

**Nutritionals/Allergens/Dyes**  
**2020-2021**

Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Peanut Treenut	Dyes
<b>BREAKFAST</b>														
<b>BREAKFAST BARS, BENEFIT</b>														
OATMEAL CHIP	290	47	240	9	5	3	22	yes	yes		yes	yes		
<b>BREAKFAST BREADS</b>														
BANANA BREAD	280	41	220	10	5	2	25	yes	yes		yes	yes		
BLUEBERRY BREAD	270	43	190	9	6	2	24	yes	yes		yes	yes		
COCOA BREAD	270	44	210	8	7	2	24	yes	yes		yes	yes		
<b>BREAKFAST BREAK CHEERIOS BAR</b>	<b>310</b>	<b>63</b>	<b>236</b>	<b>6.5</b>	<b>3</b>	<b>4</b>	<b>27</b>							
Cheerios cereal bar	150	30	85	3.5	2	3	9				yes	yes		
Apple juice	60	15	5	0	0	0	6							
Grahams, cinnamon	90	16	95	2.5	1	0	12	yes	yes		yes	yes		
<b>BREAKFAST BREAK CIN TST BAR</b>	<b>330</b>	<b>65</b>	<b>240</b>	<b>7.5</b>	<b>2</b>	<b>5</b>	<b>27</b>							
Cinnamon toast cereal bar	150	30	115	3	3	3	8				yes	yes		
Apple juice	60	15	5	0	0	0	13							
Animal Crackers	120	20	115	4.5	2	2	6	yes	yes		yes	yes		
<b>BREAKFAST BREAK CINNA TST CRU</b>	<b>270</b>	<b>55</b>	<b>350</b>	<b>6</b>	<b>2</b>	<b>4</b>	<b>25</b>							
Cinnamon toast cereal	110	22	200	3	1	3	6				yes	yes		
Apple juice	60	15	5	0	0	0	12							
Grahams, cinnamon	100	18	95	2.5	1	0	7	yes	yes		yes	yes		
<b>BREAKFAST BREAK GOLDEN GRAHAM</b>	<b>290</b>	<b>64</b>	<b>370</b>	<b>5</b>	<b>4</b>	<b>4</b>	<b>27</b>							
Cereal, Golden Grahams	110	24	220	1	1	1	9				yes	yes		
Apple juice	60	15	10	0	0	0	12							
Animal Cracker	120	20	115	4.5	2	2	6	yes	yes		yes	yes		
<b>**BREAKFAST BURRITO, CH,EG,SA IW*</b>	<b>205</b>	<b>26</b>	<b>400</b>	<b>7.8</b>	<b>8.4</b>	<b>2.3</b>	<b>1</b>	<b>yes</b>	<b>yes</b>		<b>yes</b>	<b>yes</b>		
<b>**BREAKFAST PIZZA, WILD MIKES IW*</b>	<b>170</b>	<b>18</b>	<b>300</b>	<b>7</b>	<b>9</b>	<b>2</b>	<b>3</b>	<b>yes</b>			<b>yes</b>	<b>yes</b>		
<b>CRUNCHMANIA</b>	<b>220</b>	<b>36.92</b>	<b>230</b>	<b>6.99</b>	<b>3.99</b>	<b>2</b>		<b>yes</b>			<b>yes</b>	<b>yes</b>		
<b>ELF GRAHAMS</b>	<b>120</b>	<b>21</b>	<b>105</b>	<b>4</b>	<b>2</b>	<b>1</b>					<b>yes</b>	<b>yes</b>		
<b>GRANOLA CLUSTERS</b>	<b>220</b>	<b>47</b>	<b>95</b>	<b>2.5</b>	<b>5</b>	<b>4</b>					<b>yes</b>	<b>yes</b>		
<b>MINI CINNIS, PILLSBURY</b>	<b>240</b>	<b>40</b>	<b>270</b>	<b>7</b>	<b>4</b>	<b>2</b>	<b>14</b>	<b>yes</b>				<b>yes</b>		
<b>MUFFIN, CHOCOLATE CHIP</b>	<b>270</b>	<b>49</b>	<b>230</b>	<b>9</b>	<b>6</b>	<b>3</b>	<b>24</b>	<b>yes</b>	<b>yes</b>		<b>yes</b>	<b>yes</b>		
<b>OATMEAL CHIP BAR</b>	<b>290</b>	<b>47</b>	<b>240</b>	<b>9</b>	<b>5</b>	<b>3</b>		<b>yes</b>	<b>yes</b>		<b>yes</b>	<b>yes</b>		
<b>PANCAKES</b>	<b>195</b>	<b>32.54</b>	<b>297</b>	<b>5.58</b>	<b>3.72</b>	<b>3.72</b>		<b>yes</b>	<b>yes</b>		<b>yes</b>	<b>yes</b>		

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<b>YOGURT, 8 OZ</b>	<b>190</b>	<b>39</b>	<b>150</b>	<b>0</b>	<b>6</b>	<b>0</b>		yes						
<b>YOGURT CHERRY VANILLA 8 OZ</b>	<b>180</b>	<b>39</b>	<b>150</b>	<b>0</b>	<b>6</b>	<b>0</b>		yes						
<b>YOGURT STRAW/BAN 8 OZ</b>	<b>180</b>	<b>39</b>	<b>150</b>	<b>0</b>	<b>6</b>	<b>0</b>		yes						
<b>YOGURT STRAW/BAN 4 OZ TRIX</b>	<b>80</b>	<b>15</b>	<b>60</b>	<b>0.5</b>	<b>4</b>	<b>0</b>	<b>9</b>	yes						
<b>LUNCH</b>														
<b>BEEF &amp; CHEESE TACO STICK</b>	<b>345</b>	<b>32</b>	<b>631</b>	<b>13</b>	<b>20</b>	<b>4</b>	<b>1</b>	yes			yes	yes		
<b>BOLOGNA(TURKEY) &amp; CHEESE SUB IW</b>	<b>270</b>	<b>34</b>	<b>690</b>	<b>10</b>	<b>13</b>	<b>3</b>		yes			yes	yes		
<b>BREAD STICK, GARLIC</b>	<b>150</b>	<b>26</b>	<b>160</b>	<b>4</b>	<b>5</b>	<b>2</b>		yes	yes		yes	yes		
<b>CALZONES, MINI</b>	<b>330</b>	<b>40</b>	<b>510</b>	<b>12</b>	<b>16</b>	<b>4</b>	<b>6</b>	yes			yes	yes		
<b>CHEESE POCKET IW*</b>	<b>289</b>	<b>30</b>	<b>647</b>	<b>13</b>	<b>15</b>	<b>2</b>		yes			yes	yes		
<b>CHICKEN DRUMSTICK</b>	<b>190</b>	<b>5</b>	<b>450</b>	<b>11</b>	<b>16</b>	<b>1</b>						yes		
<b>CHICKEN NUGGETS (5)</b>	<b>263</b>	<b>16</b>	<b>450</b>	<b>15</b>	<b>16</b>	<b>3</b>	<b>1</b>				yes	yes		
<b>CHICKEN PATTY SANDWICH</b>	<b>343</b>	<b>38</b>	<b>534</b>	<b>11</b>	<b>27.26</b>	<b>6.03</b>								
	Hamburger roll	140	29	240	2	6	3				yes	yes		
	Chicken Patty, WM, uniform	200	9	290	9	19	3				yes	yes		
<b>CHICKEN PATTY SANDWICH, SPICY</b>	<b>410</b>	<b>46</b>	<b>640</b>	<b>22</b>	<b>21.3</b>	<b>6</b>								
	Hamburger roll	140	29	240	7	6	3				yes	yes		
	Spicy chicken patty	270	17	400	15	15	3				yes	yes		
<b>CHICKEN POPCORN</b>	<b>254</b>	<b>15</b>	<b>386</b>	<b>14</b>	<b>15</b>	<b>3</b>					yes	yes		
<b>CHICKEN STRIPS, SPICY</b>	<b>264</b>	<b>16.23</b>	<b>396</b>	<b>15.21</b>	<b>15.13</b>	<b>3.04</b>					yes	yes		
<b>CHICKEN TENDERS</b>	<b>264</b>	<b>16</b>	<b>396</b>	<b>15</b>	<b>15</b>	<b>3.04</b>					yes	yes		
<b>CORN DOG</b>	<b>281</b>	<b>31</b>	<b>660</b>	<b>13</b>	<b>9</b>	<b>2</b>		yes	yes		yes	yes		
<b>CRACKERS CHEEZ-IT</b>	<b>100</b>	<b>14</b>	<b>150</b>	<b>3.5</b>	<b>2</b>	<b>1</b>		yes			yes	yes		
<b>CRACKERS, WHEAT</b>	<b>180</b>	<b>30</b>	<b>30</b>	<b>5</b>	<b>4</b>	<b>2</b>					yes	yes		
<b>DICK &amp; JANE COOKIES (1 PACK)</b>	<b>120</b>	<b>22</b>	<b>65</b>	<b>4</b>	<b>2</b>	<b>2</b>	<b>6</b>	yes	yes		yes	yes		
<b>GRANOLA CLUSTERS</b>	<b>220</b>	<b>47</b>	<b>95</b>	<b>2.5</b>	<b>5</b>	<b>4</b>					yes	yes		
<b>HAM &amp; CHEESE SUB</b>	<b>301</b>	<b>30</b>	<b>790</b>	<b>12</b>	<b>20.6</b>	<b>3</b>					yes	yes		
<b>HAM &amp; CHEESE WRAP</b>	<b>324</b>	<b>31.6</b>	<b>902</b>	<b>13</b>	<b>22</b>	<b>4.39</b>								
	Cheese, American	71	1	212	5	7	0	yes			yes			
	Ham	90	2	337	4.5	10	0							
	Tortilla	160	32	350	4.5	4	4					yes		

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<b>HAMBURGER</b>	<b>290</b>	<b>31</b>	<b>380</b>	<b>12</b>	<b>22</b>	<b>4</b>								
Hamburger roll	140	29	240	7	6	3					yes	yes		
Burger	150	2	140	10	16	0					yes			
<b>HOT DOG</b>	<b>282</b>	<b>29.01</b>	<b>534</b>	<b>12.67</b>	<b>11.07</b>	<b>4</b>								
Hot dog roll	140	28	230	1.5	5	4					yes	yes		
Hot dog	140	1	300	11	6	0								
<b>ANYTIMER HAM &amp; CHEESE</b>														
(Turk)Ham, crackers (2), chees	<b>360</b>	<b>33</b>	<b>720</b>	<b>17</b>	<b>18</b>	<b>1</b>	<b>8</b>	yes	yes		yes	yes		
<b>ANYTIMER, TURKEY AND CHEESE</b>														
Turkey, crackers (2), cheese	<b>360</b>	<b>37</b>	<b>910</b>	<b>16</b>	<b>18</b>	<b>0</b>	<b>11</b>	yes	yes		yes	yes		
<b>MACARONI &amp; CHEESE</b>	<b>322</b>	<b>34.5</b>	<b>1089</b>	<b>12</b>	<b>19</b>	<b>2</b>		yes	yes			yes		
<b>MARINARA SAUCE</b>	<b>61</b>	<b>10.21</b>	<b>95</b>	<b>2.38</b>	<b>1.36</b>	<b>1.36</b>								
<b>MEAL BREAK, SUN BUTTER AND JELLY</b>	<b>660</b>	<b>90</b>	<b>695</b>	<b>24</b>	<b>16</b>	<b>8</b>		yes			yes	yes		
Sun Butter	200	7	120	16	7	4	3							
Cheese Stick	100	1	360	70	6	0	0	yes						
Raisins	120	29	5	0.2	0	2	27							
Vegetable Juice	60	16	30	0	2	0	14							
Wheat crackers	110	19	170	0	2	2	3					yes		
Jelly pack	70	18	10	0	0	0	12							
<b>MEAL BREAK, CHEESE, BEEF STICK</b>	<b>455</b>	<b>47</b>	<b>1027</b>	<b>23</b>	<b>15</b>	<b>2</b>		yes				yes		
Cheese Stick	200	2	720	16	12	0	0	yes						
Beef stick	35	0	110	3.5	1	0	0							
Vegetable Juice	60	16	30	0	2	0	14							
Applesauce, strawberry	60	15	17	0	0	1	13							
Cheese-it -crackers	100	14	150	3.5	2	1	0				yes	yes		
<b>MOZZARELLA DIPPERS IW</b>	<b>300</b>	<b>33</b>	<b>450</b>	<b>12</b>	<b>17</b>	<b>3</b>	<b>3</b>	yes			yes	yes		
<b>MOZZARELLA STICKS (5)</b>	<b>301</b>	<b>33</b>	<b>442</b>	<b>12</b>	<b>16</b>	<b>3</b>	<b>2</b>	yes				yes		
<b>MUFFIN, CORNBREAD</b>	<b>150</b>	<b>23</b>	<b>90</b>	<b>5</b>	<b>3</b>	<b>1</b>		yes	yes		yes	yes		
<b>PANCAKES</b>	<b>195</b>	<b>32.54</b>	<b>297</b>	<b>5.58</b>	<b>3.72</b>	<b>3.72</b>		yes	yes		yes	yes		
<b>PARMESAN CHEESE</b>	<b>8</b>	<b>0.33</b>	<b>30</b>	<b>0.5</b>	<b>0.33</b>	<b>0</b>		yes						
<b>PASTA WITH MEAT SAUCE (JTM)</b>	<b>314</b>	<b>24</b>	<b>606</b>	<b>16</b>	<b>18</b>	<b>4</b>	<b>8</b>		yes			yes		

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PIZZA, 5 TONY'S SCDRY	340	39	570	13	18	4		yes			yes	yes		
PIZZA, MEATEATERS slice	351	29	791	16	21	4	3	yes			yes	yes		
PIZZA RANCHERO (slice)	327	30	620	14	19	4	6	yes			yes	yes		
PRETZELS, HEARTZELS	80	15	200	1.5	2	2		yes				yes		
QUESADILLA, CHICKEN/CHEESE	280	38	660	11	18	4	3	yes			yes	yes		
RAVIOLI, BEEF CANNED 1 C	250	30	690	8.04	16	5		yes			yes	yes		
RICE KRISPIES SNACK SIZE TREAT	50	9	45	1	0	0		yes			yes			
RICE KRISPIES TREATS	160	30	120	4	2	0		yes			yes			
RIPPER, HAM AND CHEESE	271	28	592	8	22	3		yes	yes		yes	yes		
ROLL, DINNER 1 ea	80	16	130	1	3	2					yes	yes		
ROLL, HAMBURGER	140	29	240	2	6	4					yes	yes		
ROLL, HOAGIE	140	27	270	2	6	3					yes	yes		
ROLL, HOT DOG	140	28	230	1.5	5	4					yes	yes		
SALAD, TUNA	143	2.36	470	7.38	15.73	0.46			yes	yes	yes			
SALAD, TUNA SANDWICH	283	31	710	9.4	22	4.5	8		yes	yes	yes	yes		
SALAD, TURKEY	126	2.3	614	6.3	16	0	0		yes		yes			
SALAD, TURKEY SANDWICH	266	31	854	4.3	22	4			yes		yes			
<b>Sandwich Packs/Supper Program</b>														
ADVANCE PIERRE BOLOGNA & CHEESE	270	34	690	10	13	3		yes			yes	yes		
STRING CHEESE	80	0	210	6	7	0		yes						
SUNFLOWER KERNELS	190	11	65	14	6	3								
TACO	388	37	720	13.52	25	6.03								
	Beef taco filling	112	5	292	5	13	2				yes			
	Tortilla (2)	160	28	225	5	6	0				yes	yes		
	Cheese, shredded cheddar	111	0.61	115	5.4	4.25	0	yes						
	Tobasco	0	0	32	0	0	0							
TOSTITOS ROUNDS, IND BAG	200	29	180	7	2	3								
TUNA SALAD SANDWICH	283	18	710	9.38	21.73	4.46								
	Hamburger roll	80	16	130	1	3	2				yes	yes		
	Tuna Salad	143	2.36	470	7.38	15.73	0.46		yes	yes	yes			
YOGURT CHERRY VANILLA 8 OZ	180	39	150	0	6	0		yes						

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YOGURT STRAW/BAN 8 OZ	180	39	150	0	6	0		yes						
YOGURT STRAW/BAN 4 OZ TRIX	80	15	60	0.5	4	0	9	yes						
<b>FRUITS</b>														
APPLE, RAW WITH SKIN (5 oz)	72	19	1	0.23	0.3	3	14							
APPLE, JUICE DAIRY MAID	60	14	5	0	0	0	13							
APPLES, SLICED, POUCH	29	8	1	0.1	0.15	1.4								
APPLESAUCE, SHELF STABLE	70	13	15	0	0	1								
BUDDY FRUIT, FRUIT BREAK	80	19	5	0	0	1								
CRAISINS, STRAWBERRY OR CHERRY	109	27.81	0	0	0	2.98								
CRANBERRIES, DRIED 1.16 OZ	90	25	0	0	0	2	20							
FRUIT CUP, PEACHES, FROZEN	80	19	0	0	1	1								
FRUIT CUP, STRAWBERRY, FROZEN	80	19	0	0	1	2								
STRAWBERRIES, FROZEN, in syrup	112	33	0	0	0.65	3.18								
MIXED BERRIES (USDA) FROZEN	90	20	0	0	0	2	16							
FRUIT CUP, MIXED, SHELF STABLE	80	19	10	0	0	1								
FRUIT RIPS JUICE	60	15	25	0	0	0								
FRUIT SIDE KICKS	80	20	45	0	0	0								
GRAPE JUICE	80	20	10	0	0	0								
GRAPES	57	14.15	0	0.45	0.55	0.8								
MIXED BERRIES (USDA) FROZEN	90	20	0	0	0	2	16							
ORANGE	45	11.28	0	0.12	0.9	2.3								
ORANGE JUICE, DAIRY MAID	60	14	0	0	0	0	13							
ORANGES, MAND, SHELF STABLE	70	17	0	0	0	1	15							
PEACH	51	12.4	0	0.33	1.18	1.95								
PEACH CUP, SHELF STABLE	70	18	10	0	1	1								
PEACHES, CUP, in syrup	117	29	0	0	0	2								
PEAR	95	25.28	2	0.23	0.6	5.15								
PEARS,DICED SHELF STABLE	70	19	5	0	0	1	15							
PINEAPPLE, SHELF STABLE	66	16.95	1	0.15	0.45	1.01								
RAISINS, AMAZING, SOUR	110	25	10	0	1	2								
RAISINS, AMAZING W/SUNFLOWER SEEDS	300	29	15	17	8	4								

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SIDE KICK CHERRY	100	25	25	0	0	0								
SIDE KICKS	80	20	45	0	0	0								
STRAWBERRIES, FRESH	27	6.37	1	0.25	0.56	1.66								
STRAWBERRIES, FROZEN, in syrup	112	33	0	0	0.65	3.18								
<b>VEGETABLES</b>														
BROCCOLI														
CARROTS & CHERRY TOMATOES	23	5.3	17	0.15	0.62	1.51								
CARROTS STICKS	37	8.62	30	0.16	0.88	2.55								
CARROTS, BABY	22	5.26	50	0.08	0.41	1.85								
CELERY STICKS	12	2.71	65	0.1	0.56	1.26								
CUCUMBERS & CHERRY TOMATOES	8	1.8	2	0.1	0.32	0.4								
SALSA	30	5.92	207	0	0	2.96								
PARADISE PUNCH VEG JUICE	60	15	10	0	0	0								
VEG JUICE GOLD RUSH	40	10	60	0	0	0								
<b>MILK</b>														
MILK, 1%, WHITE, DAIRY MAID	100	11	120	2.5	8	0	11	yes						
MILK, FAT FREE, CHOCOLATE DAIRY M	130	20	230	0	8	0	18	yes						
MILK, FAT FREE, WHITE DAIRY MAID	80	11	120	0	8	0	11	yes						
MILK, SHELF STABLE, CHOC	200	30	130	5	8	0		yes						
MILK, SHELF STABLE, WHITE	100	12	110	2.5	8	0		yes						
MILK, SOY, VANILLA	140	20	170	3	8	0					yes			
SOY MILK 8 OZ	130	15	110	4.5	8	2	11				yes			

Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Peanut Treenut	Dyes
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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Peanut Treenut	Dyes