		MC	X							NS
Cheese, Sliced American Skim	1 Slice	40	2.5	1.5	7.5	150	1	0	3		X	X		X							
Pork, Bacon	1 Slice (in recipe)	30	2.6	1	5	127	0	0	1.6		X		MC							X	SF
Burger, Pepper Jack	1 Serving	344	16	7	50	763	29	3.6	22	X	X	X	X	X							
Burger, Western Bacon Cheeseburger	1 Cheeseburger	384	17	6	48	799	35	4	24	X	X	X	X	X						X	
Bun, Wheat Hamburger	1 Bun	144	1.9	0.3	0	243	25.9	2.6	6.1		X		X	SO							
Patty, Beef	1 Patty	130	8	3	35	240	2	1	13	X	X		MC	X							NS
Cheese, Sliced American Skim	1 Slice	40	2.5	1.5	7.5	150	1	0	3		X	X		X							
Pork, Bacon	1 Slice										X		MC							X	SF
Onion Rings, whole grain	1 Ring	40	1.6	0.3	0	40	5.6	0.6	0.6	X	X	X	X	SO							
Bean & Cheese Burrito, WG Tortilla	1 Burrito	380	15	6	25	490	46	7	17	X	X	X	X	SO							
Beans & Cheese w/ Baked Chips	1 Serving	320	14	5.5	24	460	35	6	12.5	X	X	X		X							
Beans, Refried with Cheese & Green Chile	3.5 Ounces	220	12	6	25	350	17	4	11			X									

	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	EGGS	TNuts	P.Nuts	Seed	Fish	Pork	Notes
Chips, Baked Tostitos Scoops	1 Bag	110	2.5	0	0	125	19	1	2	X	X										GF
Beef & Broccoli Brown Rice Bowl	1 Serving	443	10	3.5	42	1646	66	3.5	21	X	X		X	X							
Rice, Brown	1 Cup	160	1.5	0	0	0	33	2	4												GF
Broccoli	1/2 Cup	40	0.4	0.04	0	33	6.6	2.6	2.8												
Sauce, Teriyaki Glaze	1/4 Cup	115	0.03	0	0.5	1223	27	0.2	1.8	X	X		X	X							GF
Beef, Sliced Seasoned Steak	3.5 Ounces	176	10	4.1	49	479	4	0	16	X	X			X							GF
Beef Chili w/ Beans & Cornbread Muffin	1 Serving	300	10	2.5	42	321	38	5.5	15.5	X	X	X	X	X	X						
Beef, Chili w/ Beans	5.83 Ounces	152	5	1.7	31	230	15	4	13		X			X							GF
Muffin, Corn Star	1 Muffin	148	5	0.9	11	91	23	1.5	2.8	X	X	X	X	X	X		PF				
Beef Enchiladas w/ Red Sauce	1 Serving (2 enchiladas)	415	19	8	97	1048	28.7	3	33.2	X	X	X	X	X							
Tortilla, Whole Wheat Flour	2 Tortillas	150	4	0	0	230	24	2	4	X	X		X								
Sauce, Enchilada Red	1/4 cup	15	0.5	0	0	370	3	1	1												
Beef, Diced	1 Serving	114	4	1.6	62	42	0	0	20												GF
Cheese Sauce, Queso Blanco	1 Serving	118	9	5.3	30	415	2	0	7		X	X		SL		CO					GF
Cheese, Cheddar	1/4 Cup	113	9	6	30	180	0	0	7			X									
Beef Fingers	4 Pieces	260	15	4	30	170	16	3	14	X	X		X	X							
Beef Gyro	1 Sandwich (no sauce)	300	11.5	3.5	42	545	29	3	17.5	X	X		X	X							
Bread, Gordita Loco, whole grain	1 Piece	150	3	0	0	135	26	3	4		X		X	SO							
Beef, Sliced Seasoned Steak	3.5 Ounces	176	10	4.1	49	479	4	0	16	X	X			X							GF
Beef Lasagna	1 Serving	184	7.9	5.1	25.6	166	19.6	1	9.1			X	X								
Beefy Mac	3/4 Cup	331	17	6	61	170	25	2.5	20.5			X	X								
Build-a-Pizza	1 Serving	391	19.5	11.3	57.5	856	35	4	18.5	X	X	X	X	X						X	
Bread, Gordita Loco, whole grain	1 Piece	150	3	0	0	135	26	3	4		X		X	SO							

	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	PNuts	Seed	Fish	Pork	Notes
Cheese, Mozzarella Skim	1/4 Cup	90	7	5	25	170	1	0	6			X									
Sauce, Marinara	1 Serving	40	1	0	0	230	7	1	1					SO							
Pepperoni, Pork & Beef Slices	1 Serving	140	13	6	35	470	0	0	5		X									X	
Carne Asada Fries	1 Serving	365	20	9	68	703	24	2	21	X	X	X		X							GF
Chalupa, Beef & Cheese	1 Each	244	14	6	44	404	11	0	16	X		X	X	X							
Chalupa, Bean & Cheese	1 Each	245	11	4	19	303	21	3	16	X		X									
Cheese Raviolis & Breadstick	1 Serving	410	9.5	3	25	680	60	6	21	X	X	X	X	X	X						
Pasta, Ravioli Jumbo & Sauce	3 Each	290	8	3	25	500	49	4	17	X	X	X	X	SO	X						
Breadstick, Wheat	1 Breadstick	120	1.5	0	0	180	21	2	4				X	SO							
Chicken Bacon Ranch Fries	1 Serving	378	17	6	100	505	22	2	33	X	X	X			X					X	
Fries, Seasoned	1/2 Cup	120	4	0.5	0	135	20	2	1	X	X			SO							
Chicken Sauce w/ Cheese & Bacon	1 Serving	258	13	5.5	100	403	2	0	32												
Chicken Fajitas	1 Serving (2 fajitas)	374	15.8	5	95	724	31	3.8	25.4	X	X	X	X	X							
Fajita Veggie Mix	1/3 Cup	31	0.3	0	0	4	6	2	1												
Chicken, Fajita Strips	3 Ounces	140	7	2	80	400	2	0	17	X	X		MC								
Cheese, Cheddar	1/4 Cup	113	9	6	30	180	0	0	7			X									
Tortilla, Whole Wheat Flour	2 Tortillas	150	4	0	0	230	24	2	4	X	X		X								
Chicken Fettuccine Alfredo	1 Serving	441	13	5	156	426	44	1.6	37	X	X	X	X		X						
Chicken & Alfredo	1 Serving	114	2.9	1	71.4	76.1	0	0	21												
Pasta, Fettuccine	1 Cup	214	3	1	67	8	40	2	8				X		X						
Chicken Nuggets, Regular Baked	5 Nuggets	260	15	2.5	25	400	16	3	16	X	X		X	X							
Chicken Tenders, Regular Baked	3 Tenders	260	15	2.5	25	390	16	3	15	X	X		X	X							
Chicken Tenders, Spicy Buffalo	3 Tenders	260	15	2.5	25	390	17	3	15	X	X		X	X							

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Chili Dog	1 Serving	497	24.5	11.8	67.5	1480	45.4	6.8	23.2	X	X	X	X	X							
Bun, Hot Dog	1 Bun	145	2	0.33	0	255	26.4	2.3	5.2		X		X	SO							
Beef Hot Dog (all beef)	1 Frank	160	15	7	35	590	1	0	6		X		X								
Chili, Beef	1/2 Cup	135	3	1.5	17.5	545	18	4.5	8.5				X	X							
Cheese, Cheddar	2 Tablespoons	56.5	4.5	3	15	90	0	0	3.5			X									
Corn Dog, Chicken	1 Corn Dog	240	8	2.5	40	390	30	5	9	X	X		X	X	X						
Chipotle Grilled Chicken Torta	1 Serving	550	16.5	10.6	82	735	58	6	39		X	X	X	X				X			
Cottage Cheese, Fruit, & Bread Slice	1 Serving	370	12	3.5	5	600	48	2	20	X	X	X	X	X	X						
Cottage Cheese, low fat	1/2 Cup	90	2	1.5	5	380	4	0	14		X	X		SL							
Bread Slice, Banana, WG	1 Slice	280	10	2	0	220	44	2	5	X	X		X	X	X						PF
Bread Slice, Pumpkin, WG	1 Slice	270	10	2	0	220	43	2	6	X	X		X	X	X						PF
Bread Slice, Zucchini, WG	1 Slice	270	10	2	0	220	43	2	5	X	X		X	X	X						PF
Cottage Cheese, Fruit, & Crunch Bar	1 Serving	350	10	10.8	10	540	46	2	18	X	X	X	X	X	X						
Cottage Cheese, low fat	1/2 Cup	90	2	1.5	5	380	4	0	14		X	X		SL							
Crunch Bar, Cherry Apple, WG	1 Each	260	8	2	0	90	42	2	4	X			X								
Crunch Bar, Lemon Chip, WG	1 Each	260	8	2	5	160	42	2	4	X		X	X	SL	X						
Cottage Cheese Box	1 Serving	480	21	9.5	30	800	49	2	27	X	X	X	X	X	X						
Cottage Cheese, low fat	1/2 Cup	90	2	1.5	5	380	4	0	14		X	X		SL							
Cheese, Colby Jack	1 Each	110	9	6	25	200	0	0	7			X									
Cheese, Mozzarella Skim	1 Each	80	6	4	15	200	1	0	6			X									
Bread Slice, Banana, WG	1 Slice	280	10	2	0	220	44	2	5	X	X		X	X	X						
Bread Slice, Pumpkin, WG	1 Slice	270	10	2	0	220	43	2	6	X	X		X	X	X						
Bread Slice, Zucchini, WG	1 Slice	270	10	2	0	220	43	2	5	X	X		X	X	X						

	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	EGGS	TNuts	PNuts	Seed	Fish	Pork	Notes
Creamy Chicken Carbonara	1 Serving	381	12	6	46	511	45	7	45.4	X	X	X	X							X	
Pasta, Spaghetti WG	1 Cup	180	1.5	0	0	0	39	6	8				X								
Chicken & Sauce	1 Scoop																				
Crunch Bar Lunch Box	1 Serving	440	22	9.5	195	345	43	2	17	X	X	X	X	X	X						
String Cheese	1 String Cheese	110	9	6	25	200	0	0	7			x									
Whole Egg	1 Egg	70	5	1.5	170	55	1	0	6						X						
Crunch Bar, Lemon Chip, WG	1 Each	260	8	2	5	160	42	2	4	X		X	X	SL	X						
Crunch Bar, Cherry Apple, WG	1 Each	260	8	2	0	90	42	2	4	X			X	SL							
Cuban Pork Bowl	1 Serving	282	8	3.3	74	974	29	5	23.8			X								X	
Rice, Brown	1 Cup	121	0.78	0	0	883	29	5	2												
Pulled Pork	3.45 Ounces	133	5	1.8	67	46	0	0	20											X	
Shredded Cheddar Cheese	1 Tablespoon	28	2.25	1.5	7.5	45	0	0	1.75			x									
Enchilada Style Bean Burrito	1 Burrito	450	20	7	32	1163	52	7	19	X	X	X	X	X							
Fries, Chilli Cheese	1 Serving	323	13	5	44.7	452	35	6	17	X		X		X	X						
Fruit & Yogurt Parfait Mixed Berries	1 Parfait	454	4	1	5	202	96	6	12	X		X	X	X							
Berries & Yogurt	1 Serving	234	1.5	1	5	107	49	2	7	X		X									
Granola Pouch	1 Bag	220	2.5	0	0	95	47	4	5	X			X	nugget							
Fruit & Yogurt Parfait w/ Peaches	1 Parfait	490	4	1	10	200	103	5	12	X		X	X	X							
Peaches & Yogurt	1 Serving	270	1.5	1	10	105	56	1	7	X		X									
Granola Pouch	1 Bag	220	2.5	0	0	95	47	4	5	X			X	X							
Fun Fish	4 Pieces	240	8	1.5	15	310	29	4	14	X	X		X	X					X		RT
General Tso Chicken & Brown Rice Bowl	1 Serving	330	4.5	0.5	40	361	56	2	15	X	X		X	X	X						
Chicken, General Tso	1 Serving	170	3	0.5	40	361	23	0	11	X			X	X	X						

	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	EGGS	TNuts	P.Nuts	Seed	Fish	Pork	Notes
Rice, Brown	1 Cup	160	1.5	0	0	0	33	2	4												
Hamburger	1 Hamburger	274	10	3	35	483	28	4	19	X	X		X	X							
Hot Dog, Beef & Bun	1 Hot Dog	305	17	7	35	845	27	2	11	X	X		X								
Hot Dog, Beef & Bun, Banh Mi	1 Hot Dog	317	17	7	35	853	30	3	12		X		X	X							
Hot Dog, Beef & Bun, Sonoran	1 Hot Dog	345	20	8	40	1000	29	3	13	X			X	X						X	
Hot Dog, Beef & Bun, Tijuana	1 Hot Dog	358	20	8	40	974	31.7	3.7	13.5	X			X	X						X	
Kung Pao Chicken & Brown Rice Bowl	1 Serving	287	4.5	1	44	363	44	2	18	X	X		X	X	X						
Chicken, Kung Pao	1 Serving	127	3	1	44	363	11	0	14	X			X	X	X						
Rice, Brown	1 Cup	160	1.5	0	0	0	33	2	4												GF
Loaded Baked Potato & Muffin	1 Serving	713	21	9	122	732	105	10.5	26	X	X	X	X	X	X						
Muffin, Apple Cinn. 4 oz	1 Muffin	380	12	4	80	260	61	4	7	X			X	X	X						
Potato, Loaded	1 Potato	333	9	5	42	472	44	6.5	19		X	X		X							
Macaroni & Cheese	2/3 Cup	290	11	6	30	980	32	1	16	X	X	X	X		X						
Macaroni & Cheese, Jalapeno	2/3 Cup	291	11	6	30	980	32	1	16	X	X	X	X		X						
Mini Cheeseburgers	2 Mini Burgers	320	13	6	40	480	36	4	17	X	X	X	X	X							
Mini Corn Dogs - Elem	5 Mini Corn Dogs	213	10	2	19	550	22.5	1.25	7.5	X	X	X	X	X	X						
Mini Corn Dogs - HS	7 Mini Corn Dogs	298	14	2.5	26	770	31.5	1.75	10.5	X	X	X	X	X	X						
Nacho Bites	8 Pieces	270	10	4	15	440	32	3	11	X	X	X	X	X							
Nachos, Carnitas	1 Serving	617	28	11.5	80	1500	59.6	8.6	32.6	X		X		X							
Orange Chicken & Brown Rice Bowl	1 Serving	310	4.5	0.5	40	280	52	2	15	X	X		X	X	X						
Chicken, Mandarin Orange	1 Serving	150	3	0.5	40	280	19	0	11	X			X	X	X						
Rice, Brown	1 Cup	160	1.5	0	0	0	33	2	4												GF
Pepperoni Pizza Bites	4 Pieces	271	10	2.5	15	572	29	4	3	X	X	X	X	X							WT & B

	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	P.Nuts	Seed	Fish	Pork	Notes
Pizza, 4 x 6 Cheese	1 Slice	300	11	5	25	440	33	4	16	X	X	X	X	X							
Pizza, 4 x 6 Pepperoni	1 Slice	300	12	5	25	530	33	4	16	X	X	X	X	X						X	B
Pizza, French Bread Cheese	1 Pizza	300	11	4	20	460	34	3	17	X	X	X	X	X							
Pizza, Personal Pan Pepperoni	1 Pizza	360	16	7	35	570	34	3	20	X	X	X	X	X							NP
Pizza, Primo 4 Meat	1 Slice	370	17	7	40	650	36	3	20	X	X	X	X	X						X	
Pizza, Primo Buffalo Chicken	1 Slice	390	19	7	45	750	35	3	20	X	X	X	X	X							
Pizza, Primo Cheese	1 Slice	360	16	7	35	470	36	3	21	X	X	X	X	X							
Pizza, Primo Pepperoni	1 Slice	370	16	7	40	550	35	3	21	X	X	X	X	X							WT & B
Pizza, Sardella's Cheese	1 Slice	332	12	8	30	632	36	1	20.5	X		X	X								
Pizza, Sardella's Pepperoni	1 Slice	378	16	8	49.5	899	37	4	22	X		X	X							X	
Pizza, Sicilian Cheese	1 Slice	302	16	7	22	656	23	1	17	X		X	X	X							
Pizza, Sicilian Pepperoni	1 Slice	328	19	8	29	744	23	1	18	X		X	X	X						X	
Pizza, Stuffed Crust Pepperoni	1 Slice	356	16	5.5	21	938	35	3	16	X		X	X	X						X	
Pizza, Stuffed Crust Cheese	1 Slice	330	14	4.5	15	850	36	3	15	X		X	X	X							
Popcorn Chicken Bowl with Roll	1 Serving	567	21	2.5	25	800	76	8	23	X	X	X	X	X							
Popcorn Chicken, whole grain	12 Pieces	250	15	2.5	25	380	15	3	15		X		X	X							
Mashed Potatoes	1/2 Cup	70	1	0	0	19	15	1	1		X	X									
Gravy, Poultry low sodium	2 Ounces	20	0.5	0	0	140	3	0	0	X	X	X		X		c					
Corn	1/2 Cup	67	1	0	0	1	16	2	2	X	X										
Roll, whole grain	1 Roll	160	3.5	0.5	0	260	27	2	5		X	X	X	SO	X						
Popcorn Chicken, Spicy	12 Pieces	250	14	2.7	21.8	370	16.4	2	14	X			X	X							
Popcorn Chicken, Regular	12 Pieces	250	15	2.5	25	380	15.3	3	15	X			X	X							
Protein Box, Deli	1 Box	402	25	9.5	66	1289	25	4	22	X		X	X	X							

	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	PNuts	Seed	Fish	Pork	Notes
Protein Box, Eggcellent	1 Box	534	18	5	34	276	77.6	6.6	16.5	X		X	X	X							
Protein Box, Mediterranean	1 Box	276	7	4	15	344	42.5	4	11	X		X	X	X							
Protein Box, Peanut Butter	1 Box	612	21.5	7.5	25	380	95	12	16	X		X	X	X			X				
Protein Box, Seed Power	1 Box	628	42	13	50	875	40	6	22	X		X	X	X				SU			
Protein Box, WT	1 Box	400	13.5	1.5	45	1169	38.5	3	24	X		X	X	X	X						
Quesdilla, Bean & Cheese	1 Quesadilla	496	28.5	15	72.5	795	35.5	5	23.5	X		X	X								
Quesadilla, Cheese	1 Quesadilla	386	22.5	12	60	620	27	3	18	X		X	X								
Quesadilla, Cheesy Fajita	1 Quesadilla	409	23	12	60	623	32	4.4	18.7	X		X	X								
Quesadilla, Chicken	1 Quesadilla	432	24.8	12.6	86.6	753	27.6	3	23.6	X		X	X	X							
Ravioli, Mini w/ Marinara Sauce	1 Serving	275	7	2	25	416	37	3	15	X		X	X		X						
Roll Up, Spicy Ranch Egg	1 Roll Up	514	33	8	365	1003	36	3.6	22	X		X	X	X	X						
Salad, Asian Chicken	1 Salad (no dressing)	332	18	3	25	509	29	7	18	X			X	X							
Salad, Bistro Spinach	1 Salad (no dressing)	278	12	4	235	288	12	3.8	30.6	X		X		X							
Salad, BLT	1 Salad (no dressing)	257	7.6	3	15	762	29.5	10.5	15.5			X								X	
Salad, Chef	1 Salad (no dressing)	234	12	6	222	660	9	2	25	X		X			X					X	
Salad, Chicken Caesar Kale- HS	1 Salad (no dressing)	240	7	1.5	65	558	16	5.3	28.3	X		X	X	X							
Salad, Chicken Caesar Salad - Elem	1 Salad (no dressing)	167	8	2.6	72	413	6	2	17	X		X		X							
Salad, Chicken Caesar Salad - HS	1 Salad (no dressing)	196	5	1.5	65	418	10	6	27	X		X		X							
Salad, Cobb	1 Salad (no dressing)	259	17	7.5	213	658	10	3	20	X		X		X						X	
Salad, Cran-Apple	1 Salad (no dressing)	412	15	2.5	25	380	57	10	15	X			X	X							
Salad, Fiesta	1 Salad (no dressing)	418	15	2.7	21.8	523	49	14	23.8	X			X	X							
Salad, Garden	1 Salad (no dressing)	222	14	7.5	200	247	8.5	2.7	15			X		X							
Salad, Popcorn Chicken	1 Salad (no dressing)	307	17.5	4	32.5	435	20.7	5	18	X		X	X	X							

	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	EGGS	TNuts	P.Nuts	Seed	Fish	Pork	Notes
Salad, Southwest Chicken	1 Salad (no dressing)	208	11	5	82	464	8.5	3.25	19	X		X		X							
Salad, Spicy Popcorn Chicken	1 Salad (no dressing)	313	17	4	29	455	23	5.5	18	X		X	X	X							
Salad, Spinach Berry Chicken	1 Salad (no dressing)	160	3	0.5	60	321	8	4	24	X				X							
Sandwich, BBQ Pork Rib	1 Sandwich	414	14	4.8	45	1142	53	4	19	X		X	X	X						X	
Sandwich, BBQ Pulled Beef	1 Sandwich	322	6	2	63	525	41	3	27	X			X								
Sandwich, BBQ Pulled Pork	1 Sandwich	342	7	2	67.5	539	42	2.6	26	X			X							X	
Sandwich, Sriracha BBQ Pulled Pork,	1 Sandwich	342	7	2	67.5	539	42	2.6	26	X			X							X	
Sandwich, California WT	1 Sandwich	346	16	7	52	1169	27	3	23	X		X	X	X						X	
Sandwich, Cheesy Fajita Chicken Sub	1 Sandwich	344	13	4.6	95	877	29.5	3.2	27	X		X	X	X							
Sandwich, Cheesy Fish Sandwich	1 Sandwich	364	13	4	30	753	40	3.6	21	X		X	X	X					X		Trout
Sandwich, Chicken Parmesan Sub	1 Sandwich	464	20	4	31	770	31	7	23.6	X		X	X	X							
Sandwich, Chicken Patty	1 Sandwich	384	15	2.8	25	702	41	5.6	20	X			X	X							
Sandwich, Clux Delux	1 Sandwich	384	11	1.8	50	722	43	4.6	24	X			X	SO							
Sandwich, Egg Salad on Croissant	1 Sandwich	675	33	11	354	1019	88	4.7	25	X		X	X	X	X			MS			
Sandwich, Greek W/ Pita	1 Sandwich	305	6.6	3	44	511	36	5	22	X		X	X	X							
Sandwich, Grilled Cheese	1 Sandwich	402	23.4	14.8	60	860	30	2.8	16.7	X		X	X	X							
Sandwich, Grilled Chicken	1 Sandwich	264	4.4	1	60	563	27	3	28	X			X	X							
Sandwich, Ham	1 Sandwich	300	12	6	53	1043	33	3	21	X		X	X	X						X	
Sandwich, Ham & Cheese Pretzel Melt	1 Sandwich	277	9	4.6	45	674	34	3	18	X		X	X	X						X	
Sandwich, Meatball Sub	1 Sandwich	406	18	6.6	51	685	39	4	22	X		X	X	X							
Sandwich, Philly Cheesesteak	1 Sandwich	354	14	6	57	885	31	3	23.5	X		X	X	X							
Sandwich, Spicy Chicken Patty	1 Sandwich	414	17	3	25	643	43	6	21	X			X	X							
Sandwich, Spicy Clux & Slaw	1 Sandwich	537	22	3	51	980	71	7.8	25	X		X	X	X	X	X					

	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	P.Nuts	Seed	Fish	Pork	Notes
Sandwich, Spicy Grilled Chicken	1 Sandwich	244	5	1	40	473	27	3	22	X			X	X							
Sandwich, Sriracha Cheesy Fish	1 Sandwich	364	13	4	30	753	39	4	21	X		X	X	X					X		RT
Sandwich, Sunwise, Grape, 2.8 oz.	1 Sandwich	310	15	2	0	300	33	4	9	X			X	X				SF			
Sandwich, Tuna Salad Croissant	1 Sandwich	382	16	4.5	40	909	58	3	24	X		X	X	X	X				TU		
Sandwich, Uncrustable, Grape, 2.6 oz.	1 Sandwich	300	17	3	0	280	32	4	9				X	SO			X				
Sandwich, Uncrustable, Grape, 5.3 oz.	1 Sandwich	600	33	6	0	540	64	7	18				X	SO			X				
Sandwich, Uncrustable, Straw, 2.6 oz.	1 Sandwich	300	17	3	0	280	32	4	9				X	SO			X				
Sandwich, Uncrustable, Straw, 5.3 oz.	1 Sandwich	600	34	6	0	540	64	7	18				X	SO			X				
Sandwich, Veggie	1 Sandwich	340	16	9	40	1009	33	4	18	X		X	X	X							
Shrimp Bites	20 Pieces	230	11	1.5	55	500	22	3	12	X		X	X	X							SF
Sichuan Chicken & Brown Rice Bowl	1 Serving	300	5	1	70	350	44	2	19	X			X	X							
Chicken, Sichuan	1 Serving	140	3.5	1	70	350	11	0	15	X			X	X							
Rice, Brown	1 Cup	160	1.5	0	0	0	33	2	4												
Soup, Tomato	1 Cup (prepared)	90	0	0	0	480	20	1	2	X			X	X							
Spaghetti & Meatballs	1 Serving	420	14.5	5	45	410	54	8	23	X		X	X	SO							
Meatballs	1 Serving	180	12	5	45	270	3	0	13	X		X	X	SO							
Sauce, Spaghetti	1/2 Cup	60	1	0	0	140	12	2	2					SO							
Spaghetti	1 Serving	180	1.5	0	0	0	39	6	8				X		X						
Stuffed Breadsticks w/ Marinara Sauce	1 Serving	304	7.6	4	19	816	47	5	14	X		X	X	X							
Breadsticks, Stuffed	2 Breadsticks	264	6.6	4	19	586	40	4	13	X		X	X	X							
Sauce, Marinara	1 Cup	40	1	0	0	230	7	1	1					SO							
Super Nachos, Beef	1 Serving	536	25	12	99	1121	50	7	34.5	X		X		X							
Sweet Southern Brunch	1 Serving	595	21.5	5	50	1105	83	5.5	17.5	X		X	X	X	X					X	

	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	PNuts	Seed	Fish	Pork	Notes
Maple Mini Pancakes	1 Serving	210	6	1	10	320	35	4	4	X		X	X	X	X						
Pork Sausage Patties	2 Patties	140	9	3	40	480	2	0	12	X										X	
Syrup	1 Serving	120	0	0	0	45	31	0	0	X											
Hash Brown Square	1 Square	125	6.5	1	0	260	15	1.5	1.5	X				SO							
Taco Salad, Beef	1 Serving	463	29.5	8	70.4	173	26.7	3	22.6	X		X		X							GF
Taco Salad, Build Your Own Beef	1 Serving	445	29	8	70.4	165	23.4	1	21.5	X		X		X							GF
Taco Salad, Chicken	1 Serving	401	23	5	82	431	28	3	22	X		X		X							
Taco, Fish Street - 2 Tacos	1 Serving	402	16	2.5	55	570	49	4.6	18	X		X	X	X	X				X		
Taco, Gordita, Beef	1 Taco	366	18	7	70.5	306	27	3	22.5			X	X	X							
Taco, Gordita, WT	1 Taco	298	10	4.5	65	621	29	3	23.5	X		X	X	X							
Taco, Pork Carnitas- 3 Tacos	1 Serving	320	8.5	2.4	50	483	39.5	3.5	21	X				X						X	
Taco, Soft, Beef	1 Serving	385	21	7	70.5	395	24.6	2	22.5	X		X	X								
Taquito, Chicken & Cheese	1 Taquito	140	6	1.5	15	400	15	2	8	X		X	X	X							
Teriyaki Beef & Brown Rice Bowl	1 Serving	320	9.5	3.5	40	440	39	3	18	X			X	X							
Rice, Brown	1 Cup	160	1.5	0	0	0	33	2	4												
Teriyaki Beef Dippers	4 Pieces	160	8	3.5	40	440	6	1	14	X			X	X							
Teriyaki Chicken & Brown Rice Bowl	1 Serving	290	5	1	70	480	43	2	20	X			X	X							
Chicken, Teriyaki	1 Serving	130	3.5	1	70	480	10	0	16	X			X	X							
Rice, Brown	1 Cup	160	1.5	0	0	0	33	2	4												
Teriyaki Chicken Quinoa Bowl	1 Serving	511	11	1	70	559	69	12	31				X	X							
Tostada, Bean & Cheese- 2 Tostadas & Scoops	1 Serving	339	16	7	19	271	36	3	9	X		X		X							
Turkey Taco Totchos W/ Gordita Bread	1 Serving	570	27	8	63	1222	60	5.5	24	X		X	X	X							
WT Chili & Cornbread Muffin	1 Serving	278	9.5	2.4	66	471	27	1.5	20	X		X	X	X	X						

	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	PNuts	Seed	Fish	Pork	Notes
Cornbread Muffin	1 Muffin	148	5	0.9	11	91	23	1.5	3	X		X	X	X	X		PF				
WT Chili	1 Serving	130	4.5	1.5	55	380	4	0	17	X											
Wrap, Buffalo Chicken	1 Wrap	494	24	5.5	40	746	47	7.5	23.5	X		X	X	X							
Wrap, Chicken Caesar - Elem W/ Dressing	1 Wrap	545	35	7	105	1194	34	4	25	X		X	X	X	X				X		
Wrap	1 Wrap	336	14	3	85	734	31	4	24	X		X	X	X	X				X		
Caesar Dressing (on the side)	1 Packet	210	21	4	20	460	3	0	1	X		X	X	X	X				X		
Wrap, Chicken Caesar - HS W/ Dressing	1 Wrap	524	30	5.5	85	1113	33	4	30	X		X	X	X	X				X		
Wrap	1 Wrap	314	11	1.5	65	653	30	4	29	X		X	X	X	X				X		
Caesar Dressing (on the side)	1 Packet	210	21	4	20	460	3	0	1	X		X	X	X	X				X		
Wrap, Curried Chickpea	1 Wrap	560	27	7.5	25	1906	59	17	21	x		X	X	X							
Curried Wrap	1 Wrap	450	18	1.5	0	1706	59	17	14	X			X	X							
Cheese, String, Colby Jack	1 String Cheese	110	9	6	25	200	0	0	7			X									
Wrap, Mediterranean Veggie	1 Wrap	462	28	15	74	1214	34	4	19	X		X	X	X							
Wrap, WT & Bacon	1 Wrap	369	15	5	54	958	30	4.5	27	X		X	X							X	
Wrap, Veggie	1 Wrap	447	26	14	70	1104	35	4	19	X		X	X	X							
Yogurt Lunch Box (Yogurt, Muffin, String Cheese)	1 Serving	298	12	6.5	48	334	33.5	1.8	13.4	X		X	X	X	X	X					
Muffin, Apple, WG, 2 oz.	1 Muffin	117	3.2	0.4	18	74	19.5	1.8	2.4	X		X	X	SB	X		FF				Citrus
Muffin, Banana, WG, 2 oz.	1 Muffin	120	3.3	0.5	18	74	20	1.8	2.4	X		X	X	SB	X		FF				
Muffin, Blueberry, WG, 2 oz.	1 Muffin	118	3.3	0.5	18	74	19.5	1.8	2.4	X		X	X	SB	X		FF				
Cheese, String, Colby Jack	1 String Cheese	110	9	6	25	200	0	0	7			X									
Yogurt, Danimals, Strawberry	4 oz Yogurt	70	0	0	5	60	14	0	4	X		X									GF
Yogurt, Danimals, Strawberry Banana	4 oz Yogurt	70	0	0	5	60	14	0	4	X		X									GF
Yogurt, Danimals, Raspberry	4 oz Yogurt	70	0	0	5	60	14	0	4	X		X									GF

Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	PNuts	Seed	Fish	Pork	Notes
Grains																				
Animal Crackers, WG	1 Bag	130	4	1	0	110	21	2	2			X	X							
Bread Slice, Banana, WG	1 Slice	280	10	2	0	220	44	2	5	X		X	X	X						PF
Bread Slice, Pumpkin, WG	1 Slice	270	10	2	0	220	43	2	6	X		X	X	X						PF
Bread Slice, Zucchini, WG	1 Slice	270	10	2	0	220	43	2	5	X		X	X	X						PF
Bread, Gordita Loco, WG, Round	1 Each	130	1	0	0	140	26	3	4		X	X	X							
Bread, Gordita Loco, WG, Square	1 Each	150	1	0	0	135	26	3	4		X	X	X							
Breadstick, WG	1 Each	120	1.5	0	0	180	21	2	4		X	X	SO							
Cheez-It, Atomic Cheddar, WG	1 Bag	100	3.5	1	0	200	14	1	2	X		X	X							
Cheez-It, Cheddar, WG	1 Bag	100	3.5	1	<5	150	14	1	2		X	X	X							
Chips, Baked Lay's, BBQ	1 Bag	110	2.5	0	0	170	19	2	2	X		X	X							
Chips, Baked Lay's, Original	1 Bag	140	4	0.5	0	180	24	2	2	X		X	X							
Corn Star, WG	1 Each	148	5	0.9	11	91	23	1.5	2.8	X		X	X	X		FF				
Crunch Bar, Cherry Apple, WG	1 Each	260	8	2	0	90	42	3	3		X	X	X							
Crunch Bar, Lemon Chip, WG	1 Each	260	8	2	5	160	42	2	4		X	X	X							
Elf Graham, Chocolate	1 Pack	120	4	1	0	125	20	2	2	X		X	X							
Elf Graham, Cinnamon	1 Pack	120	4	1	0	105	21	1	2			X	X							
Elf Graham, Original	1 Pack	120	4	1	0	105	21	1	2			X	X							
English Muffin, WG	1 Each	130	1.5	0	0	200	24	3	6			X	SO			FF				
Goldfish Cracker, Cheddar, WG	1 Pack	100	4	0.5	0	170	14	1	2		X	X								
Goldfish Cracker, Giant Graham, Oats & Honey, WG	1 Pack	120	4	1	0	115	19	1	1	X		X	X							
Goldfish Cracker, Pretzel, WG	1 Pack	90	1.5	0	0	200	16	1	2	X		X	X							
Goldfish Cracker, Xtra Cheddar, WG	1 Pack	90	3.5	0.5	0	200	14	1	2	X		X	X							
Graham Crackers, Bug Bites, WG	1 Bag	120	3.5	1	0	115	21	1	2	X		X	X							
Graham Crackers, Honey	1 Pack	90	2.5	0	0	95	16	1	1			X	X							
Graham Crackers, Honey Maid Lil' Squares, WG	1 Bag	130	3	0	0	150	24	2	2			X	SO							
Gripz, Chocolate Chip Grahams	1 Bag	120	3.5	1.5	0	80	20	3	2	X		X	X							
Gripz, Cinnamon, Grahams	1 Bag	100	3	1	0	80	19	3	2	X		X	X							
Muffin, Apple Cinnamon, WG, 4 oz.	1 Muffin	380	12	4	80	260	61	4	7	X		X	X	X						
Muffin, Apple, WG, 2 oz.	1 Muffin	117	3.2	0.4	18	74	19.5	1.8	2.4	X		X	X	SB	X	FF				Citrus
Muffin, Banana Loaf, WG, 2 oz.	1 Muffin	199	5.25	1	19	78	35.5	2	2.5	X		X	X	SB	X	FF				Citrus
Muffin, Banana, WG, 2 oz.	1 Muffin	120	3.3	0.5	18	74	20	1.8	2.4	X		X	X	SB	X	FF				
Muffin, Blueberry Loaf, WG, 2 oz.	1 Muffin	196	5.25	0.9	19	78	35	2.1	2.5	X		X	X	SB	X	FF				Citrus
Muffin, Blueberry, WG, 2 oz.	1 Muffin	118	3.3	0.5	18	74	19.5	1.8	2.4	X		X	X	SB	X	FF				
Muffin, Blueberry, WG, 4 oz.	1 Muffin	380	12	4	85	270	61	4	6	X		X	X	X						
Muffin, Double Chocolate, WG, 2 oz.	1 Muffin	200	6	2	40	130	32	2	4	X		X	X	SB	X	FF				

	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	PNuts	Seed	Fish	Pork	Notes
Nature Valley Crisps, Chocolate Chip	1 Pack	150	5	1	0	135	25	2	3	X		X	X	X							
Nature Valley Crisps, Cinnamon	1 Pack	150	5	0.5	0	140	25	2	3	X			X								
Oatmeal Bar, Chocolate Chip	1 Each	150	5	1	0	105	24	2	2	X		X	X	X	X						
Oatmeal Bar, Double Chocolate	1 Each	150	5	1	0	105	24	2	2	X		X	X	X	X						
Pop Tart, Cinnamon Frosted, WG, 1 pastry/pack	1 Pack	180	2.5	1	0	190	37	3	2	X			X	X							
Pop Tart, Strawberry Frosted, WG, 1 pastry/pack	1 Pack	180	2.5	1	0	180	38	3	2	X			X	X							
Popcorn, White Cheddar, WG	1 Bag	70	2.5	0	0	110	9	2	2	X		X									GF
Pretzel, Soft Rod	1 Rod	70	0.5	0	0	40	14	1	2	X			X								
Rice Krispies Treat, Chocolate Chip, WG	1 Each	160	4	1	0	140	30	1	2	X		X		X							
Rice Krispies Treat, WG	1 Each	160	4	1	0	140	30	1	2	X		X		X							
Roll, WG	1 Each	160	3.5	0.5	0	260	27	2	5			X	X	X	X						
Simply Chex, Cheddar, WG	1 Bag	110	2.5	0.5	0	135	20	2	2	X		X	X	SO							
Simply Chex, Chocolate Caramel, WG	1 Bag	120	4	1	0	65	21	2	2	X		X	X	X							
Simply Chex, Strawberry Yogurt, WG	1 Bag	120	3	1	0	55	23	2	2	X		X	X	X							
Sun Chips, Snack Mix, Harvest Cheddar, WG	1 Bag	110	4	0	0	200	15	2	2	X		X	X								
Toast, Texas Garlic	1 Slice	100	3	0	0	130	15	2	3	X		X	X	X							
Tostitos Baked Scoop Chips, 23 chips - HS	23 Chips	120	3	0.5	0	140	22	2	2	X											GF
Tostitos Baked Scoop Chips, bag	1 Bag	110	2.5	0	0	125	19	2	2	X											GF

Fruit

Apples, Fresh	1 Each	95	0.31	0	0	2	25	4.39	0.46												
Apples, Fresh, Sliced (Green or Red)	3.57 Oz.	52	0	0	0	0	14	4	0												
Applesauce, Unsweetened Peach	4.5 oz (1 container)	50	0	0	0	0	14	<1	0												
Applesauce, Unsweetened Strawberry	4.5 oz (1 container)	50	0	0	0	0	14	1	<1												
Applesauce, Canned	1/2 cup	90	0	0	0	15	23	1	0	X											
Banana, Raw	1 Each	105	0.3	0	0	1	27	3	1												GF
Berries, Mixed, Chilled	1/2 cup	35	0	0	0	0	10	2	0												GF
Blueberries, Raw	1/2 cup	49	0.28	0	0	1	12.3	2	0.63												GF
Cantaloupe, Raw	1/2 cup	29.6	<1	0	0	13	6.5	0.7	0.6												GF
Craisins, Dried Cranberries (Blueberry, Cherry, Orange, Strawberry)	1 Pouch	110	0	0	0	0	28	3	0												
Fruit Ice, Side Kicks (Blue Raspberry Lemon, Kiwi Strawberry, Strawberry Mango)	1 Each	90	0	0	0	30	22	0	0	X											
Grapefruit, Raw	1/2 Cup	48	0	0	0	0	12.3	1.8	0.89												GF

	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	PNuts	Seed	Fish	Pork	Notes
Grapes, Raw (Green/Red)	1/2 Cup (15 grapes)	57	0.1	0	0	1.5	13.9	0.6	0.5												GF
Honeydew, Raw	1/2 Cup	34	<1	0	0	15	7	0.6	0.4												GF
Kiwi, Raw	1/2 Cup, sliced	61	0.5	0	0	2.7	13	2.7	1												GF
Mandarin Oranges, Canned	1/2 Cup	70	0	0	0	10	17	1	1												
Mango, Chunks, Chilled	1/2 Cup	45	0	0	0	0	11.5	1	0												GF
Mixed Fruit, Canned, Drained	1/2 Cup	60	0	0	0	5	15	1	0	X											
Oranges, Raw	1 Each	109	0.47	0	0	3.18	24.6	7	2												GF
Peaches, Frozen, Diced Cup	4.4 oz (1 container)	80	0	0	0	0	19	1	1												
Peaches, Raw	1 Each	50	0.28	0.02	0	0	10.7	1.6	1												
Peaches, Sliced, Extra Light Syrup, Canned	1/2 Cup	60	0	0	0	10	14	0	0	X											
Pears, Diced, Extra Light Syrup, Canned	1/2 Cup	60	0	0	0	5	16	2	0												
Pineapple, Canned	1/2 Cup	70	0	0	0	10	17	1	1												
Plums, Raw	1 Each	33	0.1	0	0	0	7.5	1	0.5												
Pluot, Raw	1 Each	80	0	0	0	0	19	3	1												
Strawberries, Frozen Diced Cup	4.5 oz (1 container)	90	0	0	0	0	22	2	1												
Strawberries, Raw	6 Strawberries	23	0.25	0	0	1	5.5	1.5	0.5												GF
Tangerines, Raw	1 Each	60	0.31	0	0	2	13	1.8	0.81												GF
Watermelon, Raw	1/2 Cup	52	0.2	0	0	1.5	11.4	0.6	0.9												GF

Vegetables

Beans, Black, Unseasoned, Canned	1/2 Cup	90	0.5	0	0	360	16	5	6												GF
Beans, Dark Red Kidney, Canned	1/2 Cup	170	0.5	0	0	360	29	8	12	X											GF
Beans, Garbanzo, Canned	1/2 Cup	110	2	0.5	0	360	18	8	6												GF
Beans, Green, Canned	1/2 Cup	20	0	0	0	290	4	2	1												GF
Beans, Pinto, Canned	1/2 Cup	120	0	0	0	360	21	5	7												
Beans, Pinto w/ Green Chile	1/2 Cup	101	1	0	0	146	18	6	6												
Beans, Pinto, Ranch Style, Canned	1/2 Cup	130	2.5	0.5	5	550	21	7	6					X							
Beans, Pork & Beans, Canned	1/2 Cup	130	1.5	0.5	13	500	23	8	7	X										X	
Beans, Refried with Cheese	3.65 oz (wt)	220	12	3	25	350	17	4	11			X		X							GF

	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	PNuts	Seed	Fish	Pork	Notes
Beans, Vegetarian, Low Sodium, Canned	1/2 Cup	110	1	0	0	140	20	5	7												GF
Beans, Buffalo Chickpeas	1/2 Cup	110	2	0	0	1200	18	8	6												GF
Beans, Chipotle BBQ 3-Bean Salad	1/2 Cup	149	3	1	4	533	25	8	7	X		X								X	GF
Beans, Italian 3-Bean Salad	1/2 Cup	123	4	0	0	314	16	5	5												GF
Bell Peppers, Mixed	1/2 Cup	15	0	0	0	2	3	0	0												GF
Broccoli, Raw	1/2 Cup	18	0.16	0	0	14.8	3	1	1.2												GF
Broccoli, Roasted Garlic	1/2 Cup	37	2.4	0	0	14.8	3.6	1	1.2												GF
Carrots, Baby, Raw	1/2 Cup	30	0	0	0	50	6.9	2	0.6												GF
Cauliflower, Curry Sriracha	1/2 Cup	36	2.2	0.1	0	579	2.8	1	1												GF
Cauliflower, Raw	1/2 Cup	16	0	0	0	16	2.7	1	1												GF
Cauliflower, Raw, Carnival	1/2 Cup	13	0	0	0	16	2.6	1.1	1												GF
Celery, Raw	3 Stalks (5" long)	8	0	0	0	40	2	1	0												GF
Chickpeas, Curried	1/2 Cup	188	9	1	0	962	21	8	6												
Corn, Frozen	1/2 Cup	67	0.75	0	0	7.4	14	1.5	2.25	X											GF
Corn, Mexicali	1/2 Cup	84	2.8	1	5	1	16	2	2	X		X									GF
Cucumber, Raw, Slices	1/2 Cup	8	0	0	0	1	2	0.25	0												GF
Edamame	1/2 Cup	110	3.5	0	0	5	11	4	5					X							GF
Edamame, Garlic & Herb	1/2 Cup	110	2.5	0	0	5	11	4	5												GF
Jicama, Raw	1/2 Cup	26	0	0	0	2.8	6	3.4	0.6												GF
Kale, Raw	1 Cup	8	0	0	0	6	1.4	1	0.68												GF
Potatoes, French Fries, Buffalo Style	1/2 Cup	170	8	1	0	430	23	3	3	X			X	X							
Potatoes, French Fries, Crinkle Cut	1/2 Cup	120	4	1	0	25	20	2	2	X			X	SO							
Potatoes, French Fries, Curly, Ranch Flavor	1/2 Cup	120	4.5	0.5	0	290	17	2	2	X			X	SO							
Potatoes, French Fries, Lattice Cut	1/2 Cup	170	7	1	0	15	22	3	2	X				SO							GF
Potatoes, French Fries, Garlic Parm Lattice	1/2 Cup	175	7	1	0	27	22	3	2	X		X		X							
Potatoes, French Fries, Savory Wedge	1/2 Cup	125	4	0.5	0	144	20	2	2	X				SO							
Potatoes, French Fries, Shoestring	1/2 Cup	100	3.5	0.5	0	15	16	1	2	X		X	X	SO							
Potatoes, French Fries, Steak Cut	1/2 Cup	120	4	0.5	0	135	20	2	1	X				X							
Potatoes, Hash Brown, Cubed	1/2 Cup	110	4	0.5	0	15	19	2	2	X				SO							GF
Potatoes, Hash Brown, Square Patties	1/2 Cup	250	13	2	0	520	30	3	3	X				SO							GF

	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	PNuts	Seed	Fish	Pork	Notes
Potatoes, Mashed	1/2 Cup	70	1	0	0	350	15	1	1			X									GF
Potatoes, Scalloped	1/2 Cup	120	1.5	0	0	460	25	2	3	X		X	X	X							
Potato, Smiles	1/2 Cup	130	4.5	0.5	0	180	20	2	2	X			X	SO							
Potatoes, Sweet, Rounds/Coins	1/2 Cup	160	5	1	0	140	26	4	2	X				X							
Potatoes, Tator Tots	8 Tots (1/2 cup)	120	7	1	0	180	14	1	1	X				SO							GF
Romaine Lettuce, Raw, Shredded	1 Cup	12	<1	0	0	5	2	1.3	0.7												GF
Salad, Greek	1/2 Cup	42	3.5	1	2.76	94	1.8	0.7	1.2	X		X	X	X							
Salad, Caesar	1/2 Cup	81	7	1.5	8	163	3	0.7	2	X		X	X	X	X				X		
Salad, Broccoli	1/2 Cup	50	2	0.4	0.8	82	12	1.2	1	X					X						
Salad, Berry Delicious Salad	1/2 Cup	55	0.1	0	0	44	13	2	0.7	X								X			
Salad, Corn & Black Bean	1/2 Cup	93	0.5	0	0	268	19	5	4.7	X											
Salad, Italian 3-Bean	1/2 Cup	113	4	0.3	0	317	14	4.5	4.7	X											GF
Salad, Garbanzo Bean Salad	1/2 Cup	138	6.5	0.7	0	406	15	6	4.7	X											
Salad, Garden Bulk	1/2 Cup	38	2.7	1	0	84	2.3	1.1	1.6			X	X	X					X		
Salad, Harvest	1/2 Cup	21	0	0	0	52	5	1	0	X								X			
Salad, Cran-Apple (side)	1/2 Cup	163	11.5	1.5	0	338	16	3	0	X								X			
Salad, Zesty Ranch Cabbage Crunch	1/2 Cup	40	2.8	0.4	2	128	6	2	0.4	X		X		X	X						
Spinach, Raw	1 Cup	9	<1	0	0	0	1	<1	<1												GF
Squash, Butternut, Chili Roasted	1/2 Cup	62	2.4	0.2	0	111	11	3	1												GF
Tomatoes, Cherry, Raw	1/2 Cup	13	0	0	0	4	3	<1	0.6												GF
Zucchini, Raw	1/2 Cup	15	0.2	0	0	2	2	0.7	1.8												GF

Salad Dressing

Caesar, Creamy, 1.5 oz pkt	1 Packet	210	21	4	20	460	3	0	1	X		X		X	X					AN		GF
Asian	2 Tablespoons	91	5	0.8	0	364	10	0	0.5	X			X	X				X				
Balsamic Vinaigrette	2 Tablespoons	100	11	1.5	0	320	1	0	0	X		X		SO								
Balsamic, Vinaigrette, 1.5 oz pkt	1 Packet	170	17	2.5	0	330	3	0	0	X				SO								
Country French, 1.5 oz pkt	1 Packet	180	15	2.5	0	490	12	0	0	X				SO	X							GF
Honey Mustard	2 Tablespoons	140	12	2	10	150	8	0	1	X				SO	X						MS	
Italian, Fat Free, 1.5 oz. pkt	1 Packet	25	0	0	0	330	4	0	0	X				SO								
Poppy Seed	2 Tablespoons	128	11.8	1.8	0	131	5	0	0	X				SO				X				

	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	PNuts	Seed	Fish	Pork	Notes
Ice Cream, Choc Sundae Crunch Bar, Low Fat	1 Each	160	5	1.5	5	30	27	2	3	X		X	X	X		SE	SE				
Ice Cream, Chocolate, Low Fat, Cup	1 Each	100	5	3	25	40	13	0	2	X		X									GF
Ice Cream, Fudge Bar	1 Each	130	1.5	1	0	65	26	0	4	X		X									GF
Ice Cream, Orange Dream Bar	1 Each	100	1.5	1	5	25	20	0	1	X		X				SE	SE				GF
Ice Cream, Sandwich, Low Fat	1 Each	120	1.5	1	0	105	26	2	3	X		X	X	X		SE	SE				GF
Ice Cream, Straw Sundae Crunch Bar, Low Fat	1 Each	150	5	1.5	5	65	24	1	2	X		X	X	X		SE	SE				GF
Ice Cream, Strawberry, Low Fat, Cup	1 Each	90	4.5	3	20	35	11	0	2	X		X									GF
Ice Cream, Vanilla, Low Fat, Cup	1 Each	90	4.5	3	20	40	12	0	2	X		X									GF
Sherbet, Lime, Cup	1 Each	110	1	0.5	5	15	25	0	1	X		X									GF
Sherbet, Raspberry, Cup	1 Each	110	1	0.5	5	15	25	0	1	X		X									GF
Sherbet, Orange, Cup	1 Each	110	1	0.5	5	15	25	0	1	X		X									GF
Yogurt, Danimals, Strawberry 4 oz	1 Yogurt	70	0	0	5	60	14	0	4	X		X									GF
Yogurt, Danimals, Strawberry Banana 4 oz	1 Yogurt	70	0	0	5	60	14	0	4	X		X									GF
Yogurt, Danimals, Raspberry 4 oz	1 Yogurt	70	0	0	5	60	14	0	4	X		X									GF
Yogurt, Yoplait, Peach - HS 6 oz	6 oz Yogurt	150	2	1	10	95	25	0	6	X		X									GF
Yogurt, Yoplait, Raspberry - HS 6 oz	1 Yogurt	150	2	1	10	95	25	0	6	X		X									GF
Yogurt, Yoplait, Strawberry - HS 6 oz	1 Yogurt	150	2	1	10	95	25	0	6	X		X									GF
Yogurt, Yoplait, Strawberry Banana - HS 6 oz	1 Yogurt	150	2	1	10	95	25	0	6	X		X									GF

Beverages

Beverages																					
Milk																					
	Portion	Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	PNuts	Seed	Fish	Pork	Notes
White, Skim (Fat Free)	1 Carton (8 fl oz)	90	0	0	4	125	12	0	8			X									
White, 1% (Low Fat)	1 Carton (8 fl oz)	100	2.5	1.5	10	125	12	0	8			X									
Chocolate, Skim (Fat Free)	1 Carton (8 fl oz)	130	0	0	5	180	23	0	8			X									
Strawberry, Skim (Fat Free)	1 Carton (8 fl oz)	130	0	0	5	95	28	0	8			X									
Juice																					
Apple, 100%	1 Carton (4 fl oz)	60	0	0	0	0	14	0	0												
Grape, 100%	1 Carton (4 fl oz)	80	0	0	0	20	19	0	0												
Fruit Punch 100% Juice	1 Carton (6.75 fl oz)	100	0	0	0	10	25	0	0												
Paradise Punch 100% Juice	1 Carton (6.75 fl oz)	60	0	0	0	15	14	0	0												
Orange - Tangerine 100% Juice	1 Carton (4 fl oz)	60	0	0	0	10	15	0	0												
Strawberry Kiwi 100% Juice	1 Carton (4 fl oz)	60	0	0	0	5	15	0	0												

Portion		Cal	TF - g	SF - g	Chol - mg	Sod - mg	Carb - g	Fib - g	Pro - g	Corn	CD	Milk	W/G	Soy	Eggs	TNuts	PNuts	Seed	Fish	Pork	Notes	
Very Berry 100%	1 Carton (6.75 fl oz)	100	0	0	0	20	26	0	0													
Orange, 100%	1 Carton (4 fl oz)	60	0	0	0	0	14	0	0													