

**Nutrition Information**

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Food Item	Manufacturer	Serving Size	Total Carbohydrates	Total Fat	Total Protein	Total Calories	Sodium	Allergen
<b>Entrees</b>								
<b>Poultry Items</b>								
Baked Chicken	Tyson	84 grams	7 grams	14 grams	17 grams	220 Calories	380 mg	NA
Spicy Chicken Tenders	Pilgrim's Pride	3 each	15 grams	13 grams	18 grams	240 Calories	380 mg	W, E, S
Spicy Chicken Burger (No bun)	Goldkist Farms	3.05 oz	13 grams	8 grams	15 grams	173 Calories	533 mg	W,E,S
Chicken Burger (No bun)	Goldkist	1 each	14 grams	11 grams	15 grams	204 Calories	414 mg	W, E, S, M
Chicken Drumsticks	Brakebush	4 each	12 grams	12 grams	15 grams	220 Calories	560 mg	W,E,S,M
Chicken Fries	Tyson	8 sticks	10 grams	11 grams	15 grams	200 Calories	400 mg	
Chicken Nuggets	Goldkist	5 Nuggets	14 grams	10 grams	16 grams	194 Calories	416 mg	E,M,S,W
Chicken Tenders	Tyson	3 each	13 grams	20 grams	15 grams	287 Calories	532 mg	???
Grilled Chicken Patty	Pilgrim's Pride	3 oz.	1 gram	4.5 grams	21 grams	130 Calories	530 mg	
Grilled Chicken Strips	Advance	3 oz.	1 gram	6 grams	17 grams	130 Calories	600 mg	S
Hip Dipper, Chicken Burger	Tyson	1 each (No bun)	14 grams	11 grams	15 grams	220 Calories	350 mg	NA
Parmesan Chicken Sandwich Grilled	Recipe	1 sandwich	35 grams	13 grams	34.5 grams	405 Calories	1370 mg	W,M
Parmesan Chicken Sandwich Breaded	Recipe	1 Sandwich	48.5 grams	21 grams	25 grams	475 Calories	1350 mg	W,M,E,S
Popcorn Chicken	Tyson	12 Pieces	15 grams	13 grams	10 grams	220 Calories	240 mg	M,S,W
Sliced Turkey Breast	Jennie-O	3.5 ounces	3 grams	4 grams	17 grams	110 Calories	530 mg	MFS
Teriyaki Chicken Bites (in teriyaki bowl)	Pierre	3 oz.	9 grams	3.5 grams	15 grams	130 Calories	560 mg	W, S
Turkey & Gravy	Jennie-O	5.33 oz.	3 grams	6 grams	18 grams	140 Calories	680 mg	M, S
Turkey Chili no beans (Hot dog topping)	Jennie-O	4.9 oz.	6 grams	7 grams	18 grams	160 Calories	520 mg	W
Turkey Chili with beans	Jennie-O	6 oz	21 grams	7.5 grams	27 grams	303 Calories	698 mg	W,S
Whole Grain Chicken Corn Dog	Foster Farms	1 each (112 g)	27 grams	14 grams	10 grams	270 Calories	740 mg	W,S,E
Turkey Ham	Jennie-O	2 oz.	1 gram	3 grams	10 grams	70 Calories	450 mg	
Turkey Mini Corn Dogs	Foster Farms	4 pieces	18 grams	13 grams	7 grams	220 Calories	530 mg	W,M,S,E
<b>Beef Items</b>								
Beef Crumbles (all beef, contains caramel coloring)	Advance	2.03 oz	0 grams	6 grams	11 grams	110 Calories	230 mg	NA
Beefy Nachos (Based on 10 chips)	Recipe	1 each	Approximately 22 grams	19 grams	20 grams	271 Calories	340 mg	W,
Bologna (Contains pork)	John Morrel	1 slice	4 grams	11 grams	4 grams	130 Calories		
Foot Long Hot Dog (No Bun) (Pork)	Putuxent	1 Hot dog	3 grams	29 grams	13 grams	330 Calories	1290 mg	
Hamburger Patty (No bun)	Tyson	1 each	0 grams	15 grams	21 grams	220 Calories	230 mg	???
Hot Dog (No Bun)	Patuxent Farms	1 Hot dog	1 gram	15 grams	6 grams	160 Calories		
Rib B Que (No Bun)	Pierre	3.2 oz	12 grams	11 grams	13 grams	200 Calories	630 mg	S
Salami	Patuxent Farms	1 oz.	1 gram	10 grams	5 grams	120 Calories	450 mg	contains pork
Sloppy Joe with Bun	Manwich	1 sandwich	Approximately 39 grams	20 grams	19 grams	400 Calories	580 mg	NA
Supreme Tacos	Recipe	2 Tacos	Approximately 36 grams	10 grams	20 grams	341 Calories	560 mg	W,
Taco Salad (Based on 10 chips)	Recipe	1 Salad	Approximately 22 grams	19 grams	20 grams	271 Calories	460 mg	W,
<b>Fish/Seafood</b>								
Popcorn Shrimp	Tampa Maid	18 Pieces	19 grams	9 grams	8 grams	180 Calories	620 mg	W,M,S
<b>Sandwiches</b>								
Egg Salad Sandwich	Recipe	1 sandwich	Approximately 34 grams	5 grams	8 grams	250 Calories	300 mg	M,W,S,E
Egg Salad on a Croissant	Recipe	1 sandwich	Approximately 34 grams	15 grams	11 grams	290 Calories	490 mg	W,S,E,M
Grilled Cheese Sandwich	Recipe (Elementary)	1 sandwich	31 grams	13 grams	18 grams	300 Calories	230 mg	M,W,S
Grilled Cheese Sandwich	Recipe (Secondary)	1 1/2 sandwich	31.5 grams	13.5 grams	20 grams	370 Calories	340 mg	W,M,S
Hot Pocket, Ham & Cheese	Nestle	1 each	36 mg	7 grams	9 grams	240 Calories	540 mg	M,S, W
Uncrustable, PB and Grape Jelly	Smucker's	1 each	33 grams	16.5 grams	10 grams	322 Calories	316 mg	W,S,N
Sub Sandwich (Combo or Cheese)	Recipe	1 sandwich	Approximately 25 grams	11.5 grams	32 grams	320 Calories	500 mg	W,S,M
Tuna Salad on a Croissant	Recipe	1 sandwich	Approximately 34 grams	11 grams	21 grams	280 Calories	830 mg	W,M,S,E

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Tuna Sandwich	Recipe	1 sandwich	Approximately 34 grams	1 gram	17 grams	240 Calories	410mg	S,E, MFS
<b>Breakfast Items</b>								
Belgian Waffle Sticks	Belgian Chef	2 sticks	29 grams	2 grams	3 grams	140 Calories	340 mg	W,M,E,S
Breakfast Pizza	Tony's	1 each	24 grams	10 grams	9 grams	230 Calories	590 mg	W,S,M
Breakfast Wrap (Burrito)	Sunny Fresh	3.1 oz.	17 grams	10 grams	9 grams	190 Calories	500 mg	E,M,W,S
Cheese Omelet	Sunny Fresh	1 Omelet	1 gram	8 grams	8 grams	110 Calories	210 mg	S,M,E
Cinnamon Rolls (Whole Grain) (unfrosted)	Baker Boy	1 each 2.5 oz.	34 grams	4.5 grams	5 grams	190 Calories	300 mg	W,E,M
Cinnamon Roll with frosting (Approximate)	Baker Boy	1 each	61 grams	10 grams	5 grams	360 Calories	350 mg	W,E,M
Cinnamon Tastrie	Tony's	1 each	38 grams	9 grams	5 grams	250 Calories	380 mg	W, S, M
French Toast Sticks	Golden Crisp	4 pieces	38 grams	10 grams	5 grams	260 Calories	370 mg	M,E,W
Hard Cooked Egg	Sunny Fresh	1 egg	1 gram	5 grams	6 grams	70 Calories	55 mg	E
Waffles	Aunt Jemima	2 Waffles	21 grams	3.5 grams	3 grams	127 Calories	340 mg	W,E,M,S
Mini Pancakes	Pillsbury	1 package	34 grams	6 grams	4 grams	200 Calories	370 mg	W,M, E
Pancake N Sausage on a Stick	State Fair	1 Piece	21 grams	15 grams	5 grams	240 Calories	340 mg	E, M, S, W
Snacken Waffle (Cinnamon,Blue, Maple)	Smucker's	1 waffle	35 grams	9 grams	5 grams	240 Calories	280 mg	W,E, M
Snacken Waffle (Chocolate Chip)	Smucker's	1 waffle	36 grams	8 grams	5 grams	240 Calories	250 mg	W,M,S
Scrambled Eggs	Sunny Fresh	1 oz.	1 gram	3 grams	3 grams	45 Calories	125 mg	E, M, S
Scrambled Egg Patty	Sunny Fresh	1.25 oz.	1 gram	3.5 grams	3 grams	45 Calories	120 mg	E,M,S
Strudel, Apple or Cherry Lattice Frudel	General Mills	1 each	36 grams	6 grams	5 grams	210 Calories	280 mg	W, M
Ultimate Breakfast Round	Rich's	1 each	44 grams	8 grams	5 grams	270 Calories	230 mg	W,S,E,M,N
<b>Pizza Items</b>								
Nardone's Pepperoni Pizza	Nardone's Bros.	1 slice	52 grams	22 grams	22 grams	500 Calories	1190 mg	W,S,M
Nardone's Cheese Pizza	Nardone's Bros.	1 slice	53 grams	18 grams	23 grams	470 Calories	980 mg	W,S,M
Cheey Garlic Flatbread	Tony's	4.52 oz (2 pieces)	44 grams	12 grams	16 grams	340 Calories	690 mg	S,M,W
Fiestada Beef Pizza	Tony's	1 each	41 grams	12 grams	18 grams	340 Calories	760 mg	S, M, W
Personal Pan Pizza (Cheese)	The Max	5.43 oz.	43 grams	10 grams	17 grams	340 Calories	700 mg	M, W,S
Personal Pan Pizza (Pepperoni) (RF)	The Max	5.49 ounce	43 grams	11 grams	18 grams	350 Calories	780 mg	M,W,S
Stuffed Crust Pizza, Red. Fat Pepperoni	The Max	1 Slice	45 grams	16 grams	18 grams	390 Calories	1000 mg	NA
Stuffed Crust Pizza, Cheese	The Max	1 slice	46 grams	15 grams	18 grams	380 Calories	940 mg	NA
<b>Other</b>								
Cheese Quesadilla	ConAgra	1 each	41 grams	13 grams	15 grams	340 Calories	910 mg	NA
Chicken Quesadilla	ConAgra	1 each	38 grams	11 grams	18 grams	320 Calories	770 mg	W,M,S
Italian Dunkers (Cheesy Brd)	Tony's	1 each (4.47 oz.)	33 grams	13 grams	19 grams	330 Calories	580 mg	M,W, S
Lasagna (Recipe)	Recipe	1 Piece	19 grams	19 grams	23 grams	347 Calories		
Macaroni and Cheese (RF) Whole Grain	Land O Lakes	6.0 oz.	31 grams	11 grams	17 grams	480 Calories	980 mg	M,W,E
Mozzarella Cheese Sticks	High Liner Foods	5 Pieces	27 grams	21 grams	15 grams	360 Calories	590 mg	W, M,S
Max Cheese Sticks	ConAgra	2 each	34 grams	12 grams	14 grams	300 Calories	740 mg	M,W,S,
Pasta	Marzetti	1/2 cup (Side)	22 grams	.75 grams	1.75 grams	100 Calories	0 mg	W
Pasta	Marzetti	1 cup (Entrée)	44 grams	1.5 grams	7 grams	200 Calories	0 mg	W
Pasta, Spaghetti Noodles for Lo Mein	Marzetti	1 cup (Entrée)	37 grams	.5 grams	7 grams	180 Calories	125 mg	W, E
Pepperoni	Bonici	1 oz.	0 grams	13 grams	5 grams	130 Calories	530 mg	NA
Vegetable Burger	Kelloggs	1 each	22 grams	4 grams	8 grams	150 Calories	760 mg	W,M,S
<b>Lunch Box Choice (Entrée Only) does not include sides.</b>								
Southwest Chicken Salad	Recipe	1 salad	25 grams	23.5 grams	24.5 grams	454 Calories	1166 mg	W,M,S,E
Crunch a Bowl	See individual	cereals and yogurt.						
Layered Bean Dip Ole (No Tostado chips)	Recipe	1 portion	28 grams	15 grams	14 grams	320 Calories	435 mg	M,MFS

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Chicken Caesar Salad	Recipe	1 salad	7 grams	17.5 grams	17 grams	275 Calories	1020 mg	W,M,S,E
Snacken Waffle (Cinnamon,Blue, Maple)	Smucker's	1 waffle	35 grams	9 grams	5 grams	240 Calories	280 mg	W,E, M
Bagel With Cream Cheese	Lenders	1 bagel /cream chs	64 grams	7.5 grams	2 grams	360 Calories	770 mg	M,W
Zesty Chicken Ranch Wrap	Recipe	1 Wrap (	23.5 grams	31.5 grams	24 grams	475 Calories	1040 mg	E,M,S,W
Sub Sandwich	Recipe	1 sandwich	Approximately 25 grams	11.5 grams	32 grams	320 Calories	500 mg	W,S,M
Chef Salad	Recipe, no dressing	1 salad	3 grams	10.5 grams	20 grams	180 Calories	605 mg	M, E, MFS
Uncrustable, PB and Grape Jelly	Smucker's	1 each	33 grams	16.5 grams	10 grams	322 Calories	316 mg	W,S,N
Mini Pita Pizza	Recipe	2 Pitas	30 grams	12 grams	12 grams	265 Calories	380 mg	W,S,M
Taco Roll Up	Recipe	1 roll up	31.5 grams	21.5 grams	11.5 grams	440 Calories	640 mg	W,M
Banana Dog	Recipe	Sandwich only	35 grams	18 grams	11 grams	340 Calories	270 mg	W,M, S, N
Oriental Chicken Salad	Recipe	1 salad	39 grams	15.5 grams	20 grams	380 Calories	1155 mg	W,S
Soft Mini Pretzel	(Cottage Cheese with 2 mini pretzels)		36 grams	3.5 grams	17 grams	230 Calories	530 mg	M,W
<b>Soup</b>								
Mega Chicken Noodle Soup	Campbell's	1/2 cup	10 grams	2 grams	3 grams	70 Calories	840 mg	M,S, E,W
Tomato Soup (Made with Water)	Campbell's	1/2 cup	17 grams	1.5 grams	2 grams	90 Calories	470 mg	W,S
<b>Tomato Soup (Made with Milk)</b>	Campbell's	1/2 cup	23.5 grams	1.5 grams	6 grams	139 Calories	530 mg	W,M,S
<b>Bread</b>								
Bagel, Plain	Lenders	1 bagel, 4 oz	62 grams	3 grams	0 grams	310 Calories	640 mg	W
Bagel, Blueberry	Sara Lee	1 bagel, 4 oz	69 grams	1.5 grams	11 grams	330 Calories	610 mg	W, S
6" Breadstick	New York / Marzetti	1 breadstick	16 grams	4.5 grams	3 grams	115 Calories	170 mg	W,M,S
Buttermilk Biscuit	Bridgford	1 each	16 grams	3.5 grams	2 grams	110 Calories	250 mg	W,M,
Crouton	Burry Foodservice	.25 oz.	5 grams	1 gram	1 gram	30 Calories	70 mg	W,M,S
Croissant	Sara Lee	2.25 oz	30 grams	10 grams	5 grams	230 Calories	470 mg	W, E,S
Hoagie Bun 6.75"	Sara Lee	1 bun	46 grams	3 grams	8 grams	240 Calories	290 mg	W, M,S
Graham Cracker	Honey Maid	2 each	11 grams	1.5 grams	1 grams	60 Calories	80 mg	W,
Dinner Roll	Sara Lee	1 roll	21 grams	1.5 grams	4 grams	110 Calories		
Dinner Roll, Wheat	Sara Lee	1 roll	20 grams	1.5 grams	4 grams	110 Calories	200 mg	W,S
English Muffin	Sara Lee	1 muffin	27 grams	0.5 grams	5 grams	140 Calories	230 mg	W,S
Foot Long Hot Dog Bun	Sara Lee	1 bun	35 grams	3 grams	5 grams	180 Calories		
Hamburger Bun, WG White	Sara Lee	1 bun	31 grams	2.5 grams	6 grams	160 Calories	200 mg	W,M, S
Hot Dog Bun	Sara Lee	1 bun	27 grams	2 grams	5 grams	140 Calories	170 mg	W,M, S
Mini Pita	Grecian Delight	2 each	22 grams	3 grams	4 grams	120 Calories	200 mg	W,S
Parbaked Rolls, Multi Grain	Vie de France	1 roll	24 grams	1.5 grams	5 grams	120 Calories	240 mg	W,S,
Pretzel, soft Mini	J& J	2 pretzels	32 grams	1.0 grams	4 grams	140 Calories	130 mg	W
Pretzel, Large	J & J	1 Pretzel	38 grams	1 gram	6 grams	180 Calories	150 mg	W
Texas Toast	Sara Lee	1 slice	19 grams	1 gram	3 grams	100 Calories	200 mg	W, S
Sub Bun	Baker Boy	1 sub	38 grams	3.5 grams	8 grams	220 Calories	380 mg	W,S,M
Tortilla Shell, WG (8" taco or fajita)	Catallia	1 tortilla	19 grams	3.5 grams	3 grams	120 Calories	280 mg	W
Tortilla Shell, WG 12" Burrito	Catallia	1 tortilla	41 grams	8 grams	7 grams	240 Calories	610 mg	W
Tostada Chip	Barrel O Fun	1 oz.	18 grams	7 grams	2 grams	150 Calories	105 mg	
Whole Grain White Sandwich Bread	Sara Lee	1 slice	14 grams	1 gram	2.5 grams	75 Calories	110 mg	W, M, S
<b>Cereal (Bowl Pack)</b>								
Apple Cinnamon Cheerios	General Mills	1 bowlpack	21 grams	1.5 grams	2 grams	100 Calories	100 mg	
Berry Berry Kix	General Mills	1 bowlpack	21 grams	1 gram	1 gram	90 Calories	170 mg	
Cheerios	General Mills	1 bowlpack	14 grams	1 gram	2 grams	70 Calories	110 mg	W
Cinnamon Toast Crunch	General Mills	1 bowlpack	22 grams	3 grams	1 gram	120 Calories	200 mg	W,S,N
Frosted Cheerios	General Mills	1 bowlpack	23 grams	1 gram	2 grams	110 Calories	170 mg	W
Frosted Corn Flakes	General Mills	1 bowlpack	24 grams	0.5 grams	1 gram	110 Calories	190 mg	S

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Honey Nut Chex	General Mills	1 bowlpack	27 grams	1 gram	2 grams	120 Calories	190 mg	N
Honey Nut Cheerios	General Mills	1 bowlpack	22 grams	1.5 grams	3 grams	110 Calories	160 mg	W, N
Multi Grain Cheerios	General Mills	1 bowlpack	15 grams	1 gram	2 grams	70 Calories	105 mg	W
Oatmeal, Apples & Cinnamon	Quaker	1 packet	27 grams	1.5 grams	3 grams	130 Calories	150 mg	NA
Oatmeal, Maple & Brown Sugar	Quaker	1 packet	33 grams	2 grams	4 grams	160 Calories	150 mg	NA
Oatmeal, Cinnamon & Spice	Quaker	1 packet	35 grams	2 grams	4 grams	170 Calories	150 mg	NA
Oatmeal, Regular Flavored	Quaker	1 packet	19 grams	2 grams	4 grams	100 Calories	150 mg	NA
We offer several types of cereal, please check package for nutrition information.								
<b>Other</b>								
Baked Beans	Bushes	1/2 cup	29 grams	1 gram	6 grams	140 Calories	550 mg	W
Reduced Fat Doritos	Frito Lay	1.0 oz	19 grams	5 grams	2 grams	130 Calories	220 mg	M
Baked Scoops	Frito Lay	.875 oz.	19 grams	2.5 grams	2 grams	110 Calories	110 mg	S
Black Beans	El Pasado	1/2 cup	19 grams	0.5 grams	6 grams	100 Calories	310 mg	
Chow Mein Noodle	La Choy	28 grams	19 grams	5 grams	3 grams	130 Calories	230 mg	W,S
Coleslaw (Recipe) Will be revised, this is	Analyzing recipe on Tu	1/2 cup	20 grams	9 grams	1 gram	160 Calories	240 mg	E, MFS
Corn Chips	Frito Lay	1 oz.	16 grams	10 grams	2 grams	160 Calories	160 mg	NA
Corn Chips	Fritos	1 oz. (3/4 cup)	16 grams	10 grams	2 grams	160 Calories	160 mg	
Croutons	Sugar Foods	1 packet, 7 g.	4 grams	1.5	<1 gram	35 Calories	70 mg	W,M,S,
Goldfish, pretzel	Pepperidge Farm	1 packet	17 grams	1.5 grams	0 grams	90 Calories	300 mg	W, M
Goldfish Crackers 3/4 ounce size	Pepperidge Farm	1 package	14 grams	3.5 grams	2 grams	100 Calories	180 mg	W,M,S,
Grahams, Giant Cinnamon	Pepperidge Farm	1 package	19 grams	4 grams	1 gram	120 Calories	110 mg	W,S
Mexican Rice	Uncle Ben's	1/2 cup	16 grams	0.5 grams	1.5 grams	75 Calories	320 mg	M,W,S
Olives, Black	Del Destino	2 T.	<1 gram	2.5 grams	0 grams	30 Calories	140 mg	
Peanut Butter	US Blue	2 T.	8 grams	16 grams	6 grams	200 Calories	100 mg	N
Potato Chips, plain	Rachel's Baked	1 bag (1 oz. )	7 grams	5 grams	1 gram	70 Calories	180 mg	S, MFS
Rice, Plain White	Monarch	1/2 cup	18.5 grams	0 grams	2 grams	85 Calories	0 mg	
Rice, Kansas Medley	Indian Harvest	1/2 cup	34 grams	.5 grams	5 grams	160 Calories	10 mg	W,M, E, S
SunChips (Cheddar)	Frito Lay	1 oz.	19 grams	6 grams	2 grams	140 Calories	160 mg	W, M,
Tostada Chips	Barrel O' Fun	1 oz. (10 Chips)	20 grams	5 grams	2 grams	130 Calories	130 mg	
Uncrustable Sandwich	Smucker's	1 sandwich	33 grams	16 grams	10 grams	320 Calories	320 mg	W, S,N
Vegetarian Refried Beans	El Pasado	1/2 cup	22 grams	1 gram	6 grams	135 Calories	370 mg	
<b>Condiments &amp; Dressings</b>								
BBQ Sauce	Heinz	2 Tablespoons	9 grams	0 grams	0 grams	40 Calories	450 mg	W,S
Cocktail Sauce	Monarch	60 grams	10 grams	0 grams	1 gram	45 Calories	750 mg	fish
Creamy Caesar, packet	Heinz	1.5 oz.	1 gram	18 grams	1 gram	170 Calories	320 mg	M,F,S
Creamy Caesar	Hellmann's	2 T.	2 grams	8 grams	<1 gram	80 Calories	280 mg	M,E,S,
Creamy Ranch	Heinz	2 T.	1 gram	17 grams	0 grams	160 Calories	240 mg	E,M,S
Fat Free French Dressing	Hellmann's	2 T.	12 grams	0 grams	0 grams	50 Calories	260 mg	MFS, S
Fat Free Italian Dressing	Hellmann's	2 T.	4 grams	0 grams	0 grams	15 Calories	330 mg	M,S,
Sesame Oriental Dressing	Ken's	30 grams	12 grams	4.5 grams	0 grams	90 Calories	320 mg	S,W,
Southwest Dressing	Recipe	1.5 oz.	9 grams	12 grams	0 grams	189 Calories	256 mg	W,S,E,M
Grape Jelly	Monarch	1 T.	12 grams	0 grams	0 grams	50 Calories	0 mg	
Honey	Monarch	1 T.	6 grams	0 grams	0 grams	60 Calories	0 mg	
Hot Sauce	Monarch	5 grams	0 grams	0 grams	0 grams	0 Calories	135 mg	
Jalapenos	El Pasado	3 T.	1 gram	0 grams	0 grams	5 Calories	510 mg	
Ketchup	Heinz	1 T.	5 grams	0 grams	0 grams	20 Calories	160 mg	
Mayonnaise	Heinz	1 T.	0 grams	11 grams	0 grams	100 Calories	85 mg	S,E,
Pickles	Vlasic	1 ounce	<1 gram	0 grams	0 grams	0 Calories	390 mg	

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Salad Dressing, Used in Tuna, Egg Salad	USF Brand	2 T.	3 grams	5 grams	0 grams	60 Calories	160 mg	S, E MFS
Salsa	Commodity	2 T.	2 grams	0 grams	0 grams	10 Calories	135 mg	MFS
Sour Cream	Hastings Creamery	2 T.	1 gram	8 grams	1 gram	60 Calories		M,MFS,
Sweet & Sour Sauce	La Choy	1/4 cup	28 grams	0 grams	0 grams	120 Calories	220mg	
Syrup	Harvest	1/4 cup	27 grams	0 grams	0 grams	150 Calories	10 mg	
Sugar Free Syrup	Smucker's	1.1 oz	4 grams	0 grams	0 grams	15 Calories		
Taco Sauce	Pasado	2 T.	4 grams	0.5 grams	0 grams	30 Calories		
Taco Seasoning	Pancho Villa	2 tsp	4 grams	0 grams	0 grams	20 Calories	470 mg	W
Yellow Mustard	Heinz	3.53 oz.	5 grams	3.5 grams	4 grams	60 Calories		
<b>Potatoes</b>								
Cheesy Hash browns	Basic American	4 oz.	17 grams	3 grams	2.5 grams	107 Calories	550 mg	M,W,S
French Fries Elementary	McCain	3 oz.	24 grams	5.5 grams	3 grams	160 Calories	35 mg	S
French Fries (Secondary, fryer) (Estimates)	Lamb Weston	3 oz.	21 grams	16 grams	2 grams	220 Calories		S, MFS
Waffle Fry (Baked)	Lamb Weston	3 oz. (5 fries)	19 grams	8 grams	2 grams	160 Calories	360 mg	NA
Mashed Potatoes Secondary	Idahoan Real	1/2 cup	17 grams	1 gram	2 grams	80 Calories	310 mg	S
Seasoned Twisters	McCain	3 oz.	22 grams	8 grams	1.5 grams	170 Calories	450 mg	W,S,
Smiley Fries	McCain	3 oz.	24 grams	6 grams	2 grams	160 Calories	230 mg	S,
Sweet Potato Waffle Fry	Lamb Weston	3 oz.	21 grams	9 grams	1 gram	170 Calories	180 mg	MFS
Tator Tots	Lamb Weston	3 oz.	21 grams	9 grams	2 grams	170 Calories	390 mg	S
Tri Tator	Lamb Weston	1 each 2.0 oz.	12 grams	5 grams	1 gram	100 Calories	220 mg	S
<b>Sauces</b>								
Alfredo Sauce	Trio	1/4 cup	6 grams	3 grams	1 gram	60 Calories	370 mg	M, W,S
Cheese Sauce for Beefy Nachos	LeGout	1/4 cup	7 grams	3 grams	1 gram	60 Calories	400 mg	M,S,
Gravy	Knorr	1/4 cup	4 grams	4 grams	0 grams	120 Calories	1440 mg	M,S
Pizza Sauce	US Blue	1/4 cup	7 grams	0 grams	1 g	35 Calories	?	?
Spaghetti Sauce	Prego	1/2 cup	13 grams	1.5 grams	2 grams	70 Calories	480 mg	none
Strawberry Sauce for waffles	Monarch	2/3 cup	38 grams	0 grams	<1 gram	160 Calories	10 mg	
<b>Fruit (Self Serve)</b>								
Apple, small	Fresh, brand depends	1 each	15 grams	0 grams	0 grams	60 Calories	min.	
Applesauce, unsweetened	US blue or Commodity	1/2 cup	14 grams	0 grams	0 grams	50 Calories	0 mg	
Banana, small	Fresh, brand depends	1 each	22 grams	0 grams	0 grams	90 Calories	min.	
Mandarin Oranges	Pacific Jade	1/2 cup	14 grams	0 grams	1 gram	60 Calories	11 mg	
Fresh Grapes	Fresh, brand depends	15 Grapes	15 grams	0 grams	0 grams	62 Calories	min.	
Maraschino Cherry	Monarch	3 each	6 grams	0 grams	0 grams	30 Calories	0 mg	
Mixed Fruit, Canned	Monarch	1/2 cup	18 grams	0 grams	0 grams	80 Calories	5 mg	
Kiwi	Fresh, brand depends	1 each	11 grams	0 grams	0 grams	46 Calories	min.	
Peaches, canned in light syrup	Commodity	1/2 cup	17 grams	0 grams	0 grams	70 Calories	10 mg	
Pear, small	Fresh, brand depends	1 each	15 grams	0 grams	0 grams	81 Calories	min.	
Pears, canned in light syrup	US blue or Commodity	1/2 cup	14 grams	0 grams	<1 gram	60 Calories	5 mg	
Pineapple, canned in juice	Rykoff-Sexton	1/2 cup	20 grams	0 grams	0 grams	80 Calories	10 mg	
Pineapple, raw	Fresh, brand depends	1/2 cup	15 grams	0 grams	0 grams	50 Calories	10 mg	
<b>Vegetables</b>								
Broccoli, frozen	US blue	1/2 cup	4 grams	0 grams	2 grams	30 Calories	85 mg	
Carrots, canned sliced	Monarch	1/2 cup	6 grams	0 grams	1 gram	30 Calories	370 mg	

**Nutrition Information**

\*Nutrition Information may be different than stated due to substitutions and changes in product

Food Item	Manufacturer	Serving Size	Total Carbohydrates	Total Fat	Total Protein	Total Calories	Sodium	Allergen
Carrots, fresh baby	Fresh, brand depends	3 oz.	8 grams	0 grams	1 gram	35 Calories	min.	
Corn, canned, low sodium	US Food	1/2 cup	9 grams	1.5 grams	2 grams	60 Calories	140 mg	
Fajita Blend, frozen	Norpac	1/2 cup	5 grams	0 grams	<1 gram	17 grams	80 mg	
Green Beans, canned	Commodity	1/2 cup	4 grams	0 grams	<1 gram	25 Calories	380 mg	
Jicama, raw	Fresh, brand depends	1/2 cup	5 grams	0 grams	0.4 grams	23 Calories	min.	
Peas, frozen	Flav R Pac	1/2 cup	12 grams	0 grams	3 grams	50 Calories	80 mg	
Stir Fry Blend, frozen	Norpac	1/2 cup	3.3 grams	0 grams	<1 gram	17 Calories	80mg	
Vegetable Blend, 5 Way	Monarch	1/2 cup	11 grams	.5 grams	3 grams	60 Calories	48 mg	
Vegetable Blend, Carrot Combo	Monarch	1/2 cup	5 grams	0 grams	1 gram	30 Calories	25 mg	
Tomatoes, Cherry	Fresh, brand depends	1/2 cup	4 grams	0.3 grams	0.3 grams	20 Calories	min.	
Tomatoes, Grape	Fresh, brand depends	1/2 cup	8 grams	0 grams	0 grams	32 Calories	min.	
<b>Milk/Dairy</b>								
Chocolate Skim Milk	Hastings Creamery	8 fluid oz.	24 grams	0.5 grams	8 grams	130 Calories	190 mg	M
Skim Milk	Hastings Creamery	8 fluid oz.	13 grams	0 grams	8 grams	90 Calories	135 mg	M
1% Milk	Hastings Creamery	8 fluid oz.	13 grams	2.5 grams	8 grams	110 Calories	135 mg	M
Strawberry Skim Milk	Hastings Creamery	8 fluid oz.	22 grams	0 grams	8 grams	130 Calories	190 mg	M
Vanilla Skim Milk	Hastings Creamery	8 fluid oz.	22 grams	0 grams	8 grams	130 Calories	190 mg	M
Lowfat Cottage Cheese	Hastings Creamery	1/2 cup	4 grams	2.5 grams	13 grams	90 Calories	400 mg	M
Yogurt (strawberry, straw banana, cherry, rasp.)	Upstate Farms	4 oz.	19 grams	0 grams	3 grams	90 Calories	75 mg	M
Cheddar, Shred Cheese	Commodity	28 grams	1 gram	9 grams	7 grams	110 Calories	180 mg	M
Cheddar, Reduced Fat Cheese Slices	Commodity	1 oz.	<1 gram	6 grams	7 grams	80 Calories	310 mg	S
Parmesan Cheese	Roseli	5 grams	0 grams	2 grams	2 grams	20 Calories	70 mg	M
Cream Cheese, Plain	Glenview Farms	1 ind. Portion cup	2 grams	4.5 grams	2 grams	50 Calories	130 mg	M, MFS
Cream Cheese, Strawberry	Glenview Farms	1 ind. Portion cup	4 grams	6 grams	1 gram	70 Calories	55 mg	M, MFS
String Cheese	Saputo	1 Piece	<1 gram	6 grams	6 grams	80 Calories	200 mg	M
<b>JUICE (100% juice)</b>								
Apple Juice	M & B	4 oz.	14 grams	0 grams	0 grams	60 Calories	0 mg	
Fruit Punch	M & B	4 oz.	14 grams	0 grams	0 grams	60 Calories	0 mg	
Grape Juice	M & B	4 oz.	19 grams	0 grams	0 grams	80 Calories	0 mg	
<b>Notes:</b>								
Popcorn chicken used in sweet and sour chicken								
Grilled Chicken strips used in salads, tacos								
fajitas, taco salad, chicken alfredo, burritos								
Chicken teriyaki bites used in chicken stir fry								
or teriyaki chicken.								
<b>Allergen Info:</b>								
M = Milk, W = Wheat, S = Soy								
E = Egg, N = Nut								
MFS = Modified Food Starch, not specified								
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M = Milk, W = Wheat, S = Soy								
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**Nutrition Information**

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<b>Food Item</b>	<b>Manufacturer</b>	<b>Serving Size</b>	<b>Total Carbohydrates</b>	<b>Total Fat</b>	<b>Total Protein</b>	<b>Total Calories</b>	<b>Sodium</b>	<b>Allergen</b>
Allergen information is a basic guideline								
and may change depending on substitutions or product changes.								
Please call if you have questions: 651-351-8327								