

Shawnee Mission School District Food Services  
2019-20 Nutritional Analysis  
as of 8/9/19

Menu item	Brand	Item #	kcal	pro	carb	Total fat	s-fat	tr-fat	chol	fiber	sugar	calcium	iron	Vit A	Vit C	Sodium
				G	G	G	G	G	Mg	G	G	Mg	Mg	IU	Mg	Mg
<b>Entrée</b>																
Baked Potato Bar w/ toppings(no bread) -Elem/MS	SMSD Recipe		415	18	47	17	9	0	50	3	1	374	1.9	180	13	970
BBQ Pork Sandwich	Advance Pierre/SMSD recipe	68168	331	19	53	4.1	<1	0	40	2.1	26	37	2.4	369	3.4	602
BBQ Rib Sandwich-Elementary	Advance Pierre	CN44-531-0	365	17	49	12	3.5	0	29	3	22	89	2.7	309	3	765
BBQ Rib Sandwich-MS/HS	Advance Pierre	CN44-531-0	385	18	52	13	3.4	0	30	4	22	70	2.7	309	3	645
Beef Burrito	Fernandos	05211	350	16	38	15	7	0	25	5	3	100	1.4	400	1.2	560
Cheese BreadStick w/Marinara	Wild Mike's / Red Gold	11001	208	9.2	28	7	2	0	15	3.3	11	175	2	867	7	422
Cheese Lasagna - Elem/MS	Marzetti	41308-31028	303	15.3	39.5	9.5	4.5	0	53	4.7	14	227	2.6	680	8	594
Cheese Lasagna - HS	Marzetti	41308-31028	343	17.5	39	12	6	0	60	4.7	14	303	2.6	680	8.3	695
Cheese Quesadilla - Elem	Coyote Grill	78372	310	19	32	12	6	0	45	3	3	329	2.4	77	0	560
Cheese Steak Sandwich	SMSD Recipe		411	22.5	37.5	18	7.5	0	59	5		164	2	536	32	727
Cheese Stick ColbyJack - 1 each	Bongards	402931	110	7	1	9	5	0	30	0	0	150	0	0	0	170
Cheese Stick Mozzarella - 1 each	Saputo	984116	80	6	1	6	3	0	20	0	1	150	0	0	0	200
Cheeseburger (on bun)	Advance Pierre/Flowers	68050	300	16.7	27	13	4.8	0	44	2	4.2	57	2.5	0	0	469
Cheese Tamale	Los Cabos	#####	351	9	27	23	8	3.5	27	2.1	<1	220	<1	935	6	499
Chef Salad with Roll (no ranch)- HS	SMSD Recipe		306	23	38	7.3	2.5	0	35	6.4	4	244	4	9485	27	953
Chicken & Waffles - Elem (no syrup)	Tyson/Bake Crafters	22178-928/1453	332	20.5	22	18.5	3	0	43.5	2.3	1	55	3	125	0	445
Chicken & Waffles - MS (no syrup)	Tyson/Bake Crafters	22178-928/1453	402	22.5	33	21	3	0	43.5	3.2	2	85	3.2	125	0	540
Chicken & Waffles - HS (no syrup)	Tyson/Bake Crafters	22178-928/1453	455	26.5	35.5	24.5	3.5	0	52.5	3.5	2	90	3.5	150	0	610
Chicken Chow Mein - HS	Yangs / ProView		290	27	35	3.5	0.5	0	83	4	2	6	0	0	0	806
Chicken Drumstick	Tyson	666010-928	190	16	5	11	2.5	0	50	1	0	20	1	100	0	450
Chicken Fingers w/ Cheese BreadStick - HS	Proview/Wild Mike's	63230/11001	308	22	29	11	2.8	0	49	2.4	1	163	2	378	1	604
Chicken Nuggets Elem/MS	Tyson	22178-928	262	19	11.25	16	3	0	44	1.3	0	25	1.8	125	0	350
Chicken Nuggets - HS	Tyson	22178-928	315	22.5	13.5	19.5	3.5	0	53	1.5	0	30	2.2	150	0	420
Chicken Patty - no bun	Tyson	70304	270	16	16	15	2	0	25	3	1	40	1.8	100	0	400
Chicken Sandwich	Tyson/Flowers	70304	420	21	43	17	2.5	0	25	5	5	60	3.2	100	0	700
Chicken Strips - Elem	Tyson	70334	260	15	16	15	2.5	0	25	3	1	40	1.8	100	0	390
Chicken Strips w/ Cheese Breadstick - MS	Tyson/Wild Mike's	70334/11001	313	17	26	16	3.7	0	32	3	1.5	177	1.9	367	0	530
Chicken Strips - HS	Tyson	70334	346	20	21	20	3.3	0	33	4	1	53	2.4	133	0	520
Chicken Wings & Cheese Quesadilla - MS			285	18	11	18	5	0	111	1	<1	76	0.5	18	0	696
Chili w/ Scoops - Elem/MS	SMSD Recipe		317	13	48	8	2.5	0	15	8	3	159	4.3	1460	9.7	958
Chili w/ Scoops - HS	SMSD Recipe		427	15	67	10.5	2.5	0	15	10	3	173	4.4	1460	9.7	1083
Corndog	Sysco / Foster Farms	32171	240	9	30	8	2.5	0	40	5	5	80	1.8	0	0	390
Crunchy Chicken Wrap MS/HS	SMSD Recipe		484	20	44	24	6	0	34	5.9	3	343	3	9998	1.7	1090
Deli Ham & Cheese Sandwich - MS/HS	Cloverdale/Hilltop Hearth	126926	285	20	33	9.5	3.8	0	37	2	5.6	150	2.4	0	0	885
Deli Hoagie Sandwich - MS	SMSD Recipe		283	22	30	8	2	0	42	3	5	95	1.8	0	0	749
Deli Roast Beef Sandwich	Block & Barrel	20614	294	26	32	7.5	2.5	0	50	3	4.5	95	3.3	0	0	927
Deli Turkey & Cheese Sandwich - MS/HS	Jennie-o/Hilltop Hearth	831212	262	23	28	6	1.7	0	37	2	4.5	95	1.9	0	0	800
Dill Chicken - All	Proview	65015WG	195	19	8	8	1	0	52	1.1	1.1	23	0.8	114	1.4	355
Fish Munchies (4 each)	Trident	418300	210	15	18	9	2	0	45	2	1	20	1.4	0	0	350
Fish Sandwich	Trident	422072	350	19	42	12	1	0	45	3	4	20	2.1	0	1.2	590
French Toast Sticks w/ Sausage -Elem/MS (no syrup)	Bake Crafters/Jones Dairy	442/18859	430	19	43	20	4	0	91	2.2	11	50	1.6	0	2.4	830
French Toast Sticks w/ Sausage -HS (no syrup)	Bake Crafters/Jones Dairy	442/18859	520	21	57	22	4	0	95	3	15	67	2	0	2.4	927
Garden Chicken Salad with Roll (no ranch) - HS	SMSD Recipe		304	24	37	7	2.5	0	37	6	3	295	4	9569	27	830
General Tso's Chicken w/ Rice - Elem	Minh/Uncle Ben's	69017	233	16	30	5.9	1.5	0	85	1.2	7	0	1	0	0	320
General Tso's Chicken w/ Rice - MS/HS	Minh/Uncle Ben's	69017	335	18.5	51	6.8	1.5	0	85	2.4	7	0	1	0	0	320
Grilled Chicken Drumsticks	Advance Pierre	03973	140	18	7	4.5	1	0	40	1	5	20	1	100	0	250
Hamburger (on bun)	Advance Pierre/Flowers	68050	280	15	27	12	4	0	40	2	4	20	2.5	0	0	400
Hamburger -patty only	Advance Pierre	68050	130	10	0	10	4	0	40	0	0	0	1	0	0	100
Honey Sriracha Chicken	Tyson	6147-928	285	22.5	21	13.5	2.25	0	52	1.5	3	0	1.6	300	1.8	375
Hot Dog (on bun)	Perdue	65669	270	13	28	11	2.5	0	60	2	4	50	2.9	0	1.2	560

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				G	G	G	G	G	Mg	G	G	Mg	Mg	IU	Mg	Mg
Hot Ham & Cheese Sandwich	Cloverdale/Flowers	126926	275	19	30	9.5	3.5	0	38	2	5.6	170	1.7	0	0	865
Hummus with Pretzels - Elem	Sabra/Frito Lay		230	6	24	12.5	1.5	0	0	5	1	20	2.1	0	0	460
Hummus with Pretzels - MS/HS	Sabra/Frito Lay		460	12	48	25	3	0	0	10	2	40	4.3	0	0	920
Macaroni & Cheese	Campbell's	26789	300	17	32	11	6	0	35	2	9	410	1.3	0	0	690
Mandarin Orange Chicken w/ Rice	Yang's/Uncle Bens		387	19	65	5.5	0.5	0	52	2.2	13	2.3	1.4	0	1.5	366
Meatball Sandwich MS/HS	Advance Pierre/Rich's	CN3-17-405-20	350	20	36	14.5	4	0	34	5	5	110	3	1676	22	523
Mozzarella Sticks w/ Sauce Elem/MS - 5 each	Rich's	65219	468	22	49	21	7	0	25	5	12	525	3	1066	7	602
Mozzarella Sticks w/ Sauce HS - 6 each	Rich's	65219	548	26	55	25	9	0	30	5	13	626	3.4	1167	7	692
Nacho Grande Elem/MS	SMSD Recipe		341	13	32.5	19	5.5	0	28	1.8	<1	153	1.6	331	1.6	382
Nacho Grande HS	SMSD Recipe		450	17	43	25	7.5	0	37	2.3	1.5	260	1.9	499	1.6	567
Nachos w/ Cheese Sauce Elem/MS	Land O'Lakes/Barrel O' Fun	39941/41406	319	11	33	17	5.5	0	22	1.5	2	294	<1	446	<1	493
Nachos w/ Cheese Sauce HS	Land O'Lakes/Barrel O' Fun	39941/41406	498	19	47	27	10	0	44	2	4	547	1	892	<1	987
Pasta w/ Meatballs & Marinara HS	SMSD Recipe		398	22	57	12.5	3	0	30	9.3	14	66	6.7	667	10	443
Peanut Butter & Jelly Sandwich - Elem	Jamwich	92123	300	10	34	16	2.5	0	0	4	11	60	1	0	0	300
Peanut Butter & Jelly Sandwich w/ Cheese	Jamwich	92123	380	16	35	22	6	0	15	4	11	260	1	200	0	500
Peanut Butter & Jelly Sandwich w/ Cheese & Crackers	Jamwich/Pepperidge Farm	92123/	480	18	49	26	6.5	0	15	5	11	280	2.2	200	0	670
Peanut Butter & Jelly Sandwich - MS-HS	Smuckers	51500-21027	600	18	64	34	6	0	0	7	29	78	3	0	0	540
Pizza - Cheese Stuffed Crust	Tony's	78647	370	16	41	16	6	0	25	4	10	375	2.6	135	0	600
Pizza - Fiestada	Tony's	68523	360	17	43	14	6	0	25	4	8	200	2.7	500	0	710
Pizza - Pepperoni Stuffed Crust	Tony's	78648	370	16	41	16	6	0	30	4	9	250	2.7	750	0	650
Pizza - Pizza Hut, Cheese - MS-HS	Pizza Hut		280	21	29	9	4	0	20	3	1	360	1.9	430	0	520
Pizza - Pizza Hut, Pepperoni - MS-HS	Pizza Hut		290	21	29	11	4	0	25	3	1	300	2	400	0	570
Pizza - Pizza Hut, Pepperoni Sausage - HS	Pizza Hut		320	21	29	14	5	0	30	3	1	280	2.1	400	0	630
Popcorn Chicken - Elem/MS	Tyson	70368	255	15.5	15.5	14	2.5	0	22	3.3	1	0	2	111	0	388
Popcorn Chicken - HS	Tyson	70368	318	19	19	18	3.5	0	27	4.2	1	0	2.5	138	0	485
Pork Tenderloin Sandwich	Advance Pierre	68019	420	18	42	19	4.5	0	90	4	5	60	3.2	100	0	680
Sausage - chicken (2 each)	Jones Dairy	18859	160	12	0	12	3	0	80	0	0	0	0.7	0	2.4	540
Shrimp Poppers - Elem/MS	Viking	26242	183	9	21	7	1	0	46	3	1	41	1.5	102	0	540
Shrimp Poppers w/ Cheese Stick - HS	Viking	26242	323	18	29	15	4.5	0	76	4	1.5	254	2	335	0	915
Spaghetti w/ Meatballs & Marinara Elem	SMSD Recipe		398	22	57	12.5	3	0	30	9.3	14	66	6.7	667	10	443
Spicy Chicken Sandwich	Tyson	70314	410	20	44	17	3	0	25	5	5	80	4.1	100	0	700
Spicy Popcorn Chicken - Elem-MS	Tyson	70378	232	13	15	13	2.5	0	20	2	1	40	1.8	101	0	342
Spicy Popcorn Chicken HS	Tyson	70378	317	18	21	18	3.5	0	28	3	1	55	2.5	138	0	469
Sun Butter with Pretzels Elem	Sunwise/Frito Lay	19426	470	16	29	32.5	4	0	0	10	0	50	2.5	0	0	430
Sweet & Sour Chicken with Rice	Yangs / Uncle Bens	15551-7	346	16	62	4.8	0.5	0	40	2.4	9	0	1	0	3.6	201
Veggie Burger (on bun)	Advance Pierre	09285	300	15	39	9	0.5	0	0	5	8	80	3.2	100	0	770
Walking Taco - Elem/MS	SMSD Recipe		313	13	30.5	14.7	4.7	0	25	2.3	2	146	1.4	315	1.6	674
Yogurt Parfait (no bread) MS/HS	Yoplait		239	7	48	1.8	1	0	5	2.2		212	<1	1043	24	106
Yogurt Parfait w/ Granola - MS/HS	Yoplait/ Fieldstone		489	12.5	91	8.8	2	0	5	6.2		232	1.9	1043	24	276
Yogurt & String Cheese (no bread)	Trix/Schreiber		160	10	16	6.5	3	0	25	0	10	250	0	500	0	260
Yogurt & String Cheese w/ 2 pkg. Crackers	Trix/Schreiber/Pepperidge Farm		360	14	44	14.5	4.5	0	20	2	9	340	1.4	700	0	605
Yogurt & String Cheese w/ 1 pkg. Pretzels	Trix/Schreiber/Frito Lay		240	12	31	8	3.5	0	20	2	9	300	<1	700	0	465
Yogurt, 4oz. Trix - Elem	Yoplait		80	4	15	0.5	0	0	5	0	9	100	0	500	0	60

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				G	G	G	G	G	Mg	G	G	Mg	Mg	IU	Mg	Mg
<b>Vegetables: 1/4 c. svg for elementary unless otherwise noted (MS/HS 1/2 c. svgs.)</b>																
Baked Beans	SMSD recipe		121	3.9	24	0.5	0	0	0	4.5	11	43	0.7	230	1.2	345
Broccoli - fresh			4.5	<1	1	<1	<1	0	0	0.4	0.2	7.5	<1	476	15	4
Broccoli w/Cheese - ck'd			23	2.2	2.5	<1	<1	0	2.8	1.5	0.7	36	<1	483	19	62
Broccoli, Steamed	Monarch		12	1	2	<1	<1	0	0	1.4		26	<1	469	26	11
Carrots			12.5	<1	3	<1	<1	0	0	1		11.5	<1	5003	1	28
Carrots - Glazed			27	<1	6	<1	<1	0	0	1.5	2.5	18	<1	7695	1.3	28
Cauliflower			6	<1	1.3	<1	<1	0	0	0.5	0.5	6	<1	0	12	8
Cauliflower w/Cheese-ck'd			25	1.8	2.3	1	<1	0	3.3	1.1		31	<1	72	24	77
Celery Sticks			5	<1	1	<1	<1	0	0	0.5	0.4	13	<1	146	1	26
Corn			45	1	9.5	<1	0	0	0	1	1	0	0	0	0	0
Cucumber - fresh			5.5	<1	1	<1	<1	0	0	<1	<1	6	<1	40	1	<1
Edamame (Soy), chilled HS (1/2 cup)	SMSD recipe		155	11	9.3	9	1.2	0	0	4.7	2	57	2	271	5.5	5
Edamame (Soy), steamed			52	5	3.5	2.2	<1	0	0	2.2	<1	27	1	127	2.6	2.5
Fiesta Black Beans			61	2.7	11	0.5	0	0	0	2.2	1	22	1	0	0	260
Green Beans			14	<1	3	0	0	0	0	1.2	0	21	<1	237	2	3
Lettuce Green Leaf, 1/2 cup			4	<1	0.8	<1	<1	0	0	<1	<1	10	0.2	2044	2.5	7.7
Peppers, Green			7.5	<1	1.7	<1	<1	0	0	<1	<1	4	<1	136	30	1
Peppers, Red			11.5	<1	2.2	<1	<1	0	0	<1	1.5	3	<1	1153	47	1.5
Potatoes - Mashed (1/2 c Sec)	Potato Pearls	10799	89	2	17	<1	0	0	0	1	0	3.6	<1	0	0	202
Potatoes - Mashed (1/3 c Elem)	Potato Pearls	10799	59	1.3	11	<1	0	0	0	<1	0	2.4	<1	0	0	134
Gravy, Chicken 2 oz.	Conestoga	99488	25	0	3	1	0	0	0	0	1	1	<1	0	0	140
Gravy, Country 2 oz.	Conestoga	99484	35	0	5	2	1	0	0	0	1	1	0	0	0	140
Potatoes, Oven (2oz Elementary)	McCain	03927	99	1.4	17.5	2.5	<1	0	0	1.4	0	0	0.5	0	3	113
Potatoes, Oven (3oz Secondary))	McCain	03927	143	2	25	3.5	0.5	0	0	2	0	0	0.7	0	5	163
Potatoes - Scalloped (1/2 cup)	Idahoan	08816	130	3	24	2.5	1.5	0	0	2	3	40	0.36	0	6	490
Potato - Seasoned Fries - Elem	McCain	MCX04717	129	1	21	4	0.5	0	0	2	0	0	0.38	0	2.5	145
Potato - Seasoned Fries - MS/HS	McCain	MCX04717	193	1.6	32	6	0.8	0	0	3.2	0	0	0.5	0	3.6	218
Potato - Smiles (3 each) Elementary	McCain	OIF03456	98	1.5	15	3.4	<1	0	0	1.5	0	0	<1	0	1.8	136
Potato - Smiles (4each) Secondary	McCain	OIF03456	131	2	20	4.5	0.5	0	0	2	0	0	<1	0	2.4	181
Potato - Tater Tots (8 each) Elementary	Ore Ida	1000002789	90	1	14	3.5	0	0	0	1	0	0	<1	0	1.2	160
Potato - Tater Tots (10 each) Secondary	Ore Ida	1000002789	113	1.25	17.5	4.4	0	0	0	1.25	0	0	<1	0	1.5	200
Refried Beans w/ cheese	Santiago	10302	72	4.8	12	0.5	<1	0	0.5	4.4	0	31	<1	15	<1	87
Tomato, Cherry			9.5	<1	2	<1	0	0	0	0.6	1.4	5	<1	434	7	2.5
Tomato, Diced			7	<1	1.5	<1	0	0	0	0.5	1	3.8	<1	312	5	2
Vegetables - Roasted			27	1	2.5	1	<1	0	0	1		10	<1	2252	10.5	17
Vegetables - Stir Fry	Sysco	1874817	6	0.5	1.3	0	0	0	0	0.5		5	<1	508	5	5
Zucchini			6.5	0.5	1	<1	<1	0	0	0.4	1	6	<1	77	7	3

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<b>Fruits: 1/4 c. Svg Elem unless otherwise noted (MS/HS 1/2 C Svg)</b>																
Apple-Fresh (1 whole)			55	<1	15	<1	<1	0	0	2.5	11	6.4	<1	57	5	1
Apple slices 1/4 c			14	<1	3.9	<1	<1	0	0	0.7	3	1.6	<1	15	1.3	<1
Applesauce, Unsweetened			27	0	7	0	0	0	0	1	4.5	0	0	0	0	5
Applesauce, Rosy			33	<1	8.5	0	0	0	0	1		0	0	0	0	16
Apples - cinnamon			43	<1	11	<1	<1	0	0	1.3		3	<1	23	<1	0.5
Banana (1 whole)			105	1.2	27	<1	<1	0	0	3	14	6	<1	75	10	1
Frozen Fruit Cup-4.4 oz. blue raspbry/lemon	J&J Snacks WholeFruit	23060025	70	0	19	0	0	0	0	3	16	80	<1	200	60	5
Frozen Fruit Cup-4.4 oz. cherry	J&J Snacks WholeFruit	23060000	70	0	19	0	0	0	0	3	16	80	<1	500	60	10
Frozen Fruit Cup-4.4 oz. strwbry/mango	J&J Snacks WholeFruit	23060030	70	0	18	0	0	0	0	3	15	80	<1	1500	60	5
Fruit Cocktail			32	0	7.5	0	0	0	0	0.5	6	0	0	108	<1	5
Grapes, Fresh (1/2 c)			62	<1	16	<1	0	0	0	<1	14	9	<1	60	3	1.8
Juice - apple (4 oz.)	Hiland		60	0	14	0	0	0	0	0	12	200	<1	0	60	10
Juice - apple cherry (4 oz.)	Hiland		60	0	16	0	0	0	0	0	14	0	0	0	4.8	10
Juice - orange (4 oz.)	Hiland		60	1	13	0	0	0	0	0	10	150	0	0	24	0
Kiwi, Fresh (1 each)			42	<1	6.5	<1	<1	0	0	2		23	<1	60	64	2
Mangoes			25	<1	6	<1	<1	0	0	0.7		5	<1	447	15	<1
Mixed Berries (strawb & blueberry)			20	<1	5	<1	0	0	0	1.2		7	<1	13	19	1
Nectarine, Fresh			15	<1	4	<1	<1	0	0	1		2	<1	115	2	0
Orange, Fresh - whole (4 wedges)			60	1	14	<1	<1	0	0	3		48	<1	278	58	0
Oranges -mandarin			32	0	8	0	0	0	0	0.5	8	0	<1	0	0	3
Peach, Fresh (1 whole)			31	<1	8	<1	<1	0	0	1.5		5	<1	258	5	0
Peaches - canned			27	0	6	0	0	0	0	0	5	0	0	162	<1	5
Pear, Fresh (1 whole)			81	<1	21	<1	<1	0	0	4.3		13	<1	32	6	1
Pear - canned			32	0	7	0	0	0	0	1	5	0	<1	0	<1	2.5
Pineapple - canned			38	0	8	0	0	0	0	0.5	8	0	<1	0	6.5	0
Plum, Fresh (1 each)			30	<1	7.5	<1	<1	0	0	1		4	<1	228	6	0
Strawberries, Fresh			12	<1	2.5	<1	0	0	0	1		6	<1	4	21	0
Watermelon			12	<1	3	<1	<1	0	0	<1		3	<1	228	3	<1

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Shawnee Mission School District Food Services  
2019-20 Nutritional Analysis  
as of 8/9/19

Menu item	Brand	Item #	kcal	pro	carb	Total fat	s-fat	tr-fat	chol	fiber	sugar	calcium	iron	Vit A	Vit C	Sodium
				G	G	G	G	G	Mg	G	G	Mg	Mg	IU	Mg	Mg
<b>Breads, Grains, etc.</b>																
Banana Bread - 1/2 slice Elem	SuperBakery	06071	130	2.5	22	4	<1	0	0	1	12	50	<1	0	0	120
Banana Bread - 1 slice Secondary	SuperBakery	06071	260	5	45	8	1.5	0	0	2	24	100	1	0	0	240
Biscuit	Conestoga	215812	210	4	26	10	6	0	0	2	3	100	1.4	0	0	370
Bread sliced - 1 each	Flowers	99835670	80	3	15	1	0	0	0	1	2	0	1	0	0	160
Bread hamburger bun	Flowers	99832050	150	5	27	2	0	0	0	2	4	20	1.4	0	0	300
Bread, Hoagie Bun	Rich's	11782	170	6	29	0	0	0	0	3	4	20	1.4	0	0	180
Bread hot dog bun	Flowers	99828820	150	5	27	2	0	0	0	2	4	40	1.4	0	0	300
Cheetos Puffs	Frito Lay	21910	90	2	14	3.5	0	0	0	1	1	100	<1	0	0	135
Cheez-its	Kelloggs	79263	100	2	14	3.5	1	0	5	1	0	80	1	500	0	150
Chortles, mini	Chortles	09535-00006	50	1	9	1.5	0	0	0	0	3	6	0	0	0	20
Cinnamon Roll w/ icing	Baker Boy	12211	250	5	48	4.5	2	0	10	3	23	20	1.5	0	0	220
Crackers, Cheddar Goldfish .75 oz.	Pepperidge Farm	18105	100	2	14	4	0.5	0	0	1	0	20	<1	0	0	170
Garlic Toast	Baked 4 Schools	99887160	90	3	15	2.5	0	0	0	1	0	0	1	400	0	160
Grahams, Giant Goldfish (cinnamon)	Pepperidge Farm	26830	120	1	19	4	1	0	0	1	7	80	1.8	0	0	140
Granola	Fieldstone	09796	250	5	42	7	1	0	0	4	13	20	1	0	0	170
Muffin - Apple Cinnamon	Super Bakery	07057	160	3	27	4.5	0.5	0	0	1	15	0	0	0	0	110
Muffin - Banana	Super Bakery	07056	160	3	26	4.5	0.5	0	20	1	14	0	0	0	0	105
Muffin - Blueberry	Super Bakery	07055	150	3	26	4.5	0.5	0	0	1	14	20	<1	0	0	105
Nacho Chips (2 oz w/o sauce)	Barrel O Fun		280	4	38	14	2	0	0	2	0	80	<1	0	0	0
Pretzels - 1pkg	Frito Lay	15940	80	2	15	1.5	0	0	0	2	0	0	0.72	0	0	200
Rice Krispie Treat, mini	Kelloggs	14540	50	0	9	1	0	0	0	0	3	0	<1	0	0	45
Rice, Whole Grain, 1/2 cup	Uncle Ben's		103	2.4	22	<1	0	0	0	1.2	0	0	0.1	0	0	0
Roll	ReadiBake	01509	150	5	30	2	0	0	0	3	5	40	1.8	0	6	270
Scoops, Baked	Tostitos	42537	110	2	19	2.5	0	0	0	1	0	0	0	0	0	125

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				G	G	G	G	G	Mg	G	G	Mg	Mg	IU	Mg	Mg
<b>Breakfast</b>																
Banana Bread	SuperBakery	06071	260	5	45	8	1.5	0	0	2	24	100	1	0	0	240
Biscuit	Conestoga	215812	210	4	26	10	6	0	0	2	3	100	1.4	0	0	370
Biscuit & Sausage Gravy	SMSD Recipe		350	10	35	19	9	0	40	2	5	101	1.8	0	1.2	883
Breakfast Bun	Baker Boy	25232	306	5	38	15	7	0	0	3.3	14	21	1.6	84	0	379
Breakfast Minis, chocolate - MS/HS	Super Bakery	91464-77860	320	5	41	15	7	0	0	2	19	40	1.8	0	0	270
Breakfast Minis, powdered - MS/HS	Super Bakery	91464-77870	270	4	41	11	3	0	0	2	21	60	0.72	0	0	230
Breakfast Pizza	Tony's	63912	210	9	27	7	2	0	15	3	5	145	1.8	45	0	350
Cereal - Cheerios	General Mills	32262	100	3	20	2	0.5	0	0	3	1	100	8.1	500	6	140
Cereal - CinnTstCrunch (reduced sugar)	General Mills	29444	110	1	22	3	0.5	0	0	3	6	200	3.6	400	4.8	160
Cereal - Cocoa Puffs (25% less sugar)	General Mills	31888	110	2	25	1.5	0	0	0	2	8	100	4.5	500	6	120
Cereal - Frosted Flakes (reduced sugar)	Kellogg's	38000-54998	100	2	24	0	0	0	0	3	7	0	4.5	500	15	160
Cereal - Trix	General Mills	31922	110	1	24	1.5	0	0	0	1	7	80	4.5	400	4.8	140
Cheese Omelet	Michael Foods	46025-85137	120	7	1	10	3.5	0	165	0	0	83	1	0	0	300
Chicken Waffle Sandwich	Bake Crafters	737410665603	170	8	20	7	0	0	25	1	3	20	1.4	0	0	280
Cinnamon Bites - HS	Baker Boy	#####	300	6	40	14	7	0	30	4	14	30	1.6	0	0	520
Grahams, Giant Goldfish (cinnamon)	Pepperidge Farm	26830	120	1	19	4	1	0	0	1	7	80	1.8	0	0	140
Mini Pancakes	DeWafelbakers	00625	200	5	36	4	0.5	0	5	4	13	60	1.4	200	0	280
Muffin - Apple Cinnamon	Super Bakery	07057	160	3	27	4.5	0.5	0	0	1	15	0	0	0	0	110
Muffin - Banana	Super Bakery	07056	160	3	26	4.5	0.5	0	20	1	14	0	0	0	0	105
Muffin - Blueberry	Super Bakery	07055	150	3	26	4.5	0.5	0	0	1	14	20	<1	0	0	105
Peanut Butter & Jelly Sandwich - HS	Jamwich	92123	300	10	34	16	2.5	0	0	4	11	60	1	0	0	300
Pop Tarts, Frosted Cinnamon WG - MS/HS	Kellogg's	38000-55122	190	2	38	3	1	0	0	3	16	100	1.8	500	0	200
Pop Tarts, Frosted Fudge WG - MS/HS	Kellogg's	38000-12070	190	3	35	3	1	0	0	3	13	100	1.8	500	0	200
Pop Tarts, Frosted Strwby WG - MS/HS	Kellogg's	38000-55130	180	2	38	2.5	1	0	0	3	15	100	1.8	500	0	190
Sausage & Cheese Biscuit	SMSD Recipe		325	13	27	18	8.5	0	47	2	4	176	1.8	203	1.2	817
Specialty Bread - Banana Bread - MS/HS	Super Bakery	06071	260	5	45	8	1.5	0	0	2	24	100	1	0	0	240
Specialty Bread - Blueberry Bread - MS/HS	Super Bakery	06073	270	5	46	8	1.5	0	0	2	24	40	1	100	0	250
Specialty Bread - Zucchini Bread - MS/HS	Super Bakery	06072	260	5	44	8	1.5	0	0	2	23	80	1	100	0	240
Toast w/ Cinnamon - 1 slice	SMSD Recipe		97	3	19	1	0	0	0	1.3	6	6	1	2	<1	160
Toast w/ Jelly- 1 slice	SMSD Recipe		115	3	24	1	0	0	0	1	5	0	1	0	0	160
Yogurt - 4 oz. Raspberry, Strawberry, Cherry	Yoplait Trix		80	4	15	0.5	0	0	5	0	9	100	0	500	0	60
Yogurt Parfait - MS/HS	SMSD Recipe		165	4.5	35.5	<1	<1	0	2.5	1		125	0	800	1.2	70

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				G	G	G	G	G	Mg	G	G	Mg	Mg	IU	Mg	Mg
<b>Condiments</b>																
BBQ Sauce - 2 Tbsp	SMSD Recipe		59	<1	15	<1	0	0	0	<1	13	10	<1	217	2	82
Catsup -pkt	Red Gold		10	0	2	0	0	0	0	0	2	0	0	0	0	25
Cranberry Sauce (#40 disher)			38	0	10	0	0	0	0	0.4		0	0	0	0	13
Dressing, Ranch - 1 oz.	Mrs. Clark's	10153	140	0	1	16	2.5	0	10	0	0	20	0	0	0	110
Hot Sauce - 1Tbsp			2	<1	<1	<1	<1	0	0	<1		1	<1	231	<1	89
Jelly - 1 pkt	Heinz		35	0	9	0	0	0	0	0	5	0	0	0	0	0
Margarine -tub	Ventura Foods		25	0	0	3	0.5	0	0	0	0	0	0	200	0	30
Mayo pkt.																
Mustard pkt	Heinz		3	<1	<1	<1	<1	0	0	<1		4	<1	7	<1	56
Pancake Syrup - 1.5 oz.	Sysco		110	0	28	0	0	0	0	0	15	0	0	0	0	25
Pickle, Dill Slices - 3 each	B&Barrel		0	0	0	0	0	0	0	0	0	0	0	0	0	120
Pickle Relish - 2 tsp	Heinz		13	21	3.5	<1	<1	0	0	<1		<1	<1	85	<1	81
Sour Cream - pkt.	Saputo		60	1	2	5	3	0	20	0	1	40	0	0	0	50
Taco Sauce -pkt	Heinz		5	0	1	0	0	0	0	0	0	0	0	0	0	55
Tartar Sauce - pkt	Heinz		45	0	2	4	0.5	0	5	0	2	0	0	0	0	85
<b>Miscellaneous</b>																
Cake, Chocolate w/ Frosting	SMSD recipe		288	3	46	12	2.5	0	0	3.4	31	12.5	1.2	103	0	271
Cookie - Fall	J & J Snacks	74221	160	2	18	9	5	0	20	1	6	0	<1	100	0	80
Cookie - Heart	J & J Snacks	74230	160	2	18	9	4.5	0	15	1	7	0	<1	100	0	80
Cookie -Holiday (star, bell, tree)	J & J Snacks	74225	160	2	18	9	4.5	0	15	1	7	0	<1	100	0	80
Cookie - Chocolate Chip (1.5 oz.)	Best Maid	71194	160	2	28	4.5	1.5	0	15	2	14	20	1	200	0	160
Cookie - Shortbread (1 pkg.)	Dick&Jane Educational		120	2	22	4	0	0	0	2	6	0	1	0	0	65
Cookie - Spring (tulip)	J & J Snacks	74224	160	2	18	9	4.5	0	15	1	7	0	<1	0	1.2	80
Cookie - Sugar (1.5 oz.)	Best Maid	71286	150	2	29	3.5	1	0	15	1	15	20	<1	200	0	170
Milk - skim (8 oz.)	Hiland Dairy		80	8	11	0	0	0	5	0	11	300	0	500	0	120
Milk - 1% (8 oz.)	Hiland Dairy		100	8	12	2.5	1.5	0	15	0	13	300	0	750	0	105
Milk - chocolate skim (8 oz.)	Hiland Dairy		130	8	23	0	0	0	5	0	22	260	0	1000	0	125
Milk - strawberry skim (8 oz.)	Hiland Dairy		120	8	22	0	0	0	5	0	22	260	0	750	0	95
<b>A la Carte - secondary schools</b>																
Cookie, Double Chocolate Chip - 1 each	Best Maid	71308	150	3	25	4	1.5	0	20	2	12	2%	4%	4%	0	160
Cookie, M&M / Chocolate Chip - 1 each	Best Maid	71195	160	2	28	4.5	1.5	0	20	2	13	0%	4%	4%	0	170

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