

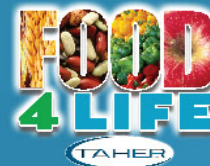
# TAHER NUTRITION ANALYSIS

| 11/5/2018                                                | Grades K-5 |       |         | Grades 6-8 |       |         | Grades 9-12 |       |         |
|----------------------------------------------------------|------------|-------|---------|------------|-------|---------|-------------|-------|---------|
|                                                          | Calories   | Carbs | Protein | Calories   | Carbs | Protein | Calories    | Carbs | Protein |
| <b>HOT ENTREES</b>                                       |            |       |         |            |       |         |             |       |         |
| Alfredo Sauce (2 oz, no pasta)                           | 32         | 4     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| American Turkey Pot Pie                                  | 290        | 37    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Apple Cider Pork Loin                                    | 172        | 10    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Asian Chicken Noodle Bowl (8 oz bowl, USDA Dice Chicken) | 293        | 47    | 20      | Same       | Same  | Same    | N/A         | N/A   | N/A     |
| Asian Chicken Noodle Bowl (8 oz bowl, RH Diced Chicken)  | 283        | 45    | 21      | Same       | Same  | Same    | N/A         | N/A   | N/A     |
| Asian Chicken Noodle Bowl (12oz bowl, USDA Dice Chicken) | N/A        | N/A   | N/A     | N/A        | N/A   | N/A     | 460         | 76    | 31      |
| Asian Chicken Noodle Bowl (12 oz bowl, RH Diced Chicken) | N/A        | N/A   | N/A     | N/A        | N/A   | N/A     | 474         | 79    | 30      |
| Asian Chicken Noodle Bowl w/Lemongrass (8 oz bowl)       | 299        | 38    | 20      | Same       | Same  | Same    | N/A         | N/A   | N/A     |
| Asian Chicken Noodle Bowl w/Lemongrass (12 oz bowl)      | N/A        | N/A   | N/A     | N/A        | N/A   | N/A     | 503         | 72    | 29      |
| Baked Potato Halves (VEG 023)                            | 134        | 27    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| BBQ Chicken Leg (1 each, RH F8146)                       | 133        | 6     | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| BBQ Chicken Pizza (BB 14" crust)                         | N/A        | N/A   | N/A     | 375        | 39    | 20      | Same        | Same  | Same    |
| Bean & Cheese Quesadilla (2 each)                        | 420        | 38    | 27      | Same       | Same  | Same    | Same        | Same  | Same    |
| Beef & Broccoli Stir Fry                                 | 230        | 26    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Beef n' Cheese Quesadilla (2 each)                       | 305        | 27    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Beef Patty w/Gravy (1.5 oz patty, 2 oz gravy)            | 138        | 5     | 11      | Same       | Same  | Same    | N/A         | N/A   | N/A     |
| Beef Patty w/Gravy (2 oz patty, 2 oz gravy)              | N/A        | N/A   | N/A     | N/A        | N/A   | N/A     | 138         | 6     | 15      |
| Beef Shepherd Pie (6x4 cup)                              | 305        | 25    | 14      | Same       | Same  | Same    | Same        | Same  | Same    |
| Beef Soft Taco (2 each)                                  | 305        | 27    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Beef Teriyaki Dippers (RH F4588)                         | 205        | 8     | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Beefy Nachos w/Cheese Sauce                              | 483        | 39    | 14      | Same       | Same  | Same    | Same        | Same  | Same    |
| Biscuit & Gravy (1/2 cup gravy, 1 biscuit)               | 255        | 22    | 12      | Same       | Same  | Same    | Same        | Same  | Same    |
| Biscuit Bites & Gravy (1/2 cup gravy, 2 biscuits)        | 375        | 36    | 14      | Same       | Same  | Same    | Same        | Same  | Same    |
| Breakfast Bake (Ham)                                     | 230        | 26    | 13      | Same       | Same  | Same    | Same        | Same  | Same    |
| Brunchable                                               | 413        | 36    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Buffalo Chicken Pizza (BB 14" crust)                     | N/A        | N/A   | N/A     | 347        | 30    | 19      | Same        | Same  | Same    |
| Burger and Fry Bake (4x6 cut)                            | 466        | 28    | 21      | Same       | Same  | Same    | Same        | Same  | Same    |
| Burger Quesadilla                                        | 416        | 31    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Southwest Burger Quesadilla                              | 416        | 31    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Carnita Nachos w/Cheese Sauce (pulled pork)              | 552        | 47    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Cheese Bread                                             | 336        | 36    | 15      | Same       | Same  | Same    | 382         | 37    | 19      |
| Cheese Calzone (BB 12x16 crust)                          | 377        | 35    | 22      | Same       | Same  | Same    | Same        | Same  | Same    |

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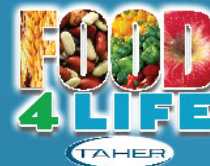
# TAHER NUTRITION ANALYSIS

| 11/5/2018                                              | Grades K-5 |       |         | Grades 6-8 |       |         | Grades 9-12 |       |         |
|--------------------------------------------------------|------------|-------|---------|------------|-------|---------|-------------|-------|---------|
|                                                        | Calories   | Carbs | Protein | Calories   | Carbs | Protein | Calories    | Carbs | Protein |
| Cheese Calzone (BB 12x16 crust)                        | 402        | 39    | 24      | Same       | Same  | Same    | Same        | Same  | Same    |
| Cheese Omelet (Michaels 3")                            | 206        | 3     | 13      | Same       | Same  | Same    | Same        | Same  | Same    |
| Cheese Omelet (C812 WI Commodity)                      | 130        | 2     | 7       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cheese Pepperoni Flatbread (1 each)                    | 431        | 30    | 22      | Same       | Same  | Same    | Same        | Same  | Same    |
| Cheese Pizza (12x16" Richs Crust)                      | 368        | 41    | 18      | Same       | Same  | Same    | N/A         | N/A   | N/A     |
| Cheese Pizza (16" Rich's Crust)                        | 368        | 41    | 18      | Same       | Same  | Same    | 414         | 41    | 22      |
| Cheese Pizza (16" Rich's Parbaked Crust)               | 331        | 30    | 15      | Same       | Same  | Same    | 376         | 30    | 19      |
| Cheese Personal Pizza (5" Crust)                       | N/A        | N/A   | N/A     | 348        | 35    | 21      | Same        | Same  | Same    |
| Cheesebread Dunkers                                    | 372        | 34    | 17      | Same       | Same  | Same    | 417         | 35    | 20      |
| Cheeseburger Pizza (Richs 14" crust)                   | 363        | 38    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Cheeseburger Pizza (BB 14" crust)                      | 323        | 30    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken & Cheese Quesadilla (6" tortilla, diced chix)  | 303        | 26    | 21      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken & Cheese Quesadilla (6" tortilla, WI Faj chix) | 299        | 27    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken and Gravy (1/2 cup)                            | 106        | 4     | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Alfredo w/Pasta (224)                          | 224        | 25    | 22      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Alfredo Pizza (BB 14")                         | N/A        | N/A   | N/A     | 355        | 36    | 21      | Same        | Same  | Same    |
| Chicken Alfredo Pizza (Richs 14")                      | N/A        | N/A   | N/A     | 315        | 28    | 20      | Same        | Same  | Same    |
| Chicken and Penne (1 cup)                              | 227        | 22    | 25      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Bacon Ranch Pizza (14" BB Crust)               | 409        | 36    | 21      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Bacon Ranch Pizza (14" Richs Crust)            | 369        | 28    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Bacon Ranch Melt (1/2 sandwich)                | 442        | 28    | 26      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Bacon Ranch Melt on Ciabatta                   | 432        | 32    | 26      | Same       | Same  | Same    | Same        | Same  | Same    |
| Italian Chicken (3/4 cup)                              | 150        | 12    | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Crunch                                         | 467        | 59    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Divan                                          | 321        | 15    | 28      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Enchilada                                      | 263        | 27    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Enchilada Bake                                 | 263        | 27    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Express (Chicken Nuggets, M. Potato, Corn)     | N/A        | N/A   | N/A     | 432        | 47    | 18      | Same        | Same  | Same    |
| Chicken Fajita (Random Chicken, 2 each)                | 271        | 29    | 21      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Fajita (USDA Fajita Strips, 2 each)            | 315        | 30    | 25      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Fajita (WI Fajita Strips, 2 each)              | 256        | 30    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Fajita Boat (Random Chicken, 1 boat)           | 241        | 16    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Fried Rice (1 1/3 cup)                         | 285        | 44    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken, Leek & Penne Bake (1 cup)                     | 254        | 27    | 24      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Nuggets (GK, 5 each)                           | 170        | 9     | 15      | Same       | Same  | Same    | Same        | Same  | Same    |

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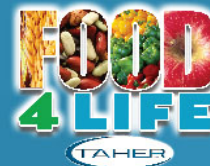
# TAHER NUTRITION ANALYSIS

| 11/5/2018                                                         | Grades K-5 |       |         | Grades 6-8 |       |         | Grades 9-12 |       |         |
|-------------------------------------------------------------------|------------|-------|---------|------------|-------|---------|-------------|-------|---------|
|                                                                   | Calories   | Carbs | Protein | Calories   | Carbs | Protein | Calories    | Carbs | Protein |
| Chicken Nuggets (C515, 5 each)                                    | 180        | 13    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Parmesan over WG Pasta                                    | 330        | 36    | 21      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Pasta Alfredo (1/2 cup)                                   | 228        | 26    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Taco Boat                                                 | 397        | 45    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Tenders (RH BD336, 3 each)                                | 190        | 13    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Soft Taco (2 each)                                        | 250        | 28    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken-n-Cheese Quesadilla (2 halves)                            | 303        | 26    | 21      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken-n-Cheese Quesadilla (2 halves, USDA Diced Chicken)        | 303        | 26    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chili, Beef (1/2 cup)                                             | 222        | 11    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chili in a Bread Bowl                                             | 425        | 34    | 22      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chips, Salsa & Cheese                                             | 546        | 40    | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| Corn Dog (69988)                                                  | 290        | 30    | 10      | Same       | Same  | Same    | Same        | Same  | Same    |
| Cranberry Glazed Turkey Roast                                     | 202        | 17    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Easy Egg Bake                                                     | 109        | 2     | 11      | Same       | Same  | Same    | Same        | Same  | Same    |
| Egg & Cheese Omelet                                               | 206        | 3     | 13      | Same       | Same  | Same    | Same        | Same  | Same    |
| Fish Taco w/Slaw (Baja Fish Taco)                                 | 418        | 45    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Frank 'n Blanket                                                  | 315        | 20    | 12      | Same       | Same  | Same    | Same        | Same  | Same    |
| French Bread Pizza                                                | 366        | 30    | 21      | Same       | Same  | Same    | Same        | Same  | Same    |
| French Toast, Homemade (French Bread, 1 slice k-8, 2 slices 9-12) | 143        | 20    | 7       | Same       | Same  | Same    | 285         | 40    | 14      |
| Garden Pasta Alfredo                                              | 310        | 39    | 17      | Same       | Same  | Same    | 389         | 51    | 21      |
| General Tso's Chicken                                             | 311        | 26    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Greek Pastitsio                                                   | 387        | 29    | 28      | Same       | Same  | Same    | Same        | Same  | Same    |
| Hawaiian Ham Sliders (2 each)                                     | 314        | 43    | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| Hawaiian Pizza (BB 14" crust)                                     | N/A        | N/A   | N/A     | 332        | 36    | 19      | Same        | Same  | Same    |
| Ham, Broccoli Tator Tot Casserole (RH 40136 Ham)                  | 332        | 23    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Ham, Broccoli Tator Tot Casserole (USDA Diced Ham)                | 329        | 25    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Ham, Broccoli Tator Tot Casserole (USDA Turkey Ham)               | 334        | 24    | 17      | 332        | 36    | 19      | Same        | Same  | Same    |
| Ham Slice, Baked (2 oz)                                           | 74         | 1     | 9       | Same       | Same  | Same    | Same        | Same  | Same    |
| Ham Steak, Baked (2.5 oz)                                         | 99         | 3     | 11      | Same       | Same  | Same    | Same        | Same  | Same    |
| Ham, Turkey Cheese Bake (6x4)                                     | 309        | 38    | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| Hamburger Gravy (only)                                            | 368        | 11    | 36      | Same       | Same  | Same    | Same        | Same  | Same    |
| Inside Out Pot Pie (Country chicken in a bread bowl)              | 352        | 43    | 22      | Same       | Same  | Same    | Same        | Same  | Same    |
| Italian Veggie Calzone (BB Crust)                                 | 326        | 37    | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Italian Beef Lasagna (4x6" K-8, 3x6" 9-12)                        | 275        | 32    | 14      | Same       | Same  | Same    | 368         | 32    | 20      |
| Italian Meatballs in a Bread Bowl                                 | 451        | 41    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |

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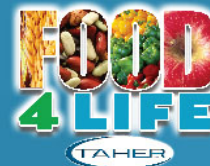
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| 11/5/2018                                       | Grades K-5 |       |         | Grades 6-8 |       |         | Grades 9-12 |       |         |
|-------------------------------------------------|------------|-------|---------|------------|-------|---------|-------------|-------|---------|
|                                                 | Calories   | Carbs | Protein | Calories   | Carbs | Protein | Calories    | Carbs | Protein |
| Italian Pasta Bake (6x4 or 1 cup)               | 292        | 30    | 20      | Same       | Same  | Same    | N/A         | N/A   | N/A     |
| Italian Pasta Bake (3x6 or 1 cup)               | N/A        | N/A   | N/A     | N/A        | N/A   | N/A     | 389         | 41    | 27      |
| Jambalaya (1 cup, made with brown rice)         | 254        | 28    | 24      | Same       | Same  | Same    | Same        | Same  | Same    |
| King Ranch Cheesy Chicken (4 oz, NO rice)       | 173        | 8     | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| Lasagna Roll up with Sauce                      | 240        | 37    | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Lemon Herb Chicken (1 leg)                      | 144        | 2     | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Macaroni & Cheese (1/2 cup)                     | 240        | 21    | 10      | Same       | Same  | Same    | Same        | Same  | Same    |
| Macaroni & Cheese - Entrée (1 cup)              | 501        | 46    | 21      | Same       | Same  | Same    | Same        | Same  | Same    |
| Margherita Pizza (Rich's 16" crust)             | 420        | 38    | 24      | Same       | Same  | Same    | Same        | Same  | Same    |
| Meatballs and Gravy                             | 241        | 6     | 12      | Same       | Same  | Same    | Same        | Same  | Same    |
| Meatballs and Marinara                          | 304        | 15    | 14      | Same       | Same  | Same    | Same        | Same  | Same    |
| Meatloaf                                        | 196        | 9     | 12      | Same       | Same  | Same    | Same        | Same  | Same    |
| Meatloaf USDA grd beef)                         | 200        | 9     | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| Mex-a-Munchie (salsa, chips, shredded cheese)   | 546        | 40    | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| Mexican Bar (Taco Bar)                          | N/A        | N/A   | N/A     | 551        | 49    | 22      | Same        | Same  | Same    |
| Mexican Pasta (3/4 cup)                         | 196        | 12    | 11      | Same       | Same  | Same    | Same        | Same  | Same    |
| Mexican Street Tacos (2 ea)                     | 464        | 39    | 23      | Same       | Same  | Same    | Same        | Same  | Same    |
| Mini Corn Dogs (RH A2409, 8 each)               | 300        | 30    | 9       | Same       | Same  | Same    | Same        | Same  | Same    |
| Mini Corn Dogs (WI Commodity, C306, 6 each)     | 230        | 35    | 12      | Same       | Same  | Same    | Same        | Same  | Same    |
| Moroccan Lemon Chicken Leg (1 each)             | 113        | 1     | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Mozzarella Dippers (Max Stix, RH 58612, 2 each) | 300        | 34    | 14      | Same       | Same  | Same    | Same        | Same  | Same    |
| Mozzarella Pizza Sticks (C710 WI Commodity)     | 300        | 32    | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Munchable, Meat and Cheese                      | 337        | 30    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Orange Chicken                                  | 287        | 30    | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Oven Fried Chicken                              | 205        | 18    | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| Oven Roasted Chicken Leg (1 leg)                | 132        | 1     | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pancake, USDA (2 each)                          | 160        | 27    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Parmesan Chicken Bites (with pasta)             | 395        | 43    | 21      | Same       | Same  | Same    | Same        | Same  | Same    |
| Parmesan Chicken Bites (without pasta)          | 297        | 21    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Parmesan Crusted Fish Filet                     | 251        | 13    | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pasta Bar                                       | N/A        | N/A   | N/A     | 448        | 56    | 23      | Same        | Same  | Same    |
| Pepperoni Pizza (12x16" Rich's Crust)           | 403        | 41    | 20      | Same       | Same  | Same    | N/A         | N/A   | N/A     |
| Pepperoni Pizza (16" Rich's Crust)              | 403        | 41    | 20      | Same       | Same  | Same    | 403         | 41    | 20      |
| Pepperoni Pizza (16" Rich's Parbaked Crust)     | 366        | 30    | 17      | Same       | Same  | Same    | 412         | 31    | 20      |
| Pepperoni Personal Pizza (5" Crust)             | N/A        | N/A   | N/A     | 383        | 35    | 22      | 383         | 35    | 22      |

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|--------------------------------------------------------|------------|-------|---------|------------|-------|---------|-------------|-------|---------|
|                                                        | Calories   | Carbs | Protein | Calories   | Carbs | Protein | Calories    | Carbs | Protein |
| Peruvian Beef Stir Fry over Rice                       | 450        | 63    | 24      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pineapple Clove Glazed Ham                             | 73         | 4     | 10      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pizza Casserole (bake)                                 | 315        | 28    | 18      | Same       | Same  | Same    | 418         | 37    | 24      |
| Pizza Dippers (Max Stix, 2 each)                       | 300        | 34    | 14      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pizza Munchable                                        | 446        | 35    | 22      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pizza Topped Potato (110-120 count potato)             | 303        | 32    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Popcorn Chicken (13 each)                              | 220        | 14    | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Popcorn Chicken Bowl (Mashed Pot, Corn, Gravy)         | 412        | 48    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pork and Gravy                                         | 289        | 1     | 7       | Same       | Same  | Same    | Same        | Same  | Same    |
| Potato Bar (estimate of items selected)                | N/A        | N/A   | N/A     | 397        | 36    | 19      | Same        | Same  | Same    |
| Potato Crusted Fish Nuggets (4 ea)                     | 290        | 21    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pretzel Pack                                           | 309        | 37    | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pretzel's with Cheese Cubes                            | 363        | 35    | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| Ravioli and Meat Sauce                                 | 319        | 25    | 28      | Same       | Same  | Same    | Same        | Same  | Same    |
| Rotini w/Meat Sauce (K-8 1/2 cup rotini, 9-12 3/4 cup) | 251        | 29    | 12      | Same       | Same  | Same    | 399         | 52    | 19      |
| Salsa Chicken Bowl (Mexican Salsa Chicken)             | 504        | 62    | 27      | Same       | Same  | Same    | Same        | Same  | Same    |
| Salisbury Steak (RH53296)                              | 140        | 4     | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Salisbury Steak (homemade)                             | 252        | 9     | 24      | Same       | Same  | Same    | Same        | Same  | Same    |
| Sausage Patty (40332)                                  | 180        | 1     | 6       | Same       | Same  | Same    | Same        | Same  | Same    |
| Sausage Patty (44786)                                  | 80         | 1     | 7       | Same       | Same  | Same    | Same        | Same  | Same    |
| Sausage Patty, Turkey (C7380)                          | 230        | 1     | 7       | Same       | Same  | Same    | Same        | Same  | Same    |
| Sausage Pizza (12x16" Richs Crust)                     | 384        | 41    | 20      | Same       | Same  | Same    | N/A         | N/A   | N/A     |
| Sausage Pizza (16" Rich's Crust)                       | 384        | 41    | 20      | Same       | Same  | Same    | 430         | 42    | 23      |
| Sausage Pizza (16" Rich's Parbaked Crust)              | 347        | 30    | 17      | Same       | Same  | Same    | 392         | 31    | 20      |
| Sausage Personal Pizza (5" Crust)                      | N/A        | N/A   | N/A     | 395        | 35    | 23      | Same        | Same  | Same    |
| Sausage/Pepperoni Pizza (12x16" Richs Crust)           | 394        | 41    | 20      | Same       | Same  | Same    | N/A         | N/A   | N/A     |
| Sausage/Pepperoni Pizza (16" Rich's Crust)             | 394        | 41    | 20      | Same       | Same  | Same    | 440         | 42    | 23      |
| Sausage/Pepperoni Pizza (16" Rich's Parbaked Crust)    | 357        | 30    | 17      | Same       | Same  | Same    | 402         | 31    | 20      |
| Scalloped Ham and Potatoes (pit ham RH 40138)          | 226        | 21    | 13      | Same       | Same  | Same    | Same        | Same  | Same    |
| Scalloped Ham and Potatoes (USDA 100184)               | 208        | 22    | 12      | Same       | Same  | Same    | Same        | Same  | Same    |
| Scrambled Eggs (1/4 c.)                                | 60         | 2     | 6       | Same       | Same  | Same    | Same        | Same  | Same    |
| Southwest Burger Quesadilla                            | 416        | 31    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Southwest Turkey Crunch/Turkey Nacho Supreme           | 538        | 60    | 22      | Same       | Same  | Same    | Same        | Same  | Same    |
| Spaghetti w/Meatsauce                                  | 301        | 39    | 15      | Same       | Same  | Same    | 429         | 58    | 21      |
| Spaghetti Boat                                         | 469        | 50    | 21      | Same       | Same  | Same    | Same        | Same  | Same    |
| Swedish Style Meatballs                                | 276        | 9     | 13      | 276        | 9     | 13      | 321         | 10    | 16      |
| Sweet -n-Sour Chicken Bites (6 oz)                     | 362        | 43    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |

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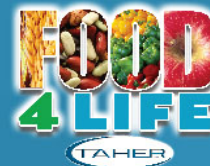
# TAHER NUTRITION ANALYSIS

| 11/5/2018                                    | Grades K-5 |       |         | Grades 6-8 |       |         | Grades 9-12 |       |         |
|----------------------------------------------|------------|-------|---------|------------|-------|---------|-------------|-------|---------|
|                                              | Calories   | Carbs | Protein | Calories   | Carbs | Protein | Calories    | Carbs | Protein |
| Taco Bar                                     | N/A        | N/A   | N/A     | 551        | 49    | 22      | Same        | Same  | Same    |
| Taco Pizza (14" round BB)                    | N/A        | N/A   | N/A     | 391        | 32    | 20      | Same        | Same  | Same    |
| Taco Stuffed Baked Potato                    | 343        | 45    | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| Tandoori Chicken Pizza (richs 16" crust)     | 338        | 38    | 22      | Same       | Same  | Same    | Same        | Same  | Same    |
| Tator Tot Casserole                          | 392        | 34    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Tex Mex Chicken Leg (1 each)                 | 138        | 7     | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Tex Mex Pork Bowl                            | 591        | 68    | 26      | Same       | Same  | Same    | Same        | Same  | Same    |
| Turkey ala King (3/4 cup/1 biscuit)          | 390        | 41    | 26      | Same       | Same  | Same    | Same        | Same  | Same    |
| Turkey and Gravy (1/2 cup)                   | 112        | 4     | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Turkey Hotpocket                             | 332        | 37    | 22      | Same       | Same  | Same    | Same        | Same  | Same    |
| Turkey Pot Pie in a Bread Bowl               | 284        | 37    | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| Turkey Tetrazzini (3/4 cup)                  | 269        | 28    | 25      | Same       | Same  | Same    | Same        | Same  | Same    |
| Veggie Pizza (BB 14" crust)                  | N/A        | N/A   | N/A     | 383        | 34    | 20      | Same        | Same  | Same    |
| Waffle Sticks (A9496, 3 each)                | 210        | 30    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Walking Taco                                 | 521        | 31    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Western Quesadilla Omelet                    | 297        | 29    | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| White Mushroom Pizza, Personal               | 434        | 40    | 24      | Same       | Same  | Same    | Same        | Same  | Same    |
| White Mushroom Pizza, Slice                  | 453        | 41    | 24      | Same       | Same  | Same    | Same        | Same  | Same    |
|                                              |            |       |         |            |       |         |             |       |         |
| HOT SANDWICHES/WRAPS/FLATBREAD               |            |       |         |            |       |         |             |       |         |
| BBQ Burger                                   | 353        | 45    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| BBQ Chicken on Bun                           | 315        | 36    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| BBQ Chicken on Ciabatta                      | 350        | 44    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| BBQ Meatball Sandwich                        | 469        | 52    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| BBQ Meatball Sub                             | 469        | 51    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| BBQ Meatball Sub (WI-DD)                     | 474        | 51    | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| BBQ Rib Sandwich (B4570, Hoagie Bun)         | 318        | 41    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Beef Hotdog on WG Bun (42170)                | 320        | 28    | 12      | Same       | Same  | Same    | Same        | Same  | Same    |
| Buffalo Chicken Calzone                      | 348        | 41    | 22      | Same       | Same  | Same    | Same        | Same  | Same    |
| Buffalo Chicken Wrap (9" wrap)               | 403        | 36    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Buffalo Chicken Wrap (USDA wrap)             | 373        | 32    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Buffalo Chicken Fajita Wrap (9" wrap)        | 455        | 34    | 30      | Same       | Same  | Same    | Same        | Same  | Same    |
| Buffalo Chicken Fajita Wrap (USDA wrap)      | 394        | 31    | 29      | Same       | Same  | Same    | Same        | Same  | Same    |
| Cheese Calzone                               | 377        | 35    | 22      | Same       | Same  | Same    | Same        | Same  | Same    |
| Cheeseburger on Bun (1.5 oz, 1 slice cheese) | 290        | 24    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Cheesy Flatbread                             | 392        | 33    | 17      | Same       | Same  | Same    | 437         | 34    | 20      |
| Chicken Banh Mi on Ciabatta                  | 519        | 60    | 25      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Banh Mi Sub Sandwich                 | 519        | 61    | 26      | Same       | Same  | Same    | Same        | Same  | Same    |

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# TAHER NUTRITION ANALYSIS

| 11/5/2018                                             | Grades K-5 |       |         | Grades 6-8 |       |         | Grades 9-12 |       |         |
|-------------------------------------------------------|------------|-------|---------|------------|-------|---------|-------------|-------|---------|
|                                                       | Calories   | Carbs | Protein | Calories   | Carbs | Protein | Calories    | Carbs | Protein |
| Chicken Banh Mi on Flatbread                          | 5          | 56    | 25      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Cordon Bleu Sandwich (WG Hamburger Bun)       | 475        | 42    | 26      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Gyro                                          | 335        | 33    | 28      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Parmesan (Marinara) Sandwich on Ciabatta      | 389        | 45    | 23      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Parmesan (Marinara) Panini Sandwich           | 399        | 45    | 24      | Same       | Same  | Same    | Same        | Same  | Same    |
| Crispy Chicken Sandwich (patty)                       | 380        | 38    | 21      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Philly Sandwich                               | 352        | 34    | 28      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Tender Wrap (RH 38042 tenders)                | 435        | 36    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Waffle Sandwich (chicken BC912)               | 426        | 52    | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Waffle Sandwich (chicken B6806)               | 496        | 55    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chili Dog                                             | 360        | 34    | 14      | Same       | Same  | Same    | Same        | Same  | Same    |
| Cowboy BBQ Burger                                     | 353        | 45    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Crispy Chicken Sub (35738)                            | 396        | 37    | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| Fish Patty w/Cheese on WG Bun                         | 350        | 41    | 17      | Same       | Same  | Same    | 440         | 48    | 21      |
| Grilled Cheese Sandwich                               | 356        | 30    | 14      | Same       | Same  | Same    | 406         | 30    | 16      |
| Grilled Chicken on WG Bun (C524 WI)                   | 215        | 23    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Ham & Cheese Wafflewich                               | 513        | 49    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Ham, Cheese & Egg on an English Muffin                | 259        | 29    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Hamburger on a Bun (1.5 oz patty)/All American Burger | 240        | 23    | 14      | Same       | Same  | Same    | N/A         | N/A   | N/A     |
| Hamburger on a Bun (2 oz patty)/All American Burger   | 240        | 24    | 18      | 240        | 24    | 18      | 240         | 24    | 18      |
| Hawaiian Ham Slider (2 ea)                            | 325        | 42    | 21      | Same       | Same  | Same    | N/A         | N/A   | N/A     |
| Hot Dog on Bun                                        | 240        | 23    | 13      | Same       | Same  | Same    | Same        | Same  | Same    |
| Hot Ham & Cheese Flatbread                            | 357        | 31    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Hot Ham & Cheese on a Bagel                           | 375        | 35    | 22      | Same       | Same  | Same    | Same        | Same  | Same    |
| Hot Ham & Cheese on a Bun                             | 302        | 24    | 21      | Same       | Same  | Same    | Same        | Same  | Same    |
| Hot Ham & Cheese Panini                               | 357        | 34    | 21      | Same       | Same  | Same    | Same        | Same  | Same    |
| Hot Shredded Turkey on WG Bun                         | 223        | 23    | 21      | Same       | Same  | Same    | Same        | Same  | Same    |
| Hot Turkey on a Bun (Turkey Gravy)                    | 223        | 23    | 21      | Same       | Same  | Same    | Same        | Same  | Same    |
| Italian Meatball Sub                                  | 357        | 27    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Italian Turkey Panini                                 | 345        | 31    | 20      | Same       | Same  | Same    | 439         | 32    | 26      |
| New Orleans Fish Hoagie                               | 539        | 58    | 22      | Same       | Same  | Same    | Same        | Same  | Same    |
| Philly Cheese Burger                                  | 373        | 36    | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| Philly Flatbread                                      | 404        | 31    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pizza Bagel (2 halves)                                | 437        | 39    | 26      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pizza Burger Melt (2 halves)                          | 288        | 27    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |

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# TAHER NUTRITION ANALYSIS

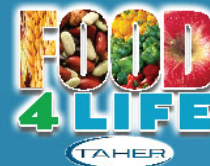
| 11/5/2018                                                                 | Grades K-5 |       |         | Grades 6-8 |       |         | Grades 9-12 |       |         |
|---------------------------------------------------------------------------|------------|-------|---------|------------|-------|---------|-------------|-------|---------|
|                                                                           | Calories   | Carbs | Protein | Calories   | Carbs | Protein | Calories    | Carbs | Protein |
| Pizza Slider (2 each, 2 dinner rolls)                                     | 364        | 31    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pizza Slider (1 each, 1 hamburger bun)                                    | 324        | 23    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Popcorn Chicken Bowl(BF086 Chicken, 1/2 c potatoes)                       | 455        | 50    | 22      | Same       | Same  | Same    | Same        | Same  | Same    |
| Porcupine Sliders (2 each)                                                | 455        | 58    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pulled Pork on Bun (RH 34106, SL Bun, BBQ sauce=35 cal)                   | 292        | 32    | 14      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pulled Pork on Bun (USDA Pork Leg, SL Bun, BBQ sauce=35 cal)              | 303        | 32    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pulled Pork Flatbread                                                     | 347        | 36    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pulled Pork on Pretzel Bun (RH 34106, Pretzel Bun, BBQ sauce=35 cal)      | 353        | 46    | 14      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pulled Pork on Pretzel Bun (USDA Pork Leg, Pretzel Bun, BBQ sauce=35 cal) | 364        | 46    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pulled Pork Sliders (2 each, RH 34106, SL Bun, BBQ sauce=35 cal)          | 332        | 40    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Pulled Pork Sliders (2 each, USDA Pork Leg, SL Bun, BBQ sauce=35 cal)     | 343        | 40    | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Salisbury Steak Sandwich                                                  | 338        | 41    | 23      | Same       | Same  | Same    | Same        | Same  | Same    |
| Sloppy Joe on a WG Bun                                                    | 300        | 32    | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Sloppy Joe Slider (1 slider)                                              | 199        | 23    | 10      | Same       | Same  | Same    | Same        | Same  | Same    |
| Southern Chicken Biscuit                                                  | 396        | 53    | 11      | Same       | Same  | Same    | 530         | 60    | 20      |
| Southwest Burger (RH F4588 burger 2.5 oz)                                 | 473        | 54    | 24      | Same       | Same  | Same    | Same        | Same  | Same    |
| Spicy Chicken Sandwich (RH 78476)                                         | 320        | 34    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Strawberry Stacker (2 cakes/#30 scoop s'berries)                          | 216        | 33    | 5       | Same       | Same  | Same    | Same        | Same  | Same    |
| Stromboli                                                                 | 339        | 37    | 18      | Same       | Same  | Same    | 385         | 38    | 21      |
| Toasted Cheese Sandwich                                                   | 356        | 30    | 14      | Same       | Same  | Same    | 406         | 30    | 16      |
| Tuna Melt (cheesy)                                                        | 271        | 32    | 23      | Same       | Same  | Same    | Same        | Same  | Same    |
| Tuna Panini                                                               | 288        | 35    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Turkey BLT Flatbread                                                      | 310        | 29    | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| Vegetable Focaccia, Roasted (BB Crust)                                    | 484        | 52    | 24      | Same       | Same  | Same    | Same        | Same  | Same    |
| Vegetable Focaccia, Roasted (Richs Crust)                                 | 517        | 58    | 26      | Same       | Same  | Same    | Same        | Same  | Same    |
| Waffle Sandwich                                                           | 320        | 36    | 11      | Same       | Same  | Same    | Same        | Same  | Same    |
|                                                                           |            |       |         |            |       |         |             |       |         |
| <b>ENTRÉE SALADS</b>                                                      |            |       |         |            |       |         |             |       |         |
| 7 Layer Salad (no bread)                                                  | 394        | 8     | 12      | Same       | Same  | Same    | 408         | 10    | 12      |
| Asian Chicken Salad (2 Tortillas RH 22110)                                | 309        | 40    | 27      | 318        | 42    | 27      | 527         | 71    | 45      |
| Autumn Quinoa Lunch Salad                                                 | 520        | 61    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Buffalo Chicken Pasta Salad (no bread)                                    | 389        | 34    | 22      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chef Salad (no bread)                                                     | 210        | 7     | 13      | Same       | Same  | Same    | 234         | 9     | 14      |

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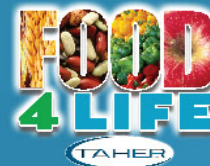
# TAHER NUTRITION ANALYSIS

| 11/5/2018                                                            | Grades K-5 |       |         | Grades 6-8 |       |         | Grades 9-12 |       |         |
|----------------------------------------------------------------------|------------|-------|---------|------------|-------|---------|-------------|-------|---------|
|                                                                      | Calories   | Carbs | Protein | Calories   | Carbs | Protein | Calories    | Carbs | Protein |
| Chicken Caesar Salad (no bread)                                      | 233        | 10    | 18      | Same       | Same  | Same    | 247         | 12    | 18      |
| Chicken Waldorf Salad (no roll)                                      | 268        | 25    | 22      | Same       | Same  | Same    | Same        | Same  | Same    |
| Cobb Salad (no bread)                                                | 389        | 16    | 15      | 397        | 17    | 15      | 404         | 18    | 15      |
| Cobb Salad in a Cup (no bread)                                       | 409        | 17    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Confetti Ham Pasta Salad (no bread)                                  | 305        | 27    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Cravin Craisin Chicken Salad (no bread)                              | 295        | 15    | 19      | Same       | Same  | Same    | 311         | 17    | 20      |
| Crispy Chicken Salad (no bread)                                      | 336        | 19    | 19      | Same       | Same  | Same    | 406         | 20    | 23      |
| Crispy Chicken Wrap (1 each)                                         | 355        | 33    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Garden Vegetable Salad (no bread)                                    | 206        | 11    | 8       | Same       | Same  | Same    | 221         | 13    | 8       |
| Harvest Chicken Salad (no bread)                                     | 394        | 32    | 21      | Same       | Same  | Same    | 414         | 34    | 21      |
| Hummus and Vegetable Bowl (flatbread)                                | 462        | 46    | 10      | Same       | Same  | Same    | 557         | 61    | 13      |
| Fruited Spinach Salad (Strawberries, no bread)                       | 401        | 17    | 11      | Same       | Same  | Same    | 410         | 18    | 12      |
| Fruited Spinach Salad (Mandarin Oranges, no bread)                   | 413        | 20    | 11      | Same       | Same  | Same    | 422         | 21    | 12      |
| Southwest Chicken Salad (Diced Chicken, Chips 14400, tortilla 22110) | 490        | 50    | 24      | Same       | Same  | Same    | 505         | 52    | 24      |
| Taco Salad (chicken)                                                 | 397        | 39    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Taco Salad (ground beef)                                             | 442        | 39    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Tuna Pasta Salad                                                     | 219        | 31    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Turkey BLT Salad (no bread)                                          | 487        | 5     | 26      | Same       | Same  | Same    | Same        | Same  | Same    |
| Turkey Lunch Box Salad (1.25 cup)                                    | 479        | 58    | 26      | Same       | Same  | Same    | Same        | Same  | Same    |
|                                                                      |            |       |         |            |       |         |             |       |         |
| <b>COLD SANDWICHES/WRAPS</b>                                         |            |       |         |            |       |         |             |       |         |
| Cheese and Vegetable Hoagie                                          | 347        | 33    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Caesar Wrap (9")                                             | 299        | 28    | 25      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Salad on WG Bun                                              | 281        | 27    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Salad Slider (2 each)                                        | 339        | 42    | 24      | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Salad Sliders                                                | 341        | 37    | 22      | Same       | Same  | Same    | Same        | Same  | Same    |
| Cold Meat Sub                                                        | 364        | 29    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Combo Sliders (2 each)                                               | 321        | 46    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Crispy Chicken Wrap (2-6" wraps)                                     | 438        | 37    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Crispy Chicken Wrap (1-9" wrap)                                      | 448        | 36    | 20      | Same       | Same  | Same    | Same        | Same  | Same    |
| Deli Sandwich (Ham)                                                  | 299        | 31    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Deli Sandwich (Turkey)                                               | 281        | 31    | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Deli Sub (Ham)                                                       | 299        | 31    | 15      | Same       | Same  | Same    | Same        | Same  | Same    |
| Deli Sub (Turkey)                                                    | 281        | 31    | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Double Decker PB & J Sandwich                                        | 738        | 85    | 23      | Same       | Same  | Same    | Same        | Same  | Same    |
| Egg Salad Sandwich                                                   | 282        | 31    | 10      | Same       | Same  | Same    | Same        | Same  | Same    |

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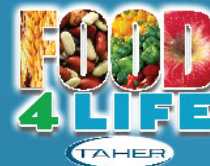
# TAHER NUTRITION ANALYSIS

| 11/5/2018                                                  | Grades K-5 |       |         | Grades 6-8 |       |         | Grades 9-12 |       |         |
|------------------------------------------------------------|------------|-------|---------|------------|-------|---------|-------------|-------|---------|
|                                                            | Calories   | Carbs | Protein | Calories   | Carbs | Protein | Calories    | Carbs | Protein |
| Ham & Cheese on a Bagel                                    | 375        | 41    | 22      | Same       | Same  | Same    | Same        | Same  | Same    |
| Ham & Cheese Pinwheel                                      | 409        | 33    | 19      | Same       | Same  | Same    | Same        | Same  | Same    |
| Ham Wrap (2-6" wraps)                                      | 267        | 28    | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Ham Wrap (1-9" wrap)                                       | 277        | 27    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Honey Mustard Ham Wrap (2-6" wraps)                        | 294        | 29    | 16      | Same       | Same  | Same    | Same        | Same  | Same    |
| Honey Mustard Ham Wrap (1-9" wrap)                         | 304        | 28    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Italian Turkey Sandwich                                    | 410        | 41    | 23      | Same       | Same  | Same    | 512         | 52    | 28      |
| Italian Sub                                                | 392        | 30    | 21      | Same       | Same  | Same    | Same        | Same  | Same    |
| Made to Order Sub                                          | N/A        | N/A   | N/A     | 361        | 38    | 19      | Same        | Same  | Same    |
| Salad Sliders (2 ea)                                       | 394        | 45    | 29      | Same       | Same  | Same    | Same        | Same  | Same    |
| Taco Pinwheels (2 ea)                                      | 448        | 49    | 21      | Same       | Same  | Same    | Same        | Same  | Same    |
| Turkey & Cheese Pinwheel                                   | 428        | 33    | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| Turkey BLT Wrap (2-6" wraps)                               | 310        | 29    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Turkey BLT Wrap (1-9" wrap)                                | 320        | 28    | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| Turkey Cranberry Wrap (2-6" wraps, cranberry cream cheese) | 361        | 39    | 23      | Same       | Same  | Same    | Same        | Same  | Same    |
| Turkey Cranberry Wrap (2-6" wraps, orange cream cheese)    | 369        | 41    | 23      | Same       | Same  | Same    | Same        | Same  | Same    |
| Turkey Ranch Wrap (2-6" wraps)                             | 219        | 32    | 13      | Same       | Same  | Same    | Same        | Same  | Same    |
| Turkey Ranch Wrap (1-9" wrap)                              | 229        | 31    | 14      | Same       | Same  | Same    | Same        | Same  | Same    |
| Veggie Hoagie                                              | 347        | 33    | 17      | Same       | Same  | Same    | Same        | Same  | Same    |
| Yogurt Pak                                                 | 390        | 51    | 18      | Same       | Same  | Same    | Same        | Same  | Same    |
| Yogurt Pak (pretzel bites)                                 | 360        | 49    | 14      | Same       | Same  | Same    | Same        | Same  | Same    |
|                                                            |            |       |         |            |       |         |             |       |         |
| <b>SIDES/SIDE SALADS/DRESSINGS</b>                         |            |       |         |            |       |         |             |       |         |
| Apple Waldorf Salad (1/3 cup)                              | 42         | 11    | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Arugula Salad (1/2 cup)                                    | 86         | 8     | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Black Eyed Pea Salad (1/4 cup)                             | 59         | 12    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Broccoli Salad (1/4 cup)                                   | 50         | 5     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Caesar Side Salad (1/2 cup)                                | 49         | 2     | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Calico Bean Bake (1/4 cup)                                 | 65         | 15    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cheese Stick (1 each)                                      | 90         | 0     | 7       | Same       | Same  | Same    | Same        | Same  | Same    |
| Coleslaw (creamy coleslaw, 1/4 cup)                        | 21         | 4     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Corn Salad, Firenze (1/4 cup)                              | 70         | 9     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Corn Salad, Spring (1/4 cup)                               | 98         | 13    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cranberry Pear Salad (3/4 cup)                             | 130        | 20    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cucumber Ranch Salad (1/2 cup)                             | 24         | 2     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Firenze Corn Salad (1/4 cup)                               | 70         | 9     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |

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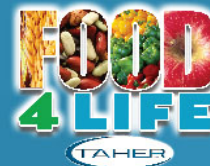
# TAHER NUTRITION ANALYSIS

| 11/5/2018                                         | Grades K-5 |       |         | Grades 6-8 |       |         | Grades 9-12 |       |         |
|---------------------------------------------------|------------|-------|---------|------------|-------|---------|-------------|-------|---------|
|                                                   | Calories   | Carbs | Protein | Calories   | Carbs | Protein | Calories    | Carbs | Protein |
| Grapefruit Orange Coleslaw (1/4 cup)              | 43         | 8     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Garden Salad (Sal 036) K-3/4 c, 9-12= 1 cup       | 57         | 3     | 1       | Same       | Same  | Same    | 80          | 4     | 0       |
| Italian Pasta Salad (1/3 cup)                     | 131        | 16    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Italian Tomato Salad (1/4 cup)                    | 32         | 3     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Kale Salad (2/3 cup)                              | 96         | 10    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Leafy Green Salad (1/2 cup)                       | 32         | 1     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Lemon Garbanzo Bean Salad (1/4 cup)               | 84         | 10    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Mexican Street Corn (1/3 cup)                     | 113        | 9     | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Minted Fruit Salad (1/4 cup)                      | 35         | 9     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Pasta Salad (1/3 cup)                             | 131        | 16    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Pomegranate Vinaigrette (1 TbspP)                 | 55         | 3     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Potato Salad, Creamy (1/4 cup)                    | 86         | 15    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Potato Salad, Warm with Mustard (1/2 cup)         | 186        | 23    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Romaine Salad (1/4 cup)                           | 3          | 0     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Shredded Lettuce Salad                            | 0          | 0     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Side Salad (1/2 cup)                              | 32         | 1     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Slaw - for Fish Taco/Wrap (1/4 cup)               | 14         | 3     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Spinach Salad                                     | 6          | 0     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Three Bean Salad (1/2 cup)                        | 170        | 18    | 5       | Same       | Same  | Same    | Same        | Same  | Same    |
| Tomato and Cucumber Salad (1/2 cup)               | 36         | 7     | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
|                                                   |            |       |         |            |       |         |             |       |         |
| BREADS/TORTILLA CHIPS/CHIPS                       |            |       |         |            |       |         |             |       |         |
| Bread Stuffing (1/2 cup)                          | 133        | 20    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cajun Potato Chips (1 oz)                         | 155        | 18    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cheesy Garlic Bread (BB W9998, 2 each)            | 205        | 23    | 8       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cheesy Garlic Toast (BB W9998, 2 each)            | 205        | 23    | 8       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cinnamon Roll, WG (2.5 oz)                        | 190        | 33    | 5       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cinnamon Roll, WG (Petite, 1 each)                | 100        | 16    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cornbread, Whole Grain                            | 116        | 20    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| French Bread (1 slice)                            | 73         | 14    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Garlic French Toast (1 slice)                     | 109        | 13    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Garlic Toast (BB, 1 each)                         | 80         | 11    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Kettle Chips (RH C6448, 1 oz or approx. 12 chips) | 140        | 17    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Pumpkin Apple Muffin                              | 203        | 35    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Stuffing (1/2 cup)                                | 133        | 20    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Tortilla Chips (RH 67614, 1 oz)                   | 140        | 19    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |

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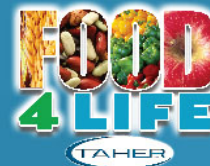
# TAHER NUTRITION ANALYSIS

| 11/5/2018                                        | Grades K-5 |       |         | Grades 6-8 |       |         | Grades 9-12 |       |         |
|--------------------------------------------------|------------|-------|---------|------------|-------|---------|-------------|-------|---------|
|                                                  | Calories   | Carbs | Protein | Calories   | Carbs | Protein | Calories    | Carbs | Protein |
| Whole Grain Bread Stick (BB)                     | 90         | 14    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| STARCHES                                         |            |       |         |            |       |         |             |       |         |
| Alfredo Rotini (1/2 cup)                         | 136        | 25    | 5       | Same       | Same  | Same    | Same        | Same  | Same    |
| Alfredo Rotini (1/2 cup, USDA Rotini)            | 133        | 26    | 6       | Same       | Same  | Same    | Same        | Same  | Same    |
| AuGratin Potatoes RH 31390, 1/2 cup)             | 165        | 32    | 5       | Same       | Same  | Same    | Same        | Same  | Same    |
| Breakfast Potatoes (24086, 1/2 cup)              | 122        | 22    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Brown Rice (25368, 1/2 cup)                      | 85         | 18    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cheese Fries                                     | 268        | 37    | 5       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cheesy Mashed Potatoes (1/2 cup)                 | 68         | 4     | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cinnamon Sweet-Apples (1/3 cup)                  | 129        | 31    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Coconut Turmeric Rice (1/2 cup)                  | 201        | 27    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| French Fries (1/2 cup)                           | 92         | 15    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Fried Rice (3/4 cup)                             | 186        | 30    | 7       | Same       | Same  | Same    | Same        | Same  | Same    |
| Garlic Mashed Potatoes (1/2 cup)                 | 15         | 6     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Garlic Parmesan Fingerling Potatoes (1/2 cup)    | 191        | 19    | 5       | Same       | Same  | Same    | Same        | Same  | Same    |
| Garlic Rosemary Potatoes (1/2 cup)               | 134        | 21    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Greek Oven Roasted Potatoes (1/2 cup)            | 99         | 16    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Hashbrowns (RH24192, 1/2 cup)                    | 70         | 15    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Horseradish Scalloped Potatoes (1/2 cup)         | 169        | 24    | 6       | Same       | Same  | Same    | Same        | Same  | Same    |
| Lemon Herb Pasta (1/2 cup)                       | 127        | 21    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Lime Cilantro Rice (brown rice, 1/2 cup serving) | 123        | 26    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Lime Cilantro Slaw                               | 130        | 28    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Lo Mein (3/4 cup)                                | 188        | 36    | 7       | Same       | Same  | Same    | Same        | Same  | Same    |
| Mashed Potatoes (1/2 cup)                        | 79         | 15    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Mashed Potatoes with Parsnips (1/2 cup)          | 136        | 22    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Mexican Brown Rice (1/2 cup)                     | 139        | 24    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Oven Fries (RH60816-4 oz)                        | 227        | 35    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Parmesan Pasta (1/2 cup)                         | 157        | 23    | 6       | Same       | Same  | Same    | Same        | Same  | Same    |
| Parsley Noodles                                  | 121        | 22    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Parsley Potatoes (1/3 cup)                       | 99         | 15    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Penne Pasta (no fat added)                       | 108        | 22    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Potato, Baked (Russet 76004)                     | 134        | 31    | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Potato Wedges (RH 50504, 4 oz)                   | 148        | 27    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Potato Wedges (USDA FF 100356, 1/2 cup)          | 60         | 13    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |

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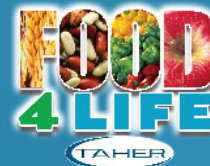
# TAHER NUTRITION ANALYSIS

| 11/5/2018                                                 | Grades K-5 |       |         | Grades 6-8 |       |         | Grades 9-12 |       |         |
|-----------------------------------------------------------|------------|-------|---------|------------|-------|---------|-------------|-------|---------|
|                                                           | Calories   | Carbs | Protein | Calories   | Carbs | Protein | Calories    | Carbs | Protein |
| Potato Wedges (USDA 100355, 1/2 cup)                      | 90         | 19    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Potato Wedges, Dill Seasoned (1/2 cup)                    | 117        | 23    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Potatoes Ole (1/2 cup, sweet potatoes)                    | 107        | 18    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Potatoes Ole (1/2 cup, tator tots 60926)                  | 125        | 15    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Potatoes Ole (1/2 cup, USDA rounds 100358 sweet potatoes) | 119        | 21    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Potatoes Ole (1/3 cup)                                    | 88         | 16    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Potatoes, Roasted ( 1/2 cup)                              | 148        | 23    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Rice Pilaf (1/2 cup)                                      | 118        | 25    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Rotini Noodles, WG (1/2 cup)                              | 108        | 22    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Seasoned Ranch Potato Wedges (1/2 cup)                    | 153        | 28    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Scalloped Potatoes (1/2 cup)                              | 212        | 37    | 6       | Same       | Same  | Same    | Same        | Same  | Same    |
| Spicy Sweet Potato Wedges (1/2 cup)                       | 314        | 36    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Sweet Potato Fries (31836, 4oz)                           | 200        | 29    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Tator Tots (RH60926, 4oz)                                 | 187        | 23    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Tri-tator (RH66156-1 each)                                | 110        | 13    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| White Rice (1/2 cup)                                      | 125        | 26    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
|                                                           |            |       |         |            |       |         |             |       |         |
| SAUCES/SOUPS/GRAVIES                                      |            |       |         |            |       |         |             |       |         |
| Beef Gravy (1 oz, Karlsburger)                            | 9          | 2     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Blueberry Topping (2 oz)                                  | 27         | 6     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cheese Sauce (USDA G-04, 3 Tbsp)                          | 132        | 2     | 6       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cheese, Shredded (1 Tbsp)                                 | 28         | 0     | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Gravy (1 oz, Karlsburger)                         | 9          | 2     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Noodle Soup (Side 018, 1/2 cup)                   | 52         | 7     | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Chicken Noodle Soup (RH 23276 Campbell, 1 cup)            | 60         | 7     | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Dill Dip (1 oz)                                           | 133        | 3     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Mango Salsa (1 oz)                                        | 16         | 4     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Maple Syrup (1 oz bulk)                                   | 102        | 26    | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Marinara Sauce (Homemade 1/4 cup)                         | 25         | 5     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Marinara Sauce (RH AP890 - 1/4 cup)                       | 37         | 6     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Mediterranean Vegetable Soup (1 cup)                      | 163        | 26    | 7       | Same       | Same  | Same    | Same        | Same  | Same    |
| Mushroom Gravy (1/4 cup)                                  | 24         | 3     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Orange Sauce (1.5 oz)                                     | 65         | 17    | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Peach Topping (2 oz)                                      | 45         | 11    | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Pineapple Radish Pico (1/4 cup)                           | 30         | 8     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Salsa (F6922, 1 Tbsp)                                     | 5          | 1     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Salsa (USDA 100330, 1 Tbsp)                               | 8          | 1     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |

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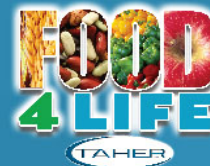
# TAHER NUTRITION ANALYSIS

| 11/5/2018                                    | Grades K-5 |       |         | Grades 6-8 |       |         | Grades 9-12 |       |         |
|----------------------------------------------|------------|-------|---------|------------|-------|---------|-------------|-------|---------|
|                                              | Calories   | Carbs | Protein | Calories   | Carbs | Protein | Calories    | Carbs | Protein |
| Sour Cream (1 Tbsp)                          | 28         | 0     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Strawberry Topping (2 oz)                    | 20         | 5     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Sweet & Sour Sauce (1 Tbsp)                  | 29         | 7     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Syrup (31492, 1 oz)                          | 102        | 26    | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Tomato Soup - Homemade (1/2 cup)             | 49         | 7     | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Tomato Soup (made w/Water, 3/4 cup)          | 60         | 14    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
|                                              |            |       |         |            |       |         |             |       |         |
| VEGETABLES - FRESH                           |            |       |         |            |       |         |             |       |         |
| Baby Carrots (1/4 cup)                       | 22         | 5     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Black Beans (1/4 cup)                        | 60         | 11    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Black Eyed Peas (1/4 cup)                    | 59         | 12    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Broccoli Florettes (1/4 cup)                 | 5          | 1     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Carrots (1/4 cup, strips or slices)          | 13         | 3     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cauliflower (fresh, 1/4 cup)                 | 6          | 1     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Celery Sticks (1/4 cup)                      | 6          | 1     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cherry Tomato (4 each)                       | 12         | 3     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Corn (1/4 cup, WK, frozen not cooked)        | 30         | 7     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cucumber Slices (1/4 cup)                    | 4          | 1     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Garbanzo Beans (1/4 cup - USDA 100360)       | 83         | 14    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Garbanzo Beans (1/4 cup)                     | 65         | 10    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Green Onions (1/4 cup)                       | 8          | 2     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Green Pepper (1 Tb)                          | 2          | 0     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Green Pepper Strips (10 strips)              | 5          | 1     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Jicama Sticks (1/4 cup)                      | 13         | 3     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Kale (1/4 cup)                               | 8          | 2     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Kidney Beans (1/4 cup - USDA 100370)         | 65         | 9     | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Kidney Beans (1/4 cup)                       | 52         | 9     | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Pepper Medley (1/4 cup - red, green peppers) | 12         | 2     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Pickles, Dill (spear)                        | 4          | 1     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Radish (1 medium)                            | 1          | 0     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Refried Beans (1/4 cup - RH 14228)           | 60         | 9     | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Refried Beans (1/4 cup - USDA 100362)        | 57         | 10    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Spinach                                      | 6          | 0     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Squash, Winter (1/4 cup)                     | 19         | 5     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Sugar Snap Peas (1/4 cup)                    | 7          | 1     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Tomato Wedge (1 wedge, 1/4 med tomato)       | 6          | 1     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Winter Squash (1/4 cup)                      | 19         | 5     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
|                                              |            |       |         |            |       |         |             |       |         |
| VEGETABLES - COOKED                          |            |       |         |            |       |         |             |       |         |

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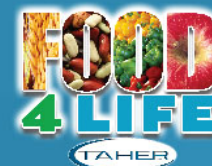
# TAHER NUTRITION ANALYSIS

| 11/5/2018                                              | Grades K-5      |           |             | Grades 6-8      |           |             | Grades 9-12     |           |             |
|--------------------------------------------------------|-----------------|-----------|-------------|-----------------|-----------|-------------|-----------------|-----------|-------------|
|                                                        | Calories        | Carbs     | Protein     | Calories        | Carbs     | Protein     | Calories        | Carbs     | Protein     |
| Asparagus, Roasted (1/4 cup)                           | 14              | 2         | 2           | Same            | Same      | Same        | Same            | Same      | Same        |
| Baked Beans (1/4 cup - USDA 100364)                    | 60              | 14        | 3           | Same            | Same      | Same        | Same            | Same      | Same        |
| Baked Beans (1/4 cup)                                  | 70              | 15        | 3           | Same            | Same      | Same        | Same            | Same      | Same        |
| Beets n' Sweets (1/4 cup)                              | 56              | 10        | 1           | Same            | Same      | Same        | Same            | Same      | Same        |
| Broccoli, Roasted (1/4 cup)                            | 4               | 1         | 0           | Same            | Same      | Same        | Same            | Same      | Same        |
| California Blend Vegetables (1/4 cup)                  | 9               | 2         | 0           | Same            | Same      | Same        | Same            | Same      | Same        |
| Cauliflower (1/4 cup)                                  | 7               | 2         | 1           | Same            | Same      | Same        | Same            | Same      | Same        |
| Cauliflower, Roasted (1/4 cup)                         | 6               | 1         | 0           | Same            | Same      | Same        | Same            | Same      | Same        |
| Carrots (1/4 cup, USDA 100352)                         | 14              | 3         | 0           | Same            | Same      | Same        | Same            | Same      | Same        |
| Carrots, Glazed (1/2 cup)                              | 79              | 18        | 0           | Same            | Same      | Same        | Same            | Same      | Same        |
| Carrots, Glazed (1/2 cup, USDA 100352)                 | 75              | 17        | 1           | Same            | Same      | Same        | Same            | Same      | Same        |
| Corn (1/4 cup - USDA 100348)                           | 33              | 8         | 1           | Same            | Same      | Same        | Same            | Same      | Same        |
| Garlic Herb Broccoli (1/4 cup)                         | 8               | 1         | 1           | Same            | Same      | Same        | Same            | Same      | Same        |
| Great Northern Beans (1/4 cup)                         | 45              | 8         | 3           | Same            | Same      | Same        | Same            | Same      | Same        |
| Green Beans (1/4 cup - USDA 100351)                    | 9               | 2         | 1           | Same            | Same      | Same        | Same            | Same      | Same        |
| Green Beans (1/4 cup)                                  | 11              | 2         | 0           | Same            | Same      | Same        | Same            | Same      | Same        |
| Green Peas (1/4 cup - RH 61126)                        | 26              | 5         | 2           | Same            | Same      | Same        | Same            | Same      | Same        |
| Green Peas (1/4 cup - USDA 100350)                     | 31              | 6         | 2           | Same            | Same      | Same        | Same            | Same      | Same        |
| Italian Vegetables, Roasted (1/4 cup)                  | 35              | 5         | 1           | Same            | Same      | Same        | Same            | Same      | Same        |
| Kung Fu Carrots (1/3 cup)                              | 30              | 6         | 0           | Same            | Same      | Same        | Same            | Same      | Same        |
| Maple Roasted Apples & Carrots (1/2 cup)               | 257             | 29        | 1           | Same            | Same      | Same        | Same            | Same      | Same        |
| Okra, Roasted (1/2 cup)                                | 40              | 7         | 2           | Same            | Same      | Same        | Same            | Same      | Same        |
| Spicy Pinto Beans (1/4 cup)                            | 50              | 9         | 3           | Same            | Same      | Same        | Same            | Same      | Same        |
| Sweet Potato Fluff (1/3 cup, USDA A220)                | 129             | 31        | 1           | Same            | Same      | Same        | Same            | Same      | Same        |
| Zucchini, Roasted (1/2 cup)                            | 48              | 5         | 2           | Same            | Same      | Same        | Same            | Same      | Same        |
| FRUIT: FRESH/CANNED/COOKED                             |                 |           |             |                 |           |             |                 |           |             |
| Per 1/4 cup unless otherwise noted                     | Calories (kcal) | Carbs (g) | Protein (g) | Calories (kcal) | Carbs (g) | Protein (g) | Calories (kcal) | Carbs (g) | Protein (g) |
| Apple Slices (canned unsweetened - USDA 100206)        | 18              | 5         | 0           | Same            | Same      | Same        | Same            | Same      | Same        |
| Apples, ( fresh, red delicious, with skin (small 158g) | 93              | 22        | 0           | Same            | Same      | Same        | Same            | Same      | Same        |
| Applesauce, Sweetened (RH 10738)                       | 45              | 12        | 0           | Same            | Same      | Same        | Same            | Same      | Same        |
| Applesauce, Unsweetened (USDA 100208)                  | 26              | 7         | 0           | Same            | Same      | Same        | Same            | Same      | Same        |
| Bananas, raw ( 6-6 7/8in. Long)                        | 72              | 19        | 1           | Same            | Same      | Same        | Same            | Same      | Same        |
| Blueberries (frozen - USDA 100244)                     | 20              | 5         | 0           | Same            | Same      | Same        | Same            | Same      | Same        |
| Cinnamon Apples (Side 008 - 1/2 cup)                   | 67              | 17        | 0           | Same            | Same      | Same        | Same            | Same      | Same        |
| Cantaloupe Agua Fresca (6 oz)                          | 74              | 18        | 0           | Same            | Same      | Same        | Same            | Same      | Same        |
| Cranberry Sauce (RH 12798 - 1/4 cup)                   | 100             | 26        | 0           | Same            | Same      | Same        | Same            | Same      | Same        |
| Grapes, ( red or green)                                | 26              | 7         | 0           | Same            | Same      | Same        | Same            | Same      | Same        |
| Kiwi (1/4 cup)                                         | 27              | 6         | 1           | Same            | Same      | Same        | Same            | Same      | Same        |
| Mandarin Oranges (RH 10868, 1/2 cup)                   | 70              | 17        | 1           | Same            | Same      | Same        | Same            | Same      | Same        |

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# TAHER NUTRITION ANALYSIS

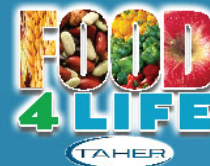
| 11/5/2018                                                   | Grades K-5 |       |         | Grades 6-8 |       |         | Grades 9-12 |       |         |
|-------------------------------------------------------------|------------|-------|---------|------------|-------|---------|-------------|-------|---------|
|                                                             | Calories   | Carbs | Protein | Calories   | Carbs | Protein | Calories    | Carbs | Protein |
| Melons, cantaloupe, ( fresh cubed)                          | 14         | 3     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Melons, honeydew, ( Fresh cubed)                            | 15         | 4     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Mixed Fruit (canned in lite syrup - RH 10668)               | 30         | 9     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Mixed Fruit (canned in lite syrup - USDA 100212)            | 34         | 9     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Oranges, ( fresh, all commercial varieties small 2 3/8 dia) | 45         | 11    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Oranges,( fresh, all commercial varieties 1/4 cup sections) | 21         | 5     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Peaches, Diced (canned in lite syrup - USDA 100220)         | 27         | 7     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Peaches, Fresh (small 2 1/2 " dia)                          | 51         | 12    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Peaches, Sliced (canned in Juice - RH 10704)                | 25         | 6     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Peaches, Sliced (canned in lite syrup - USDA 100219)        | 27         | 7     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Pears, Diced (canned in lite syrup - USDA 100225)           | 29         | 8     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Pears, Fresh (small 148g)                                   | 84         | 23    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Pears, Sliced (canned in juice - RH 10716)                  | 30         | 7     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Pears, Sliced (canned in lite syrup - USDA 100239)          | 29         | 8     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Pineapple, Fresh (3.5"x3/4 thick slice)                     | 42         | 11    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Pineapple Tidbits                                           | 35         | 9     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Spiced Apples                                               |            |       |         |            |       |         |             |       |         |
| Strawberries,( fresh)                                       | 13         | 3     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Strawberries,( frozen, sweetened, sliced)                   | 61         | 16    | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Strawberries (USDA sliced, sweet, frozen)                   | 61         | 17    | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Strawberries (USDA whole, frozen)                           | 19         | 5     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Warm Cinnamon Apples                                        | 40         | 10    | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Watermelon, (Fresh diced)                                   | 12         | 3     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
|                                                             |            |       |         |            |       |         |             |       |         |
|                                                             |            |       |         |            |       |         |             |       |         |
| <b>BLENDERLESS SMOOTHIES</b>                                |            |       |         |            |       |         |             |       |         |
| Ba-Ba-Ba Banana Smoothie (1 cup)                            | 175        | 39    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Barney's Favorite Smoothie (1 cup)                          | 240        | 54    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Berry Banana Smoothie (1 cup)                               | 175        | 39    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Berry Patch Smoothie (1 cup)                                | 150        | 32    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Blushberry Orange Smoothie (1 cup)                          | 230        | 52    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Caribbean Cruise in a Cup Smoothie (1 cup)                  | 206        | 41    | 5       | Same       | Same  | Same    | Same        | Same  | Same    |
| Chocolate Dipped Strawberry Smoothie (1 cup)                | 154        | 34    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cocoa Banana Smoothie (1 cup)                               | 179        | 40    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Food Court Smoothie (1 cup)                                 | 155        | 32    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Grandma's Apple Pie Smoothie (1 cup)                        | 156        | 34    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Island Joy Smoothie (1 cup)                                 | 177        | 34    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| It's Almost Summer Smoothie (1 cup)                         | 158        | 34    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |

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# TAHER NUTRITION ANALYSIS

| 11/5/2018                                    | Grades K-5 |       |         | Grades 6-8 |       |         | Grades 9-12 |       |         |
|----------------------------------------------|------------|-------|---------|------------|-------|---------|-------------|-------|---------|
|                                              | Calories   | Carbs | Protein | Calories   | Carbs | Protein | Calories    | Carbs | Protein |
| Lemonade Stand Smoothie (1 cup)              | 151        | 32    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Mango-licious Smoothie (1 cup)               | 170        | 36    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Minty Fresh Smoothie (1 cup)                 | 150        | 32    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Pink Lemonade Smoothie (1 cup)               | 151        | 32    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Spice is Nice Smoothie (1 cup)               | 158        | 34    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Thin Mint Smoothie (1 cup)                   | 154        | 34    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| Tropical Escape Smoothie (1 cup)             | 182        | 40    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
|                                              |            |       |         |            |       |         |             |       |         |
| DESSERTS                                     |            |       |         |            |       |         |             |       |         |
| Apple Cranberry Crisp                        | 163        | 31    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Apple Fruit Crisp                            | 134        | 24    | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Berry Shortcake                              | 149        | 25    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Birthday Cake, Homemade (with frosting)      | 251        | 42    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Brownie, Unfrosted (made with GNB mix)       | 160        | 19    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cardamom Pear Crisp                          | 138        | 25    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Chocolate Beet Cake                          | 222        | 41    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Cherry Brownies                              | 190        | 34    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Chocolate Chip Cookie, Homemade (1.5 oz)     | 205        | 33    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Chocolate Chip Cookie, 0.75 oz (GNB)         | 80         | 14    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Chocolate Chip Cookie, 1.75 oz (GNB)         | 190        | 31    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Churro (10")                                 | 130        | 13    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Frozen Fruit Juice Bar                       | 40         | 10    | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Fruited Gelatin                              | 70         | 16    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Gingersnaps (1 each)                         | 116        | 17    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Harvest Bar (8x10 cut)                       | 184        | 26    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Jello (Knox Blox)                            | 73         | 18    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Lemon Square                                 | 399        | 60    | 4       | Same       | Same  | Same    | Same        | Same  | Same    |
| M&M Chocolate Chip Cookie, 0.75 oz (GNB)     | 80         | 12    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| M&M Chocolate Chip Cookie, 1.75 oz (GNB)     | 190        | 31    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Mock Apple Crisp w/Zucchini                  | 176        | 25    | 2       | Same       | Same  | Same    | Same        | Same  | Same    |
| Peachy Keen Smoothie (1/2 cup)               | 39         | 9     | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Rice Krispies Bar (homemade)                 | 161        | 33    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Rice Krispies Treat, Mini (Kelloggs, 1 each) | 50         | 9     | 0       | Same       | Same  | Same    | Same        | Same  | Same    |
| Stone Fruit Cobbler                          | 224        | 36    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Sugar Cookie (CO286)                         | 120        | 18    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Sugar with Cinnamon Cookie, 0.75 oz (GNB)    | 80         | 13    | 1       | Same       | Same  | Same    | Same        | Same  | Same    |
| Sugar with Cinnamon Cookie, 1.75 oz (GNB)    | 180        | 31    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |
| Ultimate Brownie-not frosted (60 cut)        | 187        | 31    | 3       | Same       | Same  | Same    | Same        | Same  | Same    |

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