

Menu Item Nutrient Report

Generated on: 7/12/2022 8:09:49 AM by Emily House

Item Name (Serving Size)	Carb (g)
1% White Milk - LR1000 (1 ea.) Contains Milk.	13.00
Animal Crackers - LR1259 (1 ea.) Contains Gluten, Soy, Wheat.	22.00
Apple Cinnamon Cheerio Bowl - LR1065 (1 ea.)	22.00
Apple Cinnamon Muffin Top - LR1236 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	28.00
Apple Cinnamon Texas Toast - LR1332 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	45.00
Apple Jacks Cereal Bowl - LR1067 (1 ea.) Contains Gluten, Wheat. May contain Soy.	24.00
Apple Jacks Cereal Pouch - LR1066 (1 ea.) Contains Gluten, Wheat. May contain Soy.	24.00
Apple Juice 4 oz. Carton - LR1240 (1 ea.)	14.00
Apple Juice 6 oz. Carton - LR1031 (1 ea.)	20.00
Apple Juice Box 4 oz. Box - LR1030 (1 ea.)	14.00
Apple Juice Box 6 oz. Box - LR1352 (1 ea.)	25.00
Applesauce Cup - LR1001 (1 ea.)	14.00
Apricot Cups - LR1370 (1 ea.)	32.00
Asian Chicken Nuggets - LR1187 (5 nugget) Contains Gluten, Milk, Soy, Wheat.	22.50
Baby Carrots - LR1104 (1 ea.)	4.50
Bacon Cheeseburger - LR1262 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	32.00
Baked Beans - LR1172 (1/2 c.)	30.00
Baked Cheetos - LR1054 (1 ea.) Contains Milk.	17.00
Balsamic Vinaigrette - LR1269 (2 tbsp.)	6.00
Banana - LR1117 (1 ea.)	29.00

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Banana Mini Pancakes - LR1403 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	37.00
BBQ Sauce - LR1267 (1 ea.)	5.00
Bean & Cheese Pupusas - LR1322 (1 ea.) Contains Milk.	35.00
Beef Hamburger - LR1164 (1 ea.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	31.00
Beef Hotdog - LR1055 (1 ea.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	31.00
Beef Nuggets - LR1381 (8 ea.) Contains Gluten, Soy, Wheat.	20.44
Beefy Macaroni - LR1318 (1 c.) Contains Gluten, Milk, Soy, Wheat.	20.50
Beefy Nachos with White Cheese - LR1337 (1/2 c.) Contains Milk, Soy.	2.05
Beefy Nachos with Yellow Cheese - LR1177 (1/2 c.) Contains Milk, Soy.	2.69
Belvita Breakfast Biscuits - LR1226 (1 ea.) Contains Gluten, Soy, Wheat.	36.00
Big Red Brunchable - LR1293 (1 kit) Contains Egg, Gluten, Milk, Soy, Wheat.	65.00
Biscuit Sticks - LR1313 (2 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.	25.27
Black Bean and Corn Salad - LR1369 (2/3 c.)	19.64
Black Beans - LR1208 (1/2 c.)	19.00
Blue Raspberry Fruit Juice 4 oz. Carton - LR1026 (1 ea.)	14.00
Blueberry Mini Waffles - LR1098 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	37.00
Blueberry Muffin - LR1235 (1 ea.) Contains Egg, Gluten, Wheat.	30.00

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Item Name (Serving Size)	Carb (g)
Boneless Chicken Wings - LR1221 (5 piece) Contains Gluten, Soy, Wheat.	13.06
Breaded Chicken Drumstick - LR1160 (1 ea.) Contains Gluten, Wheat.	6.00
Breaded Chicken Salad - LR1365 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	36.01
Breakfast Bun - LR1257 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	39.00
Breakfast Pizza - LR1126 (1 slice) Contains Gluten, Milk, Soy, Wheat.	22.00
Breakfast Pizza - LR1127 (1 slice) Contains Gluten, Milk, Soy, Wheat.	24.00
Broccoli Dippers - LR1106 (1 ea.)	2.90
Buffalo Chicken Pizza - LR1227 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	34.91
Butter Toast - LR1329 (1 slice) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	15.00
Caesar Side Salad - LR1372 (1 c.) Contains Fish, Gluten, Milk, Wheat.	11.60
Celery Sticks - LR1105 (1 ea.)	1.50
Cereal Kit Including Cinnamon Cereal, Graham Crackers & Juice - LR1079 (1 ea.) Contains Gluten, Soy, Wheat.	55.00
Cereal Kit Including Frosted Flakes, Graham Crackers & Juice - LR1080 (1 ea.) Contains Gluten, Soy, Wheat.	56.00
Cereal Kit Including Fruit Loop Cereal, Graham Crackers & Juice - LR1081 (1 ea.) Contains Gluten, Soy, Wheat.	56.00
Cheddar Cheese Cubes - LR1151 (1 pkg.) Contains Milk.	0.00
Cheddar Chex Mix - LR1195 (1 pkg.) Contains Gluten, Milk, Wheat. May contain Soy.	20.00

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Item Name (Serving Size)	Carb (g)
Cheerios Cereal Bowl - LR1068 (1 ea.)	20.00
Cheese Crackers - LR1061 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	14.00
Cheese Pizza - LR1131 (1 slice) Contains Gluten, Milk, Soy, Wheat.	34.00
Cheese Pizza Anytimer Kit - LR1361 (1 ea.) Contains Gluten, Milk, Wheat.	34.00
Cheese Puffs - LR1057 (1 ea.) Contains Milk.	14.00
Cheese Sauce Dunk Cup - LR1295 (1 ea.) Contains Milk.	14.00
Cheeseburger - LR1165 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	32.00
Cheesy Broccoli - LR1288 (1/2 c.) Contains Milk.	6.87
Cheesy French Bread - LR1134 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	30.00
Cheesy Garlic Croutons - LR1359 (1 ea.) Contains Gluten, Milk, Wheat.	8.00
Cherry Blossom Chicken - LR1188 (4 oz.) Contains Egg, Gluten, Wheat.	27.00
Cherry Lemonade Slushy Cup - LR1024 (1 ea.)	20.00
Cherry or Grape Tomatoes - LR1107 (1 Bag)	2.90
Cherry Tomatoes - LR1364 (1/2 c.)	2.92
Chicken and Cheese Taquito - LR1181 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	14.58
Chicken Biscuit - LR1161 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	37.00
Chicken Caesar Salad - LR1393 (1 ea.) Contains Fish, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	44.80
Chicken Chili Crisпитos - LR1182 (1 ea.) Contains Gluten, Wheat.	23.00

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Item Name (Serving Size)	Carb (g)
Chicken Florentine Pizza - LR1228 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	34.21
Chicken Nachos with White Cheese - LR1285 (1/2 c.) Contains Milk, Soy.	5.49
Chicken Nachos with Yellow Cheese - LR1175 (1/2 c.) Contains Milk, Soy.	5.93
Chicken Nuggets - LR1125 (5 piece) Contains Gluten, Soy, Wheat.	10.00
Chicken Sandwich - LR1163 (1 ea.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	39.00
Chicken Sausage Pancake Slider - LR1183 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	17.00
Chicken Tamales in Green Sauce - LR1338 (1 ea.)	30.00
Chicken Tenders - LR1222 (3 ea.) Contains Gluten, Soy, Wheat.	15.98
Chicken, Turkey, & Cheese Sandwich - LR1360 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	27.00
Chili Cheese Fantastix - LR1059 (1 ea.) Contains Milk.	19.00
Chocolate Belly Bear Cookies - LR1284 (1 ea.) Contains Gluten, Wheat.	20.00
Chocolate Chex Mix - LR1194 (1 pkg.) Contains Gluten, Wheat.	21.85
Chocolate Chip Cookies Pre-packaged - LR1286 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	25.00
Chocolate Chip Muffin - LR1237 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	27.00
Chocolate Mini Pancakes - LR1101 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	37.00
Cinnamon Belly Bear Cookies - LR1282 (1 ea.) Contains Gluten, Wheat.	21.00

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Cinnamon Bun - LR1258 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	30.00
Cinnamon Elf Graham Crackers - LR1260 (1 ea.) Contains Gluten, Soy, Wheat.	19.00
Cinnamon Mini Waffles - LR1099 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	35.00
Cinnamon Toast - LR1330 (1 slice) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	15.48
Cinnamon Toast Crunch Cereal Bar - LR1062 (1 ea.) Contains Gluten, Soy, Wheat.	30.00
Cinnamon Toast Crunch Cereal Bowl - LR1069 (1 ea.) Contains Gluten, Soy, Wheat.	22.00
Cinnamon Toast Crunch Cereal Cup - LR1070 (1 ea.) Contains Gluten, Soy, Wheat.	44.00
Cinnamon Toast Crunch Cereal Pouch - LR1071 (1 ea.) Contains Gluten, Soy, Wheat.	22.00
Cinnamon Toast Pastry - LR1090 (1 ea.) Contains Gluten, Milk, Wheat.	41.00
Cocoa Puffs Cereal Bar - LR1063 (1 ea.) Contains Gluten, Soy, Wheat.	30.00
Cocoa Puffs Cereal Bowl - LR1072 (1 ea.)	25.00
Cocoa Puffs Cereal Cup - LR1073 (1 ea.)	47.00
Colby Jack Cheese Cubes - LR1150 (1 pkg.) Contains Milk.	1.00
Colby Jack Cheese Stick - LR1405 (1 ea.) Contains Milk.	1.00
Cole Slaw - LR1242 (1/2 c.) Contains Wheat.	14.59
Confetti Cake Cookie - LR1300 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Peanuts, Tree nuts.	29.00
Confetti Mini Pancakes - LR1096 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	36.00

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Item Name (Serving Size)	Carb (g)
Cool Ranch Doritos - LR1051 (1 ea.) Contains Milk.	20.00
Corn - LR1167 (1/2 c.) Contains Milk.	17.96
Corn Dog - LR1224 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	31.00
Corn on the Cob - LR1339 (1 ea.) Contains Milk.	36.30
Country Fried Steak - LR1263 (1 ea.) Contains Gluten, Soy, Wheat.	16.00
Country Gravy - LR1314 (1/4 cup prepared) Contains Gluten, Milk, Wheat. May contain Egg, Soy.	5.97
Craisins - LR1002 (1 PKT)	28.00
Crinkle Oven Fries - LR1141 (1/2 c.)	15.17
Croissant - LR1328 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	26.00
Crunchy Chicken Tacos - LR1387 (1/2 c.) Contains Soy.	6.06
Crunchy Taco Shells - LR1355 (3 ea.)	18.18
Cucumber slices - LR1386 (1/2 c.)	1.90
Curly Fries - LR1142 (1/2 c.)	17.00
Curtido - LR1323 (1/2 c.)	1.36
Deep Dish Cheese Pizza - LR1129 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	34.00
Deep Dish Pepperoni Pizza - LR1130 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	34.00
Domino's Smart Slice Cheese Pizza - LR1137 (1 slice) Contains Gluten, Milk, Soy, Wheat.	39.00
Domino's Smart Slice Pizza - LR1138 (1 slice) Contains Gluten, Milk, Soy, Wheat.	29.00
Donut - LR1317 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	23.00
Donut-shaped Breakfast Bites - LR1289 (5 ea.) Contains Gluten, Milk, Soy, Wheat.	25.25

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Item Name (Serving Size)	Carb (g)
Doritos Flamas - LR1050 (1 ea.) Contains Milk.	20.00
Dried Apple Crisps - LR1391 (1 ea.)	10.00
Dutch Waffle - LR1325 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	45.81
Dutch Waffle Sticks - LR1326 (12 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	36.00
Egg & Cheese Breakfast Sandwich - LR1213 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	19.00
Egg & Cheese Breakfast Taco - LR1402 (1 ea.) Contains Egg, Gluten, Milk, Wheat.	17.00
Egg & Sausage Breakfast Taquito - LR1315 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	22.00
Fancy Greens Salad - LR1373 (1 c.)	1.38
Fat Free Chocolate Milk - LR1041 (1 ea.) Contains Milk.	20.00
Fat Free Strawberry Milk - LR1043 (1 ea.) Contains Milk.	19.00
Fat Free Vanilla Milk - LR1044 (1 ea.) Contains Milk.	19.00
Fish Fillet - LR1248 (1 ea.) Contains Fish, Gluten, Milk, Wheat.	13.00
Fish Sandwich - LR1358 (1 ea.) Contains Fish, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	43.00
Flamin' Hot Cheese Puffs - LR1058 (1 pkg.) Contains Milk.	13.00
Flavored Sour Raisins - LR1045 (1 ea.)	36.00
Fortune Cookie - LR1308 (1 ea.) Contains Gluten, Soy, Wheat.	2.67
French Toast Sticks - LR1264 (3 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	26.00
Fresh Apple Slices in Bags - LR1102 (1 ea.)	8.50
Fresh Blueberries - LR1389 (1/2 c.)	9.51

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Item Name (Serving Size)	Carb (g)
Fresh Mandarin Oranges - LR1216 (2 ea.)	17.80
Fresh Orange - LR1118 (1 ea.)	15.39
Fresh Peach - LR1214 (1 ea.)	14.00
Fresh Pear - LR1215 (1 ea.)	25.00
Fresh Strawberries - LR1120 (1/2 c.)	6.50
Fresh Tangerine - LR1217 (1 ea.)	16.00
Fresh Watermelon in Cups - LR1345 (1 ea.)	5.50
Fresh Watermelon Chunks - LR1362 (1/2 c.)	5.50
Frosted Flakes Cereal Pouch - LR1074 (1 ea.) Contains Gluten, Wheat. May contain Soy.	24.00
Frosted Mini Wheats Cereal Bowl - LR1075 (1 ea.) Contains Gluten, Wheat.	24.00
Fruit Cocktail - LR1012 (1/2 c.)	17.00
Fruit Flavored Vegetable Juice 4 oz. Box - LR1019 (1 ea.)	10.00
Fruit Loops Cereal Bowl - LR1076 (1 ea.)	25.00
Fruit Loops Cereal Pouch - LR1077 (1 ea.) Contains Gluten, Wheat. May contain Soy.	24.00
Fruit Punch Flavored Vegetable Juice 4 oz. Box - LR1020 (1 ea.)	14.00
Fruit Punch Juice 4 oz. Box - LR1350 (1 ea.)	15.00
Fruit Punch Juice 6 oz. Box - LR1035 (1 ea.)	25.00
Gala Apple - LR1112 (1 ea.)	24.00
Garden Salad with Ranch - LR1375 (1 c.) Contains Egg, Milk.	4.22
Garlic Toast Homestyle - LR1331 (1 slice) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	15.30
Garlic Toast Texas Style - LR1156 (1 slice) Contains Gluten, Milk, Soy, Wheat.	14.00

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General Tso Chicken - LR1189 (4 oz.) Contains Egg, Gluten, Milk, Soy, Wheat.	26.00
Gingerbread Character - LR1307 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	14.00
Glazed carrots - LR1347 (1/2 c.) Contains Milk.	8.75
Glazed Sweet Potatoes - LR1169 (1/2 c.) Contains Milk.	29.87
Golden Delicious Apple - LR1113 (1 ea.)	23.00
Golden Graham Cereal Bar - LR1064 (1 ea.) Contains Gluten, Soy, Wheat.	30.00
Golden Grahams Cereal Bowl - LR1078 (1 ea.) Contains Gluten, Wheat.	24.00
Goldfish Crackers - LR1203 (1 pkg.) Contains Gluten, Milk, Wheat.	14.00
Grab & Go Breakfast HS - LR1396 (1 serv.)	(M)
Granny Smith Apple - LR1111 (1 ea.)	25.10
Granola - LR1309 (1 ea.) Contains Gluten, Soy, Wheat. May contain Milk, Tree nuts.	20.00
Grape Juice 4 oz. Carton - LR1038 (1 ea.)	19.00
Grape Juice 6 oz. Carton - LR1241 (1 ea.)	28.00
Grape Juice Box - LR1032 (1 ea.)	20.00
Grapefruit Segments - LR1119 (1 ea.)	12.25
Green Beans - LR1168 (1/2 c.) Contains Milk.	4.68
Green Grapes - LR1110 (1/2 c.)	14.00
Green Peas - LR1366 (1/2 c.) Contains Milk.	13.18
Green Peas Fresh Steamed - LR1340 (1/2 c.) Contains Milk.	11.59
Grilled Cheese Sandwich Individually Wrapped - LR1233 (1 ea.) Contains Milk, Soy, Wheat.	30.96

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Grilled Cheese Sandwich Made from Scratch - LR1179 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	32.00
Grilled Chicken Breast - LR1324 (1 ea.) Contains Soy.	1.00
Grilled Chicken Sandwich - LR1349 (1 ea.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	31.00
Gripz Cinnamon Graham Crackers - LR1261 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	19.00
Ham Biscuit - LR1225 (1 ea.) Contains Gluten, Milk, Wheat.	29.00
Harvest Cheddar Sunchips - LR1053 (1 ea.) Contains Gluten, Milk, Wheat.	19.00
Harvest Fruit Salad - LR1395 (1 ea.) Contains Gluten, Milk, Wheat. May contain Soy.	72.25
Harvest Mixed Fruit Cups - LR1407 (1 ea.)	19.00
Hawaiian Pizza - LR1230 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	42.25
Heartzels - LR1298 (1 ea.) Contains Gluten, Wheat.	15.00
Homemade Chocolate Chip Cookie - LR1306 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	18.50
Honey Belly Bear Cookies - LR1283 (1 ea.) Contains Gluten, Wheat.	20.00
Honey Elf Graham Crackers - LR1399 (1 ea.) Contains Gluten, Soy, Wheat.	21.00
Honey French Dressing - LR1271 (1 ea.)	5.00
Honey Mustard - LR1281 (1 ea.) Contains Egg.	7.00
Honey Nut Cheerios Cereal Bowl - LR1083 (1 ea.) Contains Tree nuts.	22.00
Honey Nut Cheerios Cereal Cup - LR1082 (1 ea.) Contains Tree nuts.	45.00

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Honeydew - LR1346 (1/2 c.)	4.00
Hot sauce-Reduced Sodium - LR1392 (1 ea.)	0.23
Italian Dressing in Cups - LR1272 (1 ea.)	2.00
Italian Dressing in Packets - LR1274 (1 ea.)	2.00
Italian Dressing Portioned - LR1273 (2 tbsp.)	3.00
Italian Salad - LR1376 (1 c.) Contains Milk.	2.92
Jalapeno Cheese Sauce Dunk Cup - LR1296 (1 ea.) Contains Milk.	15.00
Jalapeno Ranch Dressing - LR1275 (1 ea.) Contains Egg, Milk.	2.00
Jelly Packet- Grape - LR1265 (1 ea.)	9.00
Jelly, Assorted Cups - LR1266 (1 ea.)	9.00
JonnyPops Berry Flavored - LR1007 (1 ea.) Contains Milk.	11.00
JonnyPops Strawberry Banana Flavored - LR1006 (1 ea.) Contains Milk.	10.00
Jumbo Tots - LR1144 (2 piece)	16.00
Ketchup Dunk Cup - LR1334 (1 ea.)	8.00
Ketchup Packet - LR1157 (1 ea.)	2.00
Large Peanut Butter and Jelly Sandwich - LR1139 (1 ea.) Contains Gluten, Peanuts, Wheat.	64.00
Light Mayonnaise - LR1158 (1 ea.) Contains Egg.	1.00
Lite Caesar Dressing Cup - LR1270 (1 ea.) Contains Fish, Milk.	2.00
Loaded Mashed Potatoes - LR1174 (1/2 c.) Contains Milk, Soy.	16.63
Lucky Charms Cereal Bowl - LR1084 (1 ea.)	23.00
Lucky Charms Cereal Cup - LR1085 (1 ea.)	46.00

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Lucky Charms Cereal Pouch - LR1086 (1 ea.)	23.00
Mac & Cheese with Alfredo Sauce - LR1245 (6 Ounce serving) Contains Gluten, Milk, Wheat.	23.53
Mac & Cheese with Cheddar Cheese Sauce - LR1155 (3/4 c.) Contains Egg, Gluten, Milk, Wheat.	27.01
Macintosh Apple - LR1115 (1 ea.)	22.00
Mandarin Orange Cup - LR1003 (1 ea.)	16.00
Mandarin Oranges - LR1013 (1/2 c.)	23.00
Mango Flavored Vegetable Juice 4 oz. Box - LR1022 (1 ea.)	14.00
Mango Flavored Vegetable Juice 4 oz. Carton - LR1021 (1 ea.)	13.00
Maple Mini Eggo Waffles - LR1100 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	35.00
Maple Mini Pancakes - LR1094 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	35.00
Maple Mini Pillsbury Waffles - LR1097 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	38.00
Maple Syrup - LR1184 (1 ea.)	4.00
Marinara Dunk Cups - LR1018 (1 ea.)	7.00
Marinara Sauce - LR1356 (1/2 c.)	10.00
Meat Lovers Pizza - LR1211 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	34.75
Mini Cinnis - LR1088 (1 ea.) Contains Gluten, Milk, Wheat.	40.00
Mini Cream Cheese Filled Bagels - LR1089 (1 ea.) Contains Gluten, Milk, Wheat.	42.00
Mini French Toast - LR1091 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	35.00
Mini French Toast - LR1092 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	37.00

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Item Name (Serving Size)	Carb (g)
Mini Hot Pockets with Pepperoni and Cheese - LR1385 (3 ea.) Contains Gluten, Milk, Soy, Wheat.	35.00
Mini Rice Krispie Treat - LR1202 (1 ea.) Contains Milk, Soy.	9.00
Mixed Berry Fruit Cups - LR1342 (1 ea.)	21.00
Mixed Berry Fruit Juice 6 oz. Box - LR1033 (1 ea.)	26.00
Mixed Fruit Cups - LR1008 (1 c.)	15.00
Mixed Vegetables - LR1367 (1/2 c.) Contains Milk.	16.13
Mozzarella Breadstick Twists - LR1136 (2 ea.) Contains Gluten, Milk, Soy, Wheat.	34.00
Mozzarella Filled Bread Sticks - LR1374 (2 ea.) Contains Gluten, Milk, Soy, Wheat.	36.00
Mozzarella Filled Bread Sticks - LR1406 (2 ea.) Contains Gluten, Milk, Wheat.	34.00
Mozzarella String Cheese - LR1152 (1 ea.) Contains Milk.	1.00
Mozzarella Stuffed Breadsticks - LR1135 (2 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	30.00
Munchable - LR1290 (1 kit) Contains Gluten, Milk, Soy, Wheat.	42.00
Munchable Kit- Cheese Pizza - LR1291 (1 kit) Contains Gluten, Milk, Wheat. May contain Soy.	36.00
Munchable Kit- Nacho - LR1294 (1 kit) Contains Milk.	37.68
Munchable Kit- Pepperoni Pizza - LR1292 (1 kit) Contains Gluten, Milk, Wheat. May contain Soy.	35.03
Munchie Mix - LR1052 (1 ea.) Contains Gluten, Milk, Wheat.	17.00
Mustard - LR1159 (1 ea.)	0.00
Nacho Average Salad - LR1394 (1 ea.) Contains Egg, Milk.	61.97
Nacho Cheese Doritos - LR1048 (1 ea.) Contains Milk.	20.00
Nutrigrain Cereal Bar - LR1196 (1 ea.) Contains Milk, Soy, Wheat.	30.00

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Omelet - LR1327 (1 ea.) Contains Egg, Milk.	1.00
Orange Blend Juice 4 oz. Carton - LR1027 (1 ea.)	14.00
Orange Juice 4 oz. Carton - LR1039 (1 ea.)	14.00
Orange Juice 6 oz. Carton - LR1040 (1 ea.)	19.00
Orange Slices in Bags - LR1103 (1 ea.)	10.50
Pancake Wrapped Sausage on a Stick - LR1186 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	17.00
Parmesan Broccoli - LR1357 (1/2 c.) Contains Milk.	1.87
Pasta for Entrees - LR1244 (1/2 c.) Contains Gluten, Wheat.	20.50
Peach Cup - LR1004 (1 ea.)	13.00
Peach Cups - LR1351 (1 ea.)	21.00
Peanut Butter and Grape Jelly Sandwich - LR1140 (1 ea.) Contains Gluten, Peanuts, Wheat.	32.00
Peanut Butter and Strawberry Jelly Sandwich - LR1231 (1 ea.) Contains Gluten, Peanuts, Wheat.	32.00
Pear Halves - LR1015 (1/2 c.)	21.53
Pediasure - LR1219 (1 ea.) Contains Milk, Soy.	33.00
Pepperjack Cheeseburger - LR1404 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	31.00
Pepperoni Hot Pocket - LR1128 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	32.00
Pepperoni Pizza - LR1132 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	34.00
Pineapple Cup - LR1005 (1 ea.)	15.00
Pineapple Tidbits in Juice - LR1016 (1/2 c.)	21.00
Pink Lady Apple - LR1114 (1 ea.)	25.00
Pinto Beans - LR1173 (1/2 c.) Contains Milk.	18.25

Menu Item Nutrient Report

Generated on: 7/12/2022 8:09:49 AM by Emily House

Item Name (Serving Size)	Carb (g)
Pizza Line - LR1249 (1 serv.)	(M)
Plain Biscuit - LR1354 (1 ea.) Contains Gluten, Milk, Wheat.	28.00
Pop-Tart Blueberry Flavored - LR1310 (1 ea.) Contains Gluten, Soy, Wheat.	38.00
Pop-tart Fudge Flavored - LR1311 (1 ea.) Contains Gluten, Soy, Wheat.	36.00
Pop-tart Strawberry Flavored - LR1312 (1 ea.) Contains Gluten, Soy, Wheat.	38.00
Pork and Vegetable Egg Rolls - LR1400 (1 ea.) Contains Egg, Fish, Gluten, Milk, Soy, Wheat.	20.00
Pork Sausage Links - LR1212 (2 ea.)	0.00
Potato Smiles - LR1146 (6 piece)	30.00
Potato Smiles Emoji Shapes - LR1145 (6 piece)	27.07
Potato Wedges - LR1148 (1/2 c.)	14.99
Quesadilla Pizza - LR1348 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	38.00
Ranch Dressing Cup - LR1277 (1 ea.) Contains Egg, Gluten, Milk.	1.00
Ranch Dressing Fat Free Packet - LR1278 (1 ea.) Contains Milk.	2.00
Ranch Dressing Portioned - LR1276 (2 tbsp.) Contains Egg, Milk.	2.00
Ranchero Black Beans - LR1209 (1/2 c.) Contains Egg, Milk.	20.39
Raspberry Vinaigrette - LR1280 (1 ea.)	7.00
Red Delicious Apple - LR1116 (1 ea.)	25.00
Red Grapes - LR1109 (1/2 c.)	14.00
Red Grapes in Bags - LR1108 (1 ea.)	14.00
Refried Beans- Elementary Schools - LR1170 (1/2 c.)	27.37
Refried Beans with Jalapenos - LR1171 (1/2 c.) Contains Milk.	27.79

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Item Name (Serving Size)	Carb (g)
Rice Krispie Treat - LR1201 (1 ea.) Contains Milk, Soy.	30.00
Roasted Sunflower Seeds Honey Flavor - LR1204 (1 pkg.)	11.00
Roasted Sunflower Seeds Hot and Spicy - LR1205 (1 pkg.) Contains Milk.	8.00
Roll 1.25 oz. - LR1121 (1 ea.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	20.00
Roll with Oatmeal Crumb Topping - LR1123 (1 ea.) Contains Gluten, Wheat.	13.00
Romaine Salad with Ranch - LR1397 (1 c.) Contains Egg, Milk.	3.25
Sack Lunch Shelf-Stable ES MS - LR1384 (1 ea.) Contains Gluten, Peanuts, Wheat.	83.00
Salsa Dunk Cup - LR1017 (1 ea.)	5.00
Salsa Side Portion - LR1025 (1/2 c.)	9.00
Savory Steamed Carrots - LR1368 (1/2 c.) Contains Milk.	7.26
Sesame Dressing - LR1279 (1 ea.) Contains Gluten, Soy, Wheat.	11.00
Shredded Lettuce & tomato - LR1379 (1 1/8 c.)	3.03
Silk Soymilk - LR1382 (1 ea.) Contains Soy.	18.00
Skim Milk - LR1042 (1 ea.) Contains Milk.	13.00
Sliced Apples - LR1009 (1/2 c.)	12.00
Sliced Peaches - LR1014 (1/2 c.)	14.00
Sliced Tomatoes - LR1380 (1/2 cup slices)	4.18
Smart Cookies - LR1299 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	22.00
Soft Pretzel - LR1297 (1 ea.) Contains Gluten, Wheat.	14.00
Soft Pretzel Whole Grain 2 oz. - LR1401 (1 ea.) Contains Gluten, Wheat.	14.00

Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Sour Cream - LR1154 (1 ea.) Contains Milk.	1.00
Soy Milk - LR1218 (1 ea.) Contains Soy.	20.10
Soybutter & Grape Jelly Sandwich - LR1232 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	28.00
Soymilk, Unflavored - LR1383 (1 c.) Contains Soy.	13.00
Spaghetti with Meat Sauce - LR1243 (1 c.) Contains Gluten, Milk, Soy, Wheat.	30.95
Spicy Chicken Sandwich - LR1178 (1 ea.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	47.00
Spinach & Arugula Salad - LR1377 (1 c.)	5.18
Sriracha - LR1371 (1 ea.)	2.00
Steak Biscuit - LR1162 (1 ea.) Contains Gluten, Milk, Wheat.	37.00
Steamed Broccoli - LR1223 (1/2 c.) Contains Milk.	3.70
Steamed Cabbage - LR1321 (1/2 c.) Contains Milk.	5.86
Steamed Squash - LR1319 (1/2 c.) Contains Milk.	4.03
Steamed Squash & Onions - LR1320 (1/2 c.) Contains Milk.	4.04
Stewed Tomatoes - LR1343 (1/2 c.)	5.53
Strawberry Chex Mix - LR1193 (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	23.00
Strawberry Cups - LR1353 (1 ea.)	21.00
Strawberry Kiwi Fruit Juice 4 oz. Box - LR1036 (1 ea.)	15.00
Strawberry Kiwi Slushy Cup - LR1390 (1 ea.)	20.00
Stuffed Crust Pizza - LR1133 (1 slice) Contains Gluten, Milk, Soy, Wheat.	33.00
Sunshine Salad - LR1378 (1 c.)	9.88
Sweet & Sour Sauce - LR1336 (1 ea.)	4.00

Menu Item Nutrient Report

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Item Name (Serving Size)	Carb (g)
Sweet Chili Doritos - LR1060 (1 ea.) Contains Gluten, Soy, Wheat.	20.00
Sweet Potato Tots - LR1210 (11 piece)	34.00
Sweet Potato Waffle Fries - LR1341 (1/2 c.)	23.00
Taco Sauce - LR1333 (1 ea.)	1.00
Tartar Sauce - LR1335 (1 ea.) Contains Egg.	3.00
Tater Tots - LR1147 (8 piece)	14.00
Thick Cut Oven Fries - LR1143 (1/2 c.)	20.05
Thousand Island Dressing - LR1268 (2 tbsp.) Contains Egg.	6.00
Top N Go Doritos - LR1046 (1 ea.) Contains Milk.	28.00
Tortilla Chips in Bags - LR1049 (1 ea.)	18.00
Tortilla Chips in Bags- HS Portion - LR1047 (1 ea.)	29.00
Triple Chocolate Cookie - LR1305 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Peanuts, Tree nuts.	31.00
Trix Cereal Bowl - LR1087 (1 ea.)	24.00
Tropical Vegetable Juice Slushy - LR1023 (1 ea.)	28.00
Turkey & Cheese Munchable Kit - LR1388 (1 ea.) Contains Egg, Gluten, Milk, Wheat.	41.00
Turkey Hotdog - LR1056 (1 ea.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Milk.	32.00
Turkey Sausage Biscuit - LR1344 (1 ea.) Contains Gluten, Milk, Wheat.	28.50
Unsweetened Applesauce, Portioned - LR1010 (1/2 c.)	15.00
Vanilla Cupcake - LR1287 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	27.00

Menu Item Nutrient Report

Item Name (Serving Size)	Carb (g)
Vegetable Chow Mein - LR1191 (4 7/8 Ounce serving) Contains Gluten, Soy, Wheat.	27.14
Vegetable Egg Roll - LR1192 (1 ea.) Contains Egg, Gluten, Wheat.	22.00
Vegetable Fried Rice - LR1190 (3/4 c.) Contains Gluten, Soy, Wheat.	34.87
Vegetable Juice Slushy Cup - LR1398 (1 ea.)	22.00
Veggie Burger - LR1220 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	46.30
Walking Chicken Taco - LR1246 (1/2 c.) Contains Milk, Soy.	8.53
Watermelon Slushy Cup - LR1028 (1 ea.)	25.00
Whipped Potatoes - LR1166 (1/2 c.) Contains Milk, Soy.	14.86
Yeast Roll - LR1122 (1 ea.) Contains Egg, Gluten, Wheat.	24.00
Yogurt, Cherry or Raspberry - LR1197 (1 ea.) Contains Milk.	14.00
Yogurt, Strawberry Banana Danimals - LR1198 (1 ea.) Contains Milk.	14.00
Yogurt, Strawberry Danimals - LR1199 (1 ea.) Contains Milk.	14.00
Yogurt, Vanilla Danimals - LR1200 (1 ea.) Contains Milk.	14.00
Zesty Greens - LR1363 (1/2 cup, cooked)	6.59

Legend

(M) Indicates missing nutrient values.

Allergen Disclaimer: HFCS

Report Selections

Meal Pattern: [USDA]Meal Pattern SY 2014+

Serving Group: K-12

Data Source: Local