

Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
APPLES, CINNAMON, WARM 1/2 C	104	25	14	0.05	0.02	2.03								
APPLE, JUICE	60	14	5	0	0	0								
APPLES, SLICED, POUCH	29	8	1	0.1	0.15	1.4								
APPLESAUCE, CANNED	50	15	15	0	0	2.01								
APPLESAUCE, SHELF STABLE	70	13	15	0	0	1								
BAGEL 1 ea	130	25	200	1.5	4	2	2				yes	yes		
BAGEL, PIZZA, MINI 4 ea	260	24	560	9	21	4		yes	yes		yes	yes		
BANANA BREAD 1 ea	281	44.18	221	10.04	5.02	2.01	25	yes	yes		yes	yes		
BARBEQUE CHICKEN SANDWICH	310	39.93	548	7	25	4					yes	yes		
BARBEQUE RIB SANDWICH	330	48	810	9	18.5	4								
Sub roll	140	27	270	7	6	3					yes	yes		
BBQ beef pattie	150	12	500	3	12	1					yes			
Sauce	40	9	40	2	9	1					yes	yes		
BARBEQUE RIB SANDWICH SPICY	330	48.01	817	9.01	18.52	4.01								
Sub Roll	140	27	270	7	6	3					yes	yes		
BBQ beef pattie rib shape	150	12	500	3	12	1					yes			
BBQ sauce	0	0	47.48	0	12	0					yes	yes		
BARBEQUE SAUCE	80	18.03	81	0	1	0					yes	yes		
BEANS, BAKED 1/2 C	128	22.57	137	0.04	6	6.87								
BEANS, BLACK SEASONED 1/2 C	114	20.4	301	1.25	5.48	6.5								
BEANS, LIMA 1/2 C	92	17	51	0.3	5.5	5								
BEEF EMPANADA	350	53	279	12	16	6						yes		
BEEF GENERAL TSO'S	252	29	420	6.25	22	0	25				yes	yes		
BEEF SOUS VIDE	126	0	83	4.43	22	0								
BEEF WAFER STEAK	140	5	270	7	12	0					yes			
BISCUIT	150	29	170	2.5	4	2			yes		yes	yes		
BLACK BEAN BURGER	320	43	630	9	20	10	10							
Black Bean Burger	180		390	7	14	6	2	yes	yes		yes	yes		
Hamburger Roll	140		240	2	6	4	8				yes	yes		
BLUEBERRIES (FROZEN)	62	15.03	1	0.49	0.33	2.09								
BLUEBERRIES (FROZEN, NO SUGAR)	39	9.3	1	0.49	0.32	2.06								
BLUEBERRY BREAD	270	43	190	9	6	2	24	yes	yes		yes	yes		
BOLOGNA & CHEESE SANDWICH PreK	171	18.53	575	7.58	10.59	2								

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Nutritionals/Allergens/Dyes
2018-2019

Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
Dinner Roll	80	16	130	1	3						yes	yes		
Bologna (turkey)	56	1.52	339	4.5	4.05	0								
Cheese (American)	35	1	106	2	3.54			yes			yes			
BRATWURST (ELEMENTARY)	300	31	1037	11.5	18	4								
Bratwurst	160	3	807	10	13	0								
Hot dog Roll	140	28	230	1.5	5	4					yes	yes		
BRATWURST (SECONDARY)	599	62	2075	23	36	8								
Bratwursts	319	6	1614	20	26	0								
Hot Dog Rolls	280	56	460	3	10	8					yes	yes		
BREAD STICK, GARLIC	150	26	160	4	5	2		yes	yes		yes	yes		
BREAD, WHITE WHEAT, SLICE	70	14	130	1	3	1					yes	yes		
BREAKFAST BARS, BENEFIT														
OATMEAL CHIP	290	47	240	9	5	3	22	yes	yes		yes	yes		
BANANA CHOCO CHUNK	280	48	220	8	5	3	23	yes	yes		yes	yes		
FRENCH TOAST	290	47	200	9	5	3	21	yes	yes		yes	yes		
COCOA	270	48	230	8	5	5	21	yes	yes		yes	yes		
APPLE CINNAMON	290	48	240	9	5	3	22	yes	yes		yes	yes		
BREAKFAST BAR, COCOA PUFF	151	30	111	3.02	3.02	3.02	9				yes	yes		
BREAKFAST BAR, GOLDEN GRAHAM	151	30	106	3.52	2.01	3.02	9				yes	yes		
BREAKFAST BREAK CHEERIOS BAR	310	63	236	6.5	3	4	27							
Cheerios cereal bar	150	30	85	3.5	2	3					yes	yes		
Apple juice	60	15	5	0	0	0								
Grahams, cinnamon	90	16	95	2.5	1	0		yes	yes		yes	yes		
BREAKFAST BREAK CIN POP TART	337	69.37	337	5.45	2.97	3.96								
Cinnaman Pop Tart	180	37	190	2.5	2	3					yes	yes		
Apple juice	60	15	5	0	0	0								
Graham crackers	90	16	95	2.5	1	0		yes	yes		yes	yes		
BREAKFAST BREAK CIN TST BAR	330	65	240	7.5	2	5								
Cinnamon toast cereal bar	150	30	115	3	3	3					yes	yes		
Apple juice	60	15	5	0	0	0								
Animal Cracker	120	20	115	4.5	2	2		yes	yes		yes	yes		
BREAKFAST BREAK CINNA TST CRU	270	55	350	6	2	4								
Cinnamon toast cereal	110	22	200	3	1	3					yes	yes		

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
Apple juice	60	15	5	0	0	0								
Grahams, cinnamon	100	18	95	2.5	1	0		yes	yes		yes	yes		
BREAKFAST BREAK GOLDEN GRAHAM	310	64	370	5	4	4								
Cereal, Golden Grahams	110	24	220	1	1	1					yes	yes		
Apple juice	60	15	5	0	0	0								
Animal Cracker	120	20	115	4.5	2	2		yes	yes		yes	yes		
BREAKFAST BUN with EGG, IW*	240	43	230	7	5	3		yes	yes		yes	yes		
BREAKFAST BURRITO, IW*	205	26	400	7.8	8.4	2.3		yes	yes		yes	yes		
BREAKFAST OMELET	140	12	330	4	6	1		yes	yes		yes	yes		
BREAKFAST PIZZA	210	26	479	6.99	8.89	2		yes			yes	yes		
BREAKFAST PIZZA, IW*	180	17	270	6	9	2	3	yes			yes	yes		
BREAKFAST SANDWICH SAUSAGE	210	30	210	650	4	2	5		yes		yes	yes		
BROCCOLI	28	4.42	22	0	2.2	2.2								
BROCCOLI & CHEESE SAUCE	72	5.79	216	3.66	4.97	2.72					yes			
BROTH, BEEF	0	0	5	0	0	0								
BROTH, CHICKEN	0	0	2.12	0	0	0					yes			
BUDDY FRUIT, FRUIT BREAK	80	19	5	0	0	1								
BUG BITES CRACKERS	120	21	115	3.5	2	1					yes	yes		
BURRITO BOWL, CHICKEN	369	45.34	598	8.88	26.07	2.88								
Chicken Verde	176	4.51	595	7.18	21.54	0.62					yes			
Cilantro Rice	96	20	3	0.85	2.27	1								
BURRITO, CHICKEN	433	51.92	947	12.53	27.81	5.75								
Chicken Verde	176	4.51	595	7.18	21.54	0.62					yes			
Tortilla	190	32	250	4	5	4						yes		
Cilantro Rice	96	23	2	1	2									
CALZONES, MINI	330	40	510	12	16	4	6	yes			yes	yes		
CANTELOPE	27	6.53	13	0.15	0.67	0.72								
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								
CARROTS, BABY GLAZED	102	20.26	62	2.48	0.68	2.81								
Baby carrots	31	6.7	58	0.39	0.66	2.8								
Brown sugar	52	13.55	3.86	0	0	0								

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
Butter	19	0	0	2.09	0	0								
CAULIFLOWER	13	2.49	15	0.14	0.96	1								
CELERY, DIP	109	6.38	284	9.17	0.9	2	1							
Celery	19	4.38	104	0.17	0.9	2								
Ranch Dip	90	2	180	9	0	0	1	yes	yes		yes			
CELERY STICKS	12	2.71	65	0.1	0.56	1.26								
CEREAL MINI WHEATS 1 OZ	100	24	0	0	3	3	6					yes		
CEREAL CINNAMON FLAKES 1 OZ	100	24	170	0	2	3	6				yes			
CEREAL BAR, COCOA PUFF	150	30	110	3	3	3					yes	yes		
CERAL BAR, GOLDEN GRAHAMS	150	30	105	3.5	2	3					yes	yes		
CEREAL, CHEX CINNAMON	110	23	170	2	1	1								
CEREAL, RICE CHEX	103	23.58	265	0	1.47	0								
CEREAL, RICE KRISPIES	106	23	96	1	2	3						yes		
CHEESE SANDWICH	282	33	665	282	20	4		yes			yes	yes		
Cheese (American)	142	4	425	8.1	14	0		yes			yes			
Roll, Hamburger	140	29	240	2	6	4					yes	yes		
CHEESE SANDWICH, GRILLED	283	32	685	10	20	2								
Bread	140	28	260	2	6	2					yes	yes		
Cheese	140	4	425	8.1	6	0		yes			yes			
CHEESE SANDWICH, GRILLED, IW*	280	32	599	10	19	3		yes			yes	yes		
CHEESEBURGER	325	32.01	486	14.03	25.54	4								
Bread	140	29	240	2	6	4					yes	yes		
Burger	150	2	140	10	16	0					yes			
Cheese	35	1	106	2	3.5	0		yes			yes			
CHEESEBURGER W/BACON	345	32	581	17.03	27.54	4	9							
Hamburger Roll	140	29	240	2	6	4	9				yes	yes		
Burger	150	2	140	10	16	0					yes			
Cheese	35	1	106	2	3.5	0		yes			yes			
Bacon	20	0	95	1	2	0								
CHEESEBURGER, NO ROLL	195	2.34	259	11.33	15.5	0		yes			yes			
CHEESESTEAK SUB	343	36	764	12	21	3.98					yes			
Steak/cheese	190	6.5	469	10	14.5	1		yes			yes			
Sub Roll	153	29	295	2	6.5	3					yes	yes		

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
CHEESESTEAK SUB, BUFFALO CHICK	376	31.13	917	14	31.72	3.05								
Sub Roll	153	29	295	2	6.5	3					yes	yes		
Buffalo Chicken/cheese	235	4	618	5	26	0		yes			yes			
Tabasco			7			0								
CHEESESTEAK SUB, CHICKEN	375	31.05	889	13.95	31.6	3								
Sub Roll	153	29	295	2	6.5	3					yes	yes		
Chicken/cheese	235	4	618	5	26	0		yes			yes			
CHICKEN BROTH	0	0	6	0	0	0					yes			
CHICKEN ALFREDO WITH BROCCOLI	302	13	913	14	29	2		yes			yes	yes		
CHICKEN & WAFFLE	656	89.15	746	27.87	20.1	5.96								
Chicken Nuggets	263	16.19	405	15.18	16.19	3.04					yes	yes		
Waffle	293	42	341	12.68	4	3		yes	yes			yes		
Syrup	100	31	0	0	0	0								
Bacon	20	0	95	1	2	0								
CHICKEN BREAST GRILLED	102	1.02	214	3.56	15.27	0					yes			
CHICKEN BUFFALO WRAP	498	48.45	913	24.25	23.39	8.94								
Tortilla	190	32	160	4	5	4						yes		
Chicken Tenders Spicy	260		390	3	15	3					yes	yes		
Lettuce	4		2.24	0	0.28	0.38								
Celery	6		35	0	0.3	1								
Carrots	12		10	0	0.3	1								
Tobasco			30											
CHICKEN CAESAR WRAP	302	29.38	628	11.5	20.16	4.91								
Grilled chicken patty	102	1.02	214	3.56	15.27	0					yes			
Tortilla	160	27	350	4.5	4	4						yes		
Caesar dressing	27	0	36	2.95	0.23			yes	yes	yes				
Romaine lettuce	6	0	3	0	0.59	1								
Parmesan cheese	8	0	28	0.48	0.32			yes						
Onions	1	0	0	0	0.03									
CHICKEN DRUMSTICK	190	5	450	11	16	1						yes		
CHICKEN DRUMSTICK, BUFFALO	170	4	300	10	17	0								
CHICKEN GRILLED DRUMMIES	140	7	250	4.5	18	1					yes			
CHICKEN KUNG PAO	210	8.63	471	11.53	18.78	0					yes	yes		

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Nutritionals/Allergens/Dyes
2018-2019

Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
CHICKEN NOODLE BAR	180	5.52	675	7	22	0					yes			
CHICKEN NUGGETS	263	16	450	15	16	3					yes	yes		
CHICKEN NUGGETS, SHAPED	159	13	464	5	14	10					yes	yes		
CHICKEN NUGGETS, SOY FREE	180	9	260	9	15	1	0					yes		
CHICKEN NUGGETS, TERIYAKI	152	10.3	576	4.5	15.33	0					yes	yes		
Teriyaki nuggets	142	8	364	3.5	15	1					yes	yes		
Teriyaki sauce	10	2.26	212	0	0.33	0					yes	yes		
CHICKEN ORANGE	223	14.65	278	10.12	18.21	0								
Dark Breaded Chunks	172	2	182	10.12	18.21	0					yes	yes		
Orange sauce	52	12.65	98	0	0	0					yes	yes		
CHICKEN PARMESAN	276	17.57	547	12.81	22.63	2.45								
Chicken Patty (WM)	240	14	480	11	21	2					yes	yes		
Cheese, mozzarella	15	0.17	35	1	1			yes						
Marinara sauce	20	3.4	31	1	0.5	0.45								
CHICKEN PARMESAN SANDWICH	446	49.57	707	14.81	22.64	6.45								
Hamburger roll	140	29	240	7	6	3					yes	yes		
Chicken Patty (WM)	270	17	480	11	21	2					yes	yes		
Cheese, mozzarella	15	0.17	35	1	1			yes						
Marinara sauce	20	3.4	31	1	0.5	0.45								
CHICKEN PARMESAN SUB	376	44.57	817	14.81	28.63	5.45								
Hoagie Roll	140	27	270	7	6	3					yes	yes		
Chicken Patty (WM)	240	14	480	11	21	2					yes	yes		
Cheese, mozzarella	15	0.17	35	1	1			yes						
Marinara sauce	20	3.4	31	1	0.5	0.45								
CHICKEN PATTY SANDWICH	343	38	534	11	27.26	6.03								
Hamburger roll	140	29	240	2	6	3					yes	yes		
Chicken Patty, WM, uniform	203	9	480	9	21	2					yes	yes		
CHICKEN PATTY SANDWICH, SPICY	410	46	640	22	21.3	6								
Hamburger roll	140	29	240	7	6	3					yes	yes		
Spicy chicken patty	270	17	400	15	15	1					yes	yes		
CHICKEN POPCORN (5 PIECES)	254	15	386	14	15	3					yes	yes		
CHICKEN PULLED BBQ SANDWICH	353	42	639	9	28	4								
BBQ chicken	213	13	441	2	22	1					yes	yes		

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Hamburger roll	140	29	240	7	6	3					yes	yes		
or Swirl roll	170	28	160	4	5	3					yes	yes		
CHICKEN STRIPS TERIYAKI	142	10.3	576	4.5	22	0					yes			
CHICKEN STRIPS, SPICY	264	16.23	396	15.21	15.13	3.04					yes	yes		
CHICKEN STRIPS, SPICY SUB	400	43	660	17	20.92	6								
Sub Roll	153	29	295	2	6.5	3					yes	yes		
Spicy chicken strips	264	16.23	396	15.21	15.13	3.04					yes	yes		
CHICKEN STRIPS, SPICY WRAP	479	44.08	839	24.11	22.74	7.39								
Chicken Tenders H & S	260	16	390	15	15	3					yes	yes		
Lettuce	4	0	0	0	0.28	0.39								
Shredded Cheddar	56	0.51	15	4.56	3.5	0		yes						
Tortilla, chipotle	160	27	350	4.5	4	4						yes		
CHICKEN TENDERS	264	16	396	15	15	3.04					yes	yes		
CHICKEN VERDE	176	4.51	595	7.18	21.54	0.62					yes			
CHILI DOGS (SECONDARY)	654	61	1230	30.67	27.06	9.47								
Hot dog roll	140	28	230	1.5	5	4					yes	yes		
Hot dog	140	1	300	11	6	0								
Chili	42	2	83	2.5	2	0.72					yes	yes		
CHIPS, BAKED LAY'S, BBQ	120	24	210	3	2	2		yes			yes	yes		
CHIPS, BAKED LAY'S, ORIGINAL	111	22.86	171	1.71	2.29	2.29					yes			
CHIPS, BAKED RUFFLES, CHED/SR CR	100	17	200	3	1	1		yes			yes			yellow
CHIPS, BAKED SOUR CREAM/ONION	100	18	140	2.5	2	1		yes			yes			
CHIPS, CHEE FNTASTIX FLAMIN HOT	130	20	200	5	2	2		yes						yellow, red
CHIPS, CHEETOS PUFFS	90	14	135	3.5	2	0		yes						yellow
CHIPS, CHEETOS PUFFS, FLAMIN' HOT	90	14	140	3.5	2	1		yes				yes		red, yellow
CHIPS, CHEETOS FANTASTIX, CHI CHSE	130	19	200	5	2	1		yes						yellow, red #40
CHIPS, CHEETOS, CRUNCHY	130	20	200	5	2	2		yes						yellow
CHIPS, CHEETOS, CRUNCHY HOT	120	18	190	4.5	2	0		yes						yellow
CHIPS, DORITOS, NACHO CHEESE RF	130	19	220	5	2	2		yes						yellow, red #40
CHIPS, DORITOS, SPICY SWEET CHILI	130	20	180	5	2	2					yes	yes		

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
CHIPS, DORITOS, COOL RANCH, RF	130	19	160	5	2	1		yes						red #40, blue #1, yellow #1
CHIPS, DORITOS, BAKED, RF	130	19	220	5	2	2								
CHIPS, DORITOS, WILD WHITE RF	130	20	170	5	2	2		yes						
CHOCOLATE BREAD	270	44	210	8	7	2	24	yes	yes		yes	yes		
CHOW MEIN NOODLES (PKG)	100	14	180	4	2	2	0		yes			yes		
CINNABAR	280	45	260	9	5	4					yes	yes		
CINNAMON ROLL	240	43	230	7	5	3	18	yes	yes		yes	yes		
COLD CUT SUB	289	30.54	924	10.96	20.89	3								
Sub Roll	153	29	295	2	6.5	3					yes	yes		
Bologna (turkey)	28	0.5	169	2.2	2	0								
Salami (turkey)	12	0.5	105	0.41	1.66	0								
Ham (Turkey)	33	0.5	112	2	2.5	0								
Cheese, American	71	2.3	212	4	7	0		yes			yes			
COLESLAW, HOMEMADE	114	9.9	188	8.09	0	1.62			yes		yes			
COLLARD GREENS	29	5.36	91	0.51	2.39	2.56								
COOKIES, BUTTER CRUNCH, 2 PK	141	22	135	5.3	1.5	2			yes		yes	yes		
COOKIES, BUTTER CRUNCHERS	150	22	135	5.7	2	2			yes		yes	yes		
COOKIES, CHOC CHIP, BONZERS	165	27	105	6	1.5	1.5		yes			yes	yes	?	
COOKIES, CHOCOLATE CHIP, 2 PK	140	22	700	5.2	1.5	20			yes		yes	yes		
COOKIES, CHOCOLATE CHIPPERS	145	22.3	90	5.5	1.5	2			yes		yes	yes		
COOKIES, CHOC CHIP, APPLEWAY	160	28	90	4.5	2	2		yes	yes		yes	yes		
COOKIES, FUDGE CHIP, 2 PK	136	20	70	5.2	1.7	2			yes		yes	yes		
COOKIE, HARVEST	139	25	87.5	4	2	1.5		yes	yes			yes		
COOKIES, NATURAL BIRTHDAY	170	28	55	6	2	1		yes	yes		yes	yes		
COOKIES, OATMEAL RAISIN, 2 PK	133	21	87	5.1	1.8	2		yes	yes		yes	yes		
COOKIES, SUGAR, BONZERS	165	27	115	6	2	1.6		yes	yes		yes	yes	?	
COOKIES, TRIPLE CHOCOLATE (1)	200	31	130	7	3	3		yes	yes		yes	yes	?	
CORN	51	11.86	109	0.64	1.67	1.24								
CORN COBBETTES	180	37	10	1.2	5	4								
CORN DOG	281	31.11	662	13.05	9.03	2.01		yes	yes		yes	yes		
CRACKERS CHEEZ-IT	100	14	150	3.5	2	1		yes			yes	yes		
CRACKERS, WHEAT	180	30	30	5	4	2					yes	yes		

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
CRAISINS, STRAWBERRY OR CHERRY	109	27.81	0	0	0	2.98								
CROISSANT (2.2 oz)	190	26	270	8	5	2		yes	yes		yes	yes		
CROUTONS, HOMEMADE	54	4.27	52	3.75	0.99	0.49		yes			yes	yes		
CRUNCHMANIA	220	36.92	230	6.99	3.99	2		yes			yes	yes		
CUCUMBER SALAD	33	7.66	131	0.06	0.32	0.41								
CUCUMBERS & CHERRY TOMATOES	8	1.8	2	0.1	0.32	0.4								
DONUT HOLES (6)	287	30	300	16	4	2		yes			yes	yes		
DRESSING, CAESAR, PUMP	113	0	151	12.28	0.94	0		yes	yes	yes	yes			
DRESSING, HONEY MUSTARD, PUMP	49	9.71	204	0.49	0	0			yes					yellow #5
DRESSING, ITALIAN LITE, PUMP	0	0	0	0	0	0								
DRESSING, RANCH FF, GAL	25	6	380	0	0	0		yes						
DRESSING, RANCH PC	90	2	180	9	0	0	1	yes			yes	yes		
DRESSING, RANCH, PUMP	50	8	320	2.5	0	0		yes			yes			
DRESSING, SOUTHWEST HOMEMADE	56	2.02	147	5.06	0	0.51			yes					
DRESSING, TERIYAKI HOMEMADE	9	1.88	177	0.01	0.27	0					yes	yes		
DRESSING, APPLE VINAGRETTE, GAL	120	6	35	10	0	0								
DRESSING, CAESAR, GAL	90	5	290	7	1	0		yes	yes	yes				
DRESSING, HONEY MUSTARD, GAL	45	10	300	0	0	0								
DRESSING, ITALIAN, GAL	25	3	410	1.5	0	0								
EGG & BACON BREAKFAST BOAT	211	23	361	9	0	3		yes	yes					
EGG, HARD BOILED	77	1	62	5	6	0			yes					
EGG PATTY	37	0.5	40	2.6	3.14	0		yes	yes		yes	yes		
EGG (2)/CHEESE/BACON/CROISSANT	299	28	455	14.27	14	2								
Croissant	190	26	270	8	5	2		yes	yes		yes	yes		
Egg Patty	74	1	79	5	6	0		yes	yes					
Cheese, American	35	1	106	1.27	3	0		yes			yes			
EGG ROLL, BREAKFAST	160	16	400	9	6	2		yes	yes		yes	yes		
EGG ROLL, VEGETABLE	130	22	150	3.5	4	4			yes			yes		
EGG AND SAUSAGE FOLDOVER	280	16	400	6	12	2	1		yes			yes		
EGG/CHEESE BISCUIT	289	30	426	11	12	2	5							
Biscuit	150	29	170	2.5	4	2	5		yes		yes	yes		
Egg Patty	37	1	40	2.55	3.12	0		yes	yes					
Cheese, American	35	1	106	1.27	3	0		yes			yes			

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
EGG/SAUSAGE BISCUIT	247	30	420	12.55	14	2	5							
Biscuit	150	29	170	2.5	4	2	5		yes		yes	yes		
Egg Patty	37	0.56	0.57	2.5	6	0		yes	yes					
Sausage	60	1	210	4	3.12	0								
EGG/SAUSAGE CROISSANT	285	16.57	400	11.05	14	1								
Croissant	190	26	270	8	5	2		yes	yes		yes	yes		
Egg Patty	37	1	40	2.55	3.12	0		yes	yes					
Sausage	60	1	210	4	3.12	0								
EGG/BACON/CHEESE SWIRL ROLL	319	30.15	536	13.13	18.78	3								
Swirl Roll	170	28	160	4	6	3					yes	yes		
Egg Patty	37	1	40	2.55	3.12	0		yes	yes					
Bacon	20	0	95	1	2	0								
EGG/BACON/CHEESE SLIDERS	192	21.58	431	7.08	11.66	0								
Potato Roll	63	19	151	0	0.66						yes	yes		
Egg Patty	37	1	40	2.55	3.12	0		yes	yes					
Bacon	20	0	95	1	2	0								
Cheese, American	35	1	106	1.27	3	0		yes			yes			
EGG/CHEESE BISCUIT	222	31	316	7	10.66	2	5							
Egg Patty	37	1	40	2.55	3.12	0		yes	yes					
Cheese	35	1	106	2	3.5	0		yes			yes			
Biscuit	150	29	170	2.5	4	2	5		yes		yes	yes		
EGG/CHEESE BUN, IW*	160	28	290	4.5	8	2		yes	yes		yes	yes		
EGG/CHEESE ON CROISSANT	261	16.58	296	12.56	11.58	1								
Croissant	190	26	270	8	5	2		yes	yes		yes	yes		
Egg Patty	37	1	40	2.55	3.12	0		yes	yes					
Cheese, American	35	1	106	1.27	3	0		yes			yes			
ELF GRAHAMS	120	21	105	4	2	1					yes	yes		
FAJITA, CHICKEN	453	36	788	19.5	34	4	0.7							
Chicken Strips	171	2	362	7.5	22	0					yes			
Tortilla	160	30	230	3	4	4						yes		
Shredded Cheddar	111	1	192	9	7	0		yes						
Peppers/onions	11	3	3	0	1	0	0.7							
FISH NUGGETS (4 Pieces)	211	24	291	6	15	2	0	yes		yes	yes	yes		

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
FLAPSTICK	198	17	307	10	7	3			yes		yes	yes		
FLAPSTICK, BLUEBERRY	160	18.05	381	6.02	8.02	1		yes	yes		yes	yes		
FRENCH TOAST BAR	290	47	200	9	5	3		yes	yes		yes	yes		
FRENCH TOAST STCK, EL	180	26	220	6	4	2.5	5.3				yes	yes		
FRENCH TOAST STCKS, IW*	240	38.02	260	7	6	2		yes	yes		yes	yes		
FRENCH TOAST STICK, SCDRY	270	39	330	9	6	3.75	8				yes	yes		
FRUIT CUP, PEACHES, FROZEN	80	19	0	0	1	1								
FRUIT CUP, STRAWBERRY, FROZEN	80	19	0	0	1	2								
FRUIT CUP, MIXED, SHELF STABLE	80	19	10	0	0	1								
FRUIT ROLL UPS	45	11	55	1	0	2								yellow #5, blue #1, red #40
FRUIT RIPS JUICE	60	15	25	0	0	0								
FRUIT SIDE KICKS	80	20	45	0	0	0								
FRUIT SIDE KICKS														
GARLIC BASE														
GINGERBREAD MAN (HOLIDAY MEAL)	90	19	60	1	2	1						yes		
GRANOLA CLUSTERS	220	47	95	2.5	5	4					yes	yes		
GRAPE CRESCENT FILLED	210	35	260	6	5	2	9	yes				yes		
GRAPE JUICE	80	20	10	0	0	0								
GRAPEFRUIT HALF	53	13.41	0	0.17	1.05	1.83								
GRAPES	57	14.15	0	0.45	0.55	0.8								
GRAVY, BROWN	63	9.47	444	1.58	0	0		yes	yes		yes	yes		
GRAVY, CHICKEN	25	3.01	142	1	1	0		yes	yes		yes	yes		
GREEN BEANS	26	5.7	263	0.13	1.47	2.44								
HAM & CHEESE SANDWICH, PreK	180	18	461	7	13	2								
Dinner roll	80	16	130	2	3.2	2					yes	yes		
Ham (2 sl)	65	1	225	4	6	0								
Cheese, American	35	1	106	1.27	3	0		yes			yes			
HAM & CHEESE SUB	301	30	790	12	20.6	3					yes	yes		
HAM & CHEESE SUB (HOT)	301	30	790	12	23.6	3								
Hoagie Roll	140	27	270	2	6	3					yes	yes		
Ham	90	2	337	4.5	10.5	0								
Cheese, American	71	1	212	4	7	0		yes			yes			

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
HAM & CHEESE WRAP	324	31.6	902	13	22	4.39								
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		
HAMBURGER	290	31	380	12	22	4								
Hamburger roll	140	29	240	7	6	3					yes	yes		
Burger	150	2	140	10	16	0					yes			
HAMBURGER, NO ROLL	150	2	140	10	16	0					yes			
HAPPY HUMMUS LUNCH	349	32.79	433	20.42	12.09	10.65								
Hummus (Sabra)	150	9	250	11	4	3								
Carrots/tomatoes	24	6.3	17	0.14	2	2								
Sunflower Kernals	190	11	65	14	6	3								
HONEY MUSTARD	15	3	23	0	0	0								
HONEYDEW MELON	31	7.73	15	0.12	0.46	0.68								
HOT DOG, (ONLY) FARM TO SCHOOL	195	1.3	428	16	11	0								
HOT DOG, EL	282	29.01	534	12.67	11.07	4								
Hot dog roll	140	28	230	1.5	5	4					yes	yes		
Hot dog	140	1	300	11	6	0								
HOT DOGS (2), (SECONDARY)	564	58.03	1068	25.35	22.15	8					yes	yes		
HUMMUS BOX LUNCH	475	54	489	22	15.99	10								
Hummus (Sabra)	150	9	250	11	4	3								
String cheese	79	0	207	6	7	0		yes						
Crackers, wheat	180	30	30	5	4	2.4					yes	yes		
Carrots	37	7	1	0.1	0.88	1.4								
Apples	29	8	1	0	0.15	3								
ICE CRM BROWNIE BATTER SANDWICH	180	33	140	3.5	5	1	20	yes			yes	yes		
ICE CRM CARAMEL BROWNIE BAR	150	23	135	4.5	3	0	12	yes			yes	yes		
ICE CRM CHOCOLATE SCOOTER BAR	140	22	100	5	1	0		yes			yes	yes		blue #1, red #40
ICE CRM STRAWBERRY SCOOTER BAR	140	22	50	5	1	0		yes			yes	yes		red #40
ICE CRM ORANGE BLOSSOM BAR	70	14	50	1	1	0		yes						yellow #6
ICE CRM POLAR BLAST FRUIT PUNCH BAR	70	16	5	0	0	0								red #40
ICE CRM COOKIE & CREAM CONE	120	16	45	7	2	0		yes			yes	yes	?*	

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Nutritionals/Allergens/Dyes
2018-2019

Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
ICE CRM VAN/CHOC TWIST CONE	150	27	100	1.5	2	0		yes			yes	yes	?*	
ICE CRM MINTY ICE CREAM SANDWICH	180	33	150	3.5	4	0		yes			yes	yes		yellow #5 & 6, blue #1
ICE CRM VANILLA CUP	60	12	45	1	2	0		yes						
ICE CRM CHOCOLATE CUP	70	12	50	1	3	0		yes						
ICE CRM COTTON CANDY CUP	60	12	45	1	2	0		yes						red #40, blue #1
ICE CRM STRAWBERRY SUNDAE CUP	80	15	60	1	1	0		yes						red #40
KETCHUP, PUMP	20	4	50	0	0	0								
KIWI	54	12.97	3	0.46	1.01	2.66								
LASAGNA	303	38	361	9	16	2		yes				yes		
LUNCH KIT, HAM AND CHEESE														
Ham, crackers (2), cheese	360	33	720	17	18	1	8	yes	yes		yes	yes		
LUNCH KIT, TURKEY AND CHEESE														
Turkey, crackers (2), cheese	360	37	910	16	18	0	11	yes	yes		yes	yes		
MACARONI & CHEESE	322	34.5	1089	12	19	2		yes	yes			yes		
MARGARINE	101	0.13	133	11.35	0.13	0								
MARINARA SAUCE	61	10.21	95	2.38	1.36	1.36								
MAYONNAISE, GALLON	51	1.01	111	5.06	0	0			yes		yes			
MAYONNAISE, PUMP	53	4.26	144	3.73	0	0			yes		yes			
MEAL BREAK, SUN BUTTER AND JELLY	660	90	695	24	16	8		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							
MEAL BREAK, CHEESE, BEEF STICK	455	47	1027	23	15	2		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		
MEATBALL SUB	295	33.82	614	11.35	18.77	3.78								

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Nutritionals/Allergens/Dyes
2018-2019

Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
Hoagie Roll	140	27	270	7	6	3					yes	yes		
Meatballs	120	1	290	8	12	0								
Marinara	35	27	54	0	0.78	0.78								
MEATBALL SUB W/CHEESE	340	34.33	720	14.39	22.31	3.78								
Hoagie Roll	140	27	270	7	6	3					yes	yes		
Meatballs (beef)	120	1	290	8	12	0								
Marinara	35	27	54	0	0.78	0.78								
Cheese, mozzarella	46	0.51	106	3	3.54	0		yes						
MEATLOAF	148	11.25	390	7	12.62	1.31					yes			
MILK, 1%, WHITE	110	13	135	2.5	8	0		yes						
MILK, CHOCOLATE, HOT	180	30	125	2.5	8	0		yes						
MILK, FAT FREE, CHOCOLATE	130	23	210	0	8	0		yes						
MILK, FAT FREE, STRAWBERRY	130	23	130	0	8	0		yes						
MILK, FAT FREE, WHITE	80	13	125	0	9	0		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			
MINI CINNIS	240	39.93	299	6.99	4.99	2		yes				yes		
MIXED FRUIT, CANNED	72	18.81	8	0.09	0.5	1.39								
MOZZARELLA DIPPERS	300	32	800	12	16	2		yes			yes	yes		
MUFFIN, BLUEBERRY	250	41	180	8	4	2		yes	yes		yes	yes		
MUFFIN, CHOCOLATE	270	49	290	7	6	3		yes	yes		yes	yes		
MUFFIN, CORNBREAD	150	23	90	5	3	1		yes	yes		yes	yes		
MUSTARD, PACKET	5	0	78	0	0	0								
MUSTARD, HONEY PUMP	10	0.8	170	0.6	0.65	0.49								
NACHO GRANDE, BEEF	362	35.55	675	16.25	18.12	5.02								
Tostitos	200	2	180	7	2	3								
Cheese sauce	60	1.8	240	4	3	0		yes			yes			
Taco meat	112	5	294	5	13	2					yes			
NACHO GRANDE, CHICKEN	426	35.01	975	17.68	26.04	3.62								
Tostitos	200	2	180	7	2	3								
Cheese sauce	60	1.8	240	4	3	0		yes			yes			
Chicken Verde	176	4.51	594	7.18	21.5	0.6					yes			

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
NACHOS AND CHEESE	474	37.23	1277	26.2	15.72	3								
Tostitos	200	2	180	7	2	3								
Cheese sauce	100	3	400	7	5	0		yes			yes			
NECTARINE	57	13.61	0	0.41	1.37	2.19								
NOODLES CHOW MEIN (1 PK)	100	14	180	4	2	2			yes			yes		
NOODLES YAKISOBA (1 C)	113	24	25	0.5	4.81	1						yes		
OATMEAL BAR, APPLE	140	24	85	4	2	1		yes	yes		yes	yes		
OATMEAL BAR, CHOC CHIP	130	24	85	4	2	1		yes	yes		yes	yes		
OATMEAL BAR, STRAWBERRY	140	24	85	4	2	1		yes	yes		yes	yes		
OATMEAL CHIP BAR	290	47	240	9	5	3		yes	yes		yes	yes		
OMELET IN PITA, IW*	142	12.15	33	4.05	6.08	1.01		yes	yes		yes	yes		
ORANGE	45	11.28	0	0.12	0.9	2.3								
ORANGE JUICE, BCPS	50	13	0	0	1	0								
ORANGES, MANDARIN	71	16.8	13	0	0.88	0.88								
P.C. CREAM CHEESE*	93	0.93	112	9.33	1.87	0		yes						
P.C. MAYONNAISE*	70	0	55	7	0	0			yes					
P.C. JELLY ASST*	35	9	0	0	0	0								
PANCAKE & EGG LUNCH (SECONDARY)	232	33.1	337	8.13	6.84	3.72								
PANCAKE	195	32.54	297	5.58	3.72	3.72		yes	yes		yes	yes		
EGG	37	0.5	40	2.6	3.14	0		yes	yes					
PANCAKE & EGG LUNCH (HIGH)	269	33.67	377	10.68	9.96	3.72								
PANCAKE	195	32.54	297	5.58	3.72	3.72		yes	yes		yes	yes		
EGG (2)	74	1	80	5.2	6.28	0		yes	yes					
PANCAKES	195	32.54	297	5.58	3.72	3.72		yes	yes		yes	yes		
PARMESAN CHEESE	8	0.33	30	0.5	0.33	0		yes						
PASTA RAVIOLI, CHEESE, MINI	338	51.66	664	8.59	18.68	6.62		yes	yes			yes		
PASTA W/MARINARA & STR CHEESE	312	42.46	374	10.99	13.5	4.78								
Pasta	126	24.6	0	0.9	4.2	2						yes		
String Cheese	79	0	207	3.5	6.9	0		yes						
Marinara	107	17.86	166	4.17	2.38	2								
PASTA W/MARINARA & MEATBALL	314	36.38	429	12.22	17.48	3.98								
Pasta (Penne)	105	20.5	0	0.9	4.2	2						yes		
Meatballs (beef)	120	1	290	8	12	0								

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
Marinara	89	14.88	138	3.47	2.38	2								
PASTA, SPAGHETTI/MEAT SAUCE	368	32.67	559	17.31	19.28	4.24								
Spaghetti	115	22	10	0.82	4	2						yes		
Meat sauce	246	10	542	16	15	2								
PEACH	51	12.4	0	0.33	1.18	1.95								
PEACHES, CANNED	68	18.26	6	0.04	0.56	1.63								
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, CANNED	71	18.89	6	0.04	0.24	1.99								
PEAS	70	12.36	98	0.36	4.74	4.08								
PENNE PASTA 1 C	210	41	0	0	3.5	4	2					yes		
PEPPER RINGS, MILD	5	1.01	283	0	0	0								
PICKLE CHIPS	6	1	438	0	0	1								yellow 5
PINEAPPLE	41	10.82	1	0.1	0.45	1.16								
PINEAPPLE, CANNED	66	16.95	1	0.15	0.45	1.01								
PIZZA, PERSONAL, GLU FREE, PEP	520	59.29	504	24.71	14.43	3		yes			yes			
PIZZA, PERSONAL, GLU FREE, PLAIN	480	59	370	21	13	3		yes			yes			
PIZZA, MEATEATERS slice	351	29	791	16	21	4	3	yes			yes	yes		
PIZZA SLICE, CHEESE (ELEMENTARY)	300	33	680	12	16	3		yes			yes	yes		
PIZZA, STUFF CRUST, PEP	340	32.21	861	13.79	20.07	3		yes			yes	yes		
PIZZA, STUFF CRUST, PLAIN	310	32	760	11	19	3		yes			yes	yes		
PIZZA SUB	376	38.11	778	16.24	21.4	4.34		yes			yes	yes		
PIZZA SUB PEP	436	38.54	979	21.81	23.54	4.34		yes			yes	yes		
PIZZA, 5 TONY'S SCDRY	340	39	570	13	18	4		yes			yes	yes		
PIZZA, 5 TONY'S SCDRY PEP	370	39	390	36	15.79	4		yes			yes	yes		
PIZZA, GALAXY ROUND, ELEM	300	32	510	12	16	3		yes			yes	yes		
PIZZA, GALAXY ROUND, ELEM, PEP	320	32.14	577	13.86	16.71	3		yes			yes	yes		
POP-TARTS, SNACK, 1 PK, BR SUG	180	37	190	2.5	2	3	15				yes	yes		
POP-TARTS, SNACK, 2 PK, BR SUG	360	74	380	5	4	6	30				yes	yes		
POPCORN, KETTLE CORN, VICS	120	21	180	3.5	2	2								
POPCORN, WHITE CHED, VICS	80	11	120	3	2	2								
POPCORN, WHITE CHED, SMART	70	9	110	2.5	2	2		yes						

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
POTATO, BAKED small	131	29.19	15	0.42	3.45	3.04								
POTATO, MASHED 1/2 C	70	15	117	0.88	1	1	0	yes						
POTATO SALAD (DUTCH) OKTOBERFEST	134	22.39	253	4.48	2.24	2.24			yes					
POTATO WEDGES, W/KETCHUP	150	25	200	4	2	2								
POTATO WEDGES, SEASONED 3 OZ	133	21.54	154	4.1	2.05	2.05								
POTATOES, SMILE 4 ea	133	20.43	184	4.6	2.04	2.04								
PRETZEL, SOFT 1 ea	143	30.55	153	0.51	5.09	3.05						yes		
PRETZELS, HEARTZELS	80	15	200	1.5	2	2		yes				yes		
PUMPKIN BREAD	270	43	220	10	6	2		yes	yes		yes	yes		
PUMPKIN SWIRL ROLL	219	36	250	7	5	4	11	yes			yes	yes		
QUESADILLAS, CHEESE 3 ea	270	31	600	10	13	4		yes			yes	yes		
RAISINS, AMAZING, SOUR	110	25	10	0	1	2								
RAVIOLI, BEEF CANNED 1 C	250	30	690	8.04	16	5		yes			yes	yes		
RAVIOLI, CHEESE SQUARES 8 ea	415	69	517	10.18	20.16	8.1		yes	yes			yes		
REFRIED BEANS 1/2 C	120	18.85	536	2.06	5.95	5.95					yes			
RICE, 1 C	201	42.52	4	1.77	4.72	2.36								
RICE, 1/2 C	96	20.41	2	0.85	2.27	1.13								
RICE KRISPIES SNACK SIZE TREAT	50	9	45	1	0	0		yes			yes			
RICE KRISPIES TREATS	160	30	120	4	2	0		yes			yes			
RICE, CILANTRO LIME 1/2 C	96	20.41	223	0.85	2.27	1.13								
RICE CHICKEN SEASONED 1/2 CUP	116	25	42	0.5	2	1					yes			
RICE, MEXICAN 1/2 C	109	23.16	38	0.83	2.36	1.19								
RICE, MEXICAN SEASONED	115	24.5	216	0.56	2.22	0.71								
RICE, TERIYAKI, 1 C	209	44.43	343	1.72	5.06	2.27					yes			
RICE, TERIYAKI, 1/2 C	105	22.22	171	0.86	2.53	1.13					yes			
RIPPER, BUFFALO CHICKEN	251	27	592	10	14	3	2	yes			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		
ROLL, PRETZEL	160	29	0	2.5	5	3						yes		
ROLL, SWEET POTATO	130	20	138	4.5	3	3		yes			yes	yes		

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
ROLL, SWIRL	170	28	160	4	5	3					yes	yes		
SALAD, ANTIPASTO	221	9.7	1069	13.25	16.35	3.14								
Salami	35	0.5	210	1.27	5	0								
Pepperoni	56	0	227	5.57	2.14									
Cheese, mozzarella	91	0.51	106	6	7	0		yes						
Lettuce	13	1.99	6.72	0.17	1	2								
Peppers	7	1.75	0.5	0	0.24	0.4								
Onions	7	1.55	0.5	0	0.21	0.3								
Pepper rings	5	1.07	300	0		1								yellow 5
SALAD, ASIAN CHICKEN SLAW	213	27.61	271	3.66	17.17	4.04								
Grilled Chicken	102	1.02	214	3.56	15.27	0					yes			
Coleslaw with orange	27	7	33	0	1	2			yes					
Mandarin oranges	71	17	13	0	0.88	1								
Broccoli	15	3	14	0.16	1.24	1								
Onions	2	0.07	0.02	0	0	0								
SALAD, ASIAN CHICKEN SPINACH	218	29	464	3.77	17.04	2.49								
Grilled Chicken	102	1.02	214	3.56	15.27	0					yes			
Spinach	10	1.5	1.6	0.16	1.29	1.2								
Carrots, shredded	11	2.6	19	0	0.26	1								
Celery, diced	5	1	26	0	0.23									
Orange sauce/vinegar	92	22.6	174	0	0.27						yes	yes		
SALAD, CHEESE	254	8.28	421	18.05	15.25	2.15								
Carrots	14	3.3	31	0	0.26	1.16								
Lettuce	20	3	10	0	1	1								
Shredded Cheddar	220	2	380	18	14			YES						
SALAD, CHEESE & SUNFLOWER	307	18.29	297	20.01	14.35	5.27								
Sunflower Kernals	190	11	65	14	6	3								
String Cheese	79	0	207	3.5	6.9	0		yes						
Carrots	14	3.3	31	0	0.26	1.16								
Lettuce	20	3	10	0	1	1								
SALAD, CHEF HAM	200	8.43	509	509	15.95	2.2								
Ham (turkey)	50	7.5	265	265	2.25	0								
Shredded Cheddar	111	7.1	192.7	192.7	7	0		yes						

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
Lettuce	20	3	3	0	1	1								
carrots	14	3.3	3	0	0.26	1.16								
Croutons	5	0.11	11	0.18	0.1.181	0.62					yes	yes		
SALAD, CHEF TURKEY	210	6.73	419	11.35	22.46	2.2								
Turkey	90	0	420	0.5	18	0								
Shredded Cheddar	111	1	192	11.6	7	0		yes						
Lettuce	20	2	10	0	1	1								
Carrots	14	3.3	31	0	0.26	1.16								
Croutons	5	0.63	11	0.18	0.11	0					yes	yes		
SALAD, CHICKEN	316	5.19	688	17	32				yes		yes			
SALAD, CHICKEN & MOZZARELLA	167	4.42	352	8.97	6.17	1.2								
Grilled Chicken	102	1.02	214	3.56	15.27	0					yes			
Lettuce	20	3	10	0	1	1								
Spinach	3	0.52	11	0	0	1								
Cheese, mozzarella	46	0.51	106	3	3.54	0		yes						
Croutons	5	0.63	11	0.18	0.11	0					yes	yes		
SALAD, CHICKEN CAESAR	189	5	341	10.51	17.58	1.67								
Grilled Chicken	102	1.02	214	3.56	15.27	0					yes			
Romaine	9	1.33	4.5	0	0.91	1								
Onions	1	0.33	0.11	0	0	0								
Cheese, parmesan	45	0	60	5	0	0		yes						
Caesar dressing	13	0.5	48	0.8	0.53	0		yes	yes	yes				
Croutons	32	0.63	11	0.18	0.11	0.29					yes	yes		
SALAD, GRILLED CHICKEN	118	4.18	231	3.69	16.47	2.14								
Grilled Chicken	102	1.02	214	3.56	15.27	0					yes			
Spinach	3	0.52	11	0	0	1								
Romaine	9	1.33	4.5	0	0.91	1								
Carrots	14	3.3	31	0	0.26	1.16								
SALAD, HAM & CHEESE	178	6.7	576	7.61	16	2.16								
Ham (turkey)	90	2	337	8	13	0								
Cheese, American	71	2	213	4	0.43	0		yes			yes			
Carrots	6	3.3	5	0	0.26	1.16								
Lettuce	7	3	10	0	1	1								

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
Spinach	5	0.52	11	0	0	1								
SALAD, HAM, CHEESE & SUNFLR, K	325	20.45	402	18.6	16	5.32								
Ham (turkey)	50	0.5	265	0	7.51	1								
Cheese, American	71	2	15.16	0	7.06	0		yes			yes			
Sunflower Kernals	190	11	65	14	6	3								
Carrots	14	3.3	31	0	0.26	1.16		yes						
Lettuce	20	3	10	0	1	1								
SALAD, POLYNESIAN	242	26.4	878	9.76	14.86	2.74								
Ham	130	2	450	8	13	0								
Pineapple	75	19.55	19.5	0.2	0.52	2								
Romaine	9	1.33	4.5	0	0.91	1								
Spinach	3	0.52	11	0	0	1								
Dressing, Italian	25	3	410	1.5	0	0								
SALAD, SIDE, CAESAR	100	5	170	8.09	2.44	1.7								
Romaine	9	1.33	4.5	0	0.91	1.45								
Onions	1	0.33	0.11	0	0	0								
Caesar dressing	45	0	60	5	0	0		yes	yes	yes				
Cheese, parmesan	13	0.5	48	0.8	0.53	0		yes						
Croutons	32	0.63	11	0.18	0.11	0.29					yes	yes		
SALAD, SIDE, CHOPPED	13	2.51	24	0.14	1.01	1.46								
Spinach	3	0.52	11	0	0	1								
Romaine	9	1.33	4.5	0	0.91	1								
Carrots	14	3.3	31	0	0.26	1.16								
SALAD, SIDE, ROMAINE/SPINACH	18	3	37	0	1	1.97								
SALAD, SIDE, SPINACH	16	2.77	49	0.26	1.85	1.79								
Spinach	13	0.52	11	0	0	1								
Tomatoes	3	2.121	0.05	0.21	0.62	0								
SALAD, SIDE, TOSSED	13	1.99	7	0	0.66	0.66								
SALAD, SOUTHWEST W/SPICY CHICKEN	342	19.93	728	20.67	19.78	3.17								
Spicy chicken patty	210	12	470	11	15	1					yes	yes		
Lettuce	20	3	10	0	1	1								
Onions	20	3	10	0	1	1								
Carrots	14	3.3	31	0	0.26	1.16								

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
Cheese, shredded ched	111	1	192	11.6	2	0		yes						
Dressing, Southwest	56	2	146	5	0	0								
SALAD, SPICY CHICKEN & CORN SALSA	286	29	692	11	19	6	12.2							
Spicy chicken patty	210	12	470	11	15	1	3				yes	yes		
Lettuce	20	3	4	0	1	1	1							
Beans, black	120	7	66	0.29	7	2	6							
Salsa	18	2	76	18	1	1	2							
Corn	30	6	106	0.37	0	1	1.82							
SALAD, SPICY CHICKEN STRIPS	273	17.95	273	407	15.17	6	4.78							
Chicken strips h & s	260	16	390	15	15	3					yes	yes		
Spinach	3	0.52	11	0	0	1								
Romaine	9	1.33	4.5	0	0.91	1								
Carrots	1	3.3	31	0	0.26	1.16								
SALAD WITH SUNFLOWER KERNAL	418	29.29	155	28	13	8.27								
SALAD, TERIYAKI CHICKEN	233	33.25	583	3.66	16.78	4.69								
Teriyaki chicken nuggets	130	9	560	3.5	15	1					yes	yes		
Romaine	9	1.33	4.5	0	0.91	1								
Spinach	3	0.52	11.85	0	0.43	0.4								
Oranges, mandarins	35	8.4	6.63	0	0.44	0.4								
Craisins	35	14	0	0	0.4	1.5								
Dressing, teriyaki	2	3	12	0	0	0					yes	yes		
SALAD, TUNA	143	2.36	470	7.38	15.73	0.46			yes	yes	yes			
SALAD, TUNA BOX	177	8.63	646	7.43	16.98	2.28								
Tuna Salad	143	2.36	470	7.38	15.73	0.46			yes	yes	yes			
Lettuce	13	1.99	6.63	0	0.66	0.66								
Carrots	14	3.3	31	0	0.3	0.26								
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 BLT	98	3	402	3	15	2	0							
Turkey	61	0	300	0	12	0	0							
Tomatoes	6	1	3	0	0	1	0							
Romaine	9	1	5	0	1	1	0							
Bacon	20	0	95	3	2	0	0							

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
Cucumber	2	1	0	0	0	0	0							
SALAD, TURKEY BOX	154	7.76	646	6.3	17	2	0							
Turkey Salad	126	2.3	614	6.3	16	0	0		yes		yes			
Romaine lettuce	13	2	7	0	1	1								
Carrots	10	2	23	0	0	1								
Cherry tomatoes	4	1	2	0	0	0								
SALAD, TURKEY SANDWICH	266	31	854	4.3	22	4			yes		yes			
SALISBURY STEAK	158	5	314	7	14	0		yes	yes		yes	yes		
SALSA	30	5.92	207	0	0	2.96								
SALSA VERDE														
SALSA, BLACK BEAN & CORN	166	32.42	682	1.56	5.46	9.94								
Sandwich Packs/Supper Program														
ADVANCE PIERRE BOLOGNA & CHEESE	270	34	690	10	13	3		YES			YES	YES		
ADVANCED PIERRE HAM & CHEESE	280	34	760	7	19	6		YES			YES	YES		
BAKE CRAFTERS TURKEY & CHEESE	290	31	750	11	21	3		YES			YES	YES		
ANYTIME FOODS TURK,HAM,CHEE,WRA	200	16	560	8	16	1		YES			YES	YES		
SAUCE, BBQ, PREPARED (1/4 CUP)	80	18	80	0	0	0					YES	YES		
SAUCE, BARBECUE, DISPENSER	45	11	75	0	0	0								
SAUCE, BOOM BOOM (2 TBSP)	160	3	270	17	0	0			YES					
SAUCE, HOT SAUCE, DISPENSER	0	0	80	0	0	0								
SAUCE, GENERAL TSO'S	69	16	186	1	0	0					yes	yes		
SAUCE, KUNG PAO	30	6	260	1	0	0		yes			yes	yes		
SAUCE, TERIYAKI (1 tbsp)	15	3	320	0	1	0					yes			
SAUERKRAUT	63	15.63	752	0.21	1.09	3.66								
SAUSAGE, EGG & CHEESE WRAP	145	16	293	6	8.29	2								
Egg Patty (1/2)	18	0.5	20	1	1.5				yes					
American cheese (1 slice)	18	0.5	53	1	1.5			yes			yes			
Sausage patty (1/2)	30	0.5	105	2	3									
Tortilla (6")	80	15	115	1	2	2						yes		
SAUSAGE & CHEESE IN PITA	150	15	500	7	9	1		yes				yes		
SAUSAGE LINK, TURKEY	60	0	100	4.5	6	0								
SAUSAGE PATTY, BEEF	60	1	210	4	6	0								
SAVORY BREADS														

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Nutritionals/Allergens/Dyes
2018-2019

Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
Blueberry	270	43	190	9	6	2	24	yes	yes		yes	yes		
Banana	281	44.18	221	10.04	5.02	2.01	25	yes	yes		yes	yes		
Chocolate	270	44	210	8	7	2	24	yes	yes		yes	yes		
Pumpkin	270	43	220	10	6	2	24	yes	yes		yes	yes		
Zucchini	270	43	220	10	5	2	25	yes	yes		yes	yes		
SEAFOOD SEASONING	0	0	200	0	0	0								
SHRIMP POPPERS, BOOM BOOM	607	56	1089	36	20	7								
Shrimp Poppers	231	22	493	11	12	3				yes	yes	yes		
Tortillas (2 6")	160	30	230	3	4	4						yes		
Cheese	56	0.5	96	5	4	0		yes						
Boom Boom Sauce (2 TBSP)	160	3	270	17	0	0			yes					
SIDE KICK CHERRY	100	25	25	0	0	0								
SIDE KICKS	80	20	45	0	0	0								
SLOPPY JOE	285	39	658	8	19	6								
Hamburger roll	140	29	240	2	6	4					yes	yes		
Sloppy Joe (beef)	145	10	417	6	13	2								
SNACK BREAKS ANIMAL CRK/JC	200	45.02	110	2	2	2								
Animal Crackers	110	22	90	2	2	2					yes	yes		
Fruit Punch	90	23	20	0	0	0								
SNACK BREAKS GOLDFSH/JC	190	37.01	185	3.5	3	1								
Goldfish	100	14	170	3.5	3	1		yes			yes	yes		
Apple juice	90	23	15	0	0	0								
SNACK, FRUIT ROLL-UPS	45	11	55	1	0	2								
SNACK MIX, KIDS MIX	100	17	150	3	3	2		yes				yes		
SOFT PRETZEL W/MUSTARD	145	30	228	0.5	5	3						yes		
SOUP, TOMATO	83	20	382	0	1.84	0						yes		
SOY MILK 8 OZ	130	15	110	4.5	8	2	11				yes			
SOY SAUCE, PC*	2	0	270	0	1	0					yes			
SPAGHETTI W/MEAT SAUCE	399	36	614	19	21.21	6						YES		
SPINACH	58	8.16	165	1.48	6.82	6.29								
STARS & MOON COOKIES	120	20	100	4.5	2	1		yes			yes	yes		
STEAK SUB	270	28.3	465	9.79	20.29	4.3								
Hoagie Roll	140	27	270	7	6	3					yes	yes		

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
Beef steak slices	100	1	150	6	11	1								
STRAWBERRIES, FRESH	27	6.37	1	0.25	0.56	1.66								
STRAWBERRIES, FROZEN, in syrup	112	33	0	0	0.65	3.18								
STRAWBERRY DELIGHT	51	13.19	2	0.11	0.42	2.04								
STRING CHEESE	80	0	210	6	7	0		yes						
STRING CHEESE & CRACKERS, PreK	278	21	522	15.76	15.83	1		yes			yes	yes		
STUFFING, 1/3 cup	138	17.13	225	6.41	3.29	1.32		yes			yes	yes		
SUNCHIPS SNACK MIX, CHEDDAR	110	15	200	4	2	0		yes				yes		
SUNCHIPS SNACK MIX, SALSA	110	15	170	4	2	2		yes				yes		
SWEET POTATO, HOLIDAY MEAL	164	40	43	0.28	1.43	3.5								
SWEET POTATO TATER PUFFS	129	24	204	3.75	1.07	2.14								
SWEET POTATO WHOLE BAKED	204	47	82	0.34	4.56	7.48								
SYRUP, PC*	119	31	0	0	0	0								
TABASCO SAUCE	1	0.04	30	0.04	0.06	0.03								
TACO SALAD	186	6.8	415	10.62	17.93	2.79								
Beef taco filling	137	5	292	5	13	2					yes			
Cheese, shredded cheddar	67	0.61	115	5.4	4.25	0		yes						
Lettuce	11	1.1	1	0.1	0.56	0.77								
TACO SAUCE, PC*	5	1.07	96	0.03	0.08	0.09								
TACO, BEEF SPICY, SCDRY	339	35.66	647	13.52	21.39	6.03								
Beef taco filling	237	5	292	5	13	2								
Tortilla (2)	180	28	225	5	6	0					yes	yes		
Cheese, shredded cheddar	67	0.61	115	5.4	4.25	0		yes						
Tobasco	0	0	32	0	0	0								
TACO, ELEM	289	17.48	542	12.45	23.8	3								
Beef taco filling	137	5	292	5	17	2								
Lettuce	2	1.1	1	0	0.56	0.77								
Cheese, Shredded cheddar	67	0.61	115	3.8	4.43	0		yes						
Tortilla	90	14	113	2.5	2	0					yes	yes		
TACOS, SCDRY	40720	37	764	17.23	28	6.02		yes			yes	yes		
TEAM BCPS BURGER	330	37	630	14	17	5		yes			yes	yes		
Burger	190	8	390	12	11	1		yes				yes		
Hamburger Roll	140	29	240	7	6	3					yes	yes		

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
TERIYAKI BEEF	329	24	755	16.65	16.65	11		yes			yes	yes		
TORTILLA, SOFT, 10 IN.	140	25	270	3.5	5	4					yes	yes		
TORTILLA, SOFT, 6 IN.	80	14	70	1.5	2	2					yes	yes		
TOSTITOS ROUNDS, IND BAG	200	29	180	7	2	3								
TOSTITOS SCOOPS, IND BAG	110	19	110	2.5	2	2								
TUNA SALAD SANDWICH	283	31.36	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			
TURKEY & CHEESE SAND PreK	161	17	449	3.28	15.67	2								
Roll	80	16	130	1	3	2					yes	yes		
Turkey	45	0	210	0.5	9	0								
Cheese, American	35	1	106	1.27	3	0		yes			yes			
TURKEY & CHEESE SUB	279	29.02	802	6.43	26.77	3								
Turkey	70	0	305	0.5	14	0								
Cheese, American	35	1	106	1.27	3	0		yes			yes			
Hoagie Roll	140	27	270	7	6	3					yes	yes		
TURKEY & CHEESE WRAP	303	29.6	884	9	25	4.39								
Tortilla	190	32	160	4	5	4						yes		
Turkey	70	0	305	0.5	14	0								
Cheese, American	35	1	106	1.27	3	0		yes			yes			
TURKEY HOLIDAY SLICED ROAST	80	1	561	1	18.05	0								
TURKEY SALAD (diced, 1/2c)	151	1.6	556	8	16	0.14			yes		yes			
TURKEY SANDWICH, HOT EL (Diced)	198	20	794	4	21	1								
Turkey	82	0	375	1	18	0								
White wheat bread	70	14	130	1	6	1					yes	yes		
Chicken gravy	50	6	300	2	1	0		yes	yes		yes	yes		
TURKEY SANDWICH, HOT SEC (diced)	271	35	942	5	25	2								
Turkey	82	1	375	1	18	0								
White wheat bread (2 slices)	140	28	260	2	12	2					yes	yes		
Chicken gravy	51	1.46	306	2	1	0		yes	yes		yes	yes		
TURKEY SANDWICH, HOT EL	161	17	594	3.06	21	1								
Turkey	82	0	333	1	18	0								
White wheat bread (1 slice)	70	14	130	1	6	1					yes	yes		

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Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Pnut?	Dyes
Chicken gravy	12	3	130	1	1	0		yes	yes		yes	yes		
TURKEY SANDWICH, HOT SEC	247	32	974	4	25	2								
Turkey	82	1	571	1	18	0								
White wheat bread	140	28	260	2	12	2					yes	yes		
Chicken gravy	12	6	69	0.5	1	0		yes	yes		yes	yes		
TURNIPS, ROASTED	37	9	276	0	1.2	3								
VEG JUICE GOLD RUSH	40	10	60	0	0	0								
VEG/FRUIT BEVJUICE BOWL MANGO	55	14	15	0	0	0								
VEG/FRUIT JUICE BOWL STRAWBERRY	55	14	15	0	0	0								
VEGETABLE MEDLEY	19	4.05	13	0.13	0.92	1.25								
VEGETABLES, ASST FRESH	29	5.7	46	0.29	1.94	2.1								
VEGETABLE PINWHEEL	280	30	360	10	17	4	3	YES			YES	YES		
WAFFLE, DUTCH	293	41.96	342	12.68	3.9	2.93		yes	yes		yes	yes		
WATERMELON	24	6.04	1	0.12	0.49	0.32								
YOGURT and FRUIT BOX	429	93.83	246	2.6	11.15	5.4								
Vanilla Yogurt	180	39	150	0	6			yes						
Apple slices	29	7.83	1	0.1	0.15	1.4								
Granola	220	47	95	2.5	5	4					yes	yes		
YOGURT BOX, EL, GRANOLA CLUSTERS	389	66	377	8.43	14.91	4								
4 oz Yogurt	90	19	75	0	3	0		yes						
Apple slices	29	7.83	1	0.1	0.15	1.4								
Granola	220	47	95	2.5	5	4					yes	yes		
YOGURT, 4 OZ	70	14	62	0	4	0		yes						
YOGURT, 8 OZ	190	39	150	0	6	0		yes						
YOGURT CHERRY VANILLA 8 OZ	180	39	150	0	6	0		yes						
YOGURT STRAW/BAN 8OZ	180	39	150	0	6	0		yes						
YOGURT STRAW/BAN 4 OZ DAN	70	14	60	0	4	0		yes						
YOGURT, LUNCH (SECONDARY)	320	68	300	0	11	3		yes						
ZUCCHINI BREAD	270	43	220	10	5	2	25	yes	yes		yes	yes		

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