

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Entrées, Breakfast								
Bagel, Plain, White Whole Wheat		1 ea	33	170	230	3	7	1
Breakfast Bar		1 ea	47	290	240	3	5	9
Breakfast Bites		1 serving	38	260	190	3	5	10
Burrito, Bean & Cheese		1 each	40	290	450	8	15	7
Burrito, Beef & Bean		1 each	41	305	421	7.8	17	8.4
Burrito, Vegan		1 each	48	310	530	10	15	7
Cereal Bar, Cinnamon		1 each	51	260	200	5	4	6
Cereal Bar, Marshmallow		1 each	51	280	170	5	5	6
Cereal, Blueberry Chex		Bowlpack	23	120	180	1	1	2.5
Cereal, Cheerios		Bowlpack	20	100	140	3	3	2
Cereal, Cinnamon Frosted Flakes		Bowlpack	24	100	180	2	2	0
Cereal, Cinnamon Toast Crunch		Bowlpack	22	110	160	6	1	3
Cereal, Cocoa Puffs		Bowlpack	25	110	160	2	2	1.5
Cereal, Frosted Flakes		Bowlpack	24	100	170	2	2	0
Cereal, Fruit Loops		Bowlpack	24	110	160	2	2	1
Cheese, String, Lite Mozzarella		1 each	1	60	200	0	7	3
Cinnamon Crumb Cake with Topping	EL, MS	1 each	51	336	283	4	6	12
Cinnamon Crumb Cake with Topping	HS	1 each	76.6	503	424	5.8	9	18
Cinnamon Roll no Icing		1 each	35	190	200	1	5	3.5
Cinnamon Roll With Icing		1 each	54	277	200	1.3	5	4
Croissant		1 each	29	170	300	2	6	5
Egg, Patty		Patty	1	70	130	0	4	5
French Toast Sticks w/Fruit Dip		1 serving	41	273	303	3	6	10
Granola		1/2 cup	52	303	117	4.5	6	8.4
Muffin		1 each	40	229	125	3.1	3.8	6
Pan Dulce Concha		1 each	34	200	90	2	5	6
Pancakes, Maple, Mini		1 serving	35	210	320	4	4	7
Pizza Bagel, Cheese		1 each	23	192	383	2	11.65	5.7
Pizza Stick		1 each	30	250	510	3	11	9
Sandwich, Bagel, Egg & Cheese		1 each	35	275	565	3	14.5	8
Sandwich, Bagel, Egg, Turkey Ham & Cheese		1 each	35	326	849	3	23	10.5

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Sandwich, Bagel, Egg, Sausage & Cheese		1 each	36	376	817	3	25.5	14
Sandwich, Biscuit with Sausage, Egg & Cheese		1 each	31	415	997	3	23.5	22
Sandwich, Biscuit with Egg and Cheese		1 each	30	315	745	3	12.5	16
Sandwich, Biscuit with Sausage		1 each	29	310	710	3	16	15
Sandwich, Biscuit, Chicken		1 each	34	300	680	4	12	13.5
Sandwich, Croissant, Egg & Cheese		1 each	31	275	585	2	13.5	12
Sandwich, Croissant, Egg, Turkey Ham & Cheese		1 each	31	326	918	2	22	14.5
Sandwich, Croissant, Egg, Sausage & Cheese		1 each	32	375	837	2	24.5	18
Sandwich, Peanut Butter & Jelly Sandwich, 2.6 oz.		1 each	32	300	280	4	9	16
Sausage Patty, Pork		1 patty	1	70	240	0	6	4.5
Smoothie Bowl with Granola		1 serving	61	312	121	5	6.6	0
Waffle, Blueberry		1 each	37	250	290	2	6	9
Waffle, Cinnamon		1 each	37	250	290	2	6	9
Waffle, Dutch		1 each	43	300	350	3	4	13
Yogurt and Granola		8 oz./#8	92	516	223	4.5	13	10
Yogurt Parfait w/Peaches and Granola		1 ea	104	566	249	5.5	12.5	11
Yogurt Parfait w/Strawberries and Granola		1 ea	96	528	244	6	12.5	11
Yogurt, Lowfat Strawberry-Banana, 4 oz.		1 ea	21	100	50	0	3	0.5
Yogurt, Lowfat Strawberry, 4 oz.		1 ea	12	30	35	0	2	0
Yogurt, Lowfat Peach, 8 oz.		1 ea	39	210	105	0	7	2
Yogurt, Lowfat Strawberry-Banana, 8 oz.		1 ea	41	220	105	0	7	2
Yogurt, Lowfat Strawberry, 8 oz.		1 ea	39	210	105	0	7	2
Yogurt, Lowfat Vanilla, 8 oz.		1 ea	40	210	110	0	7	2
Entrées, Lunch								
Biscuit, Whole Grain		1 ea	28	210	460	3	5	9
Bowl, Chicken and Mashed Potato w/Biscuit		1 serving	80	659	1581	7	27	28
Bread, Cheesy Garlic		1 ea	28	356	473	2	20	21
Bread, Gluten Free (Special Diet)		1 slice	20	130	310	1	3	4
Breadsticks, Cheesy		2 ea	28	290	500	2	19	11
Buffalo Chicken Mac & Cheese	MS, HS	1 serving	37	361	1467	3	18	15
Bun, Hamburger		1 ea	29	150	240	2	5	2
Bun, Hamburger, Gluten Free (Special Diet)		1 ea	44	240	440	6	5	7

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Bun, Hot Dog		1 ea	28	150	230	1	5	2
Bun, Slider	MS, HS	1 ea	14	70	160	1	3	0.5
Burger, Southwest Bean, no Bun		1 ea	26	190	290	7	10	6
Burger, Southwest Bean on Bun		1 ea	55	341	479	9	15	8
Burrito, Bean & Cheese		1 each	44	321	475	8	17	9
Burrito, Bean & Cheese, Ultra Spicy		1 ea	45.0	352	474	8.0	16.5	12.0
Burrito, Beef & Bean		1 each	41	305	421	7.8	17	8.4
Burrito, Vegan		1 each	48	310	527	9.5	15	7
Cheese Dip Cup		1 ea	14	190	570	0	10	10
Cheese Squares		4 ea	1	110	200	0	7	9
Cheese, Shredded, Cheddar		2 tbsp	0	55	95	0	3	4.5
Cheeseburger on Bun		1 ea	32	343	854	3	25.4	13
Chicken and Waffle		1 srvg	49	520	880	4	23	26
Chicken Drumstick, Breaded		1 ea	6	220	530	1	19	13
Chicken Nuggets		5 ea	16	240	470	3	13	14
Chicken Nuggets with Roll	MS, HS, Avalon	5 ea/1 ea	33	320	595	4	16	15
Chicken Nuggets, Star Shapes		4 ea	16	180	590	3	13	7
Chicken Patty Breaded, No Bun		1 patty	15	240	460	3	14	13
Chicken Patty Breaded, Small, No Bun		1 patty	6	90	220	1	7	4.5
Chicken Patty, Grilled, No Bun (Special Diet)		1 patty	0	150	210	0	15	10
Chicken Patty, Spicy, No Bun		1 patty	17	270	400	3	15	15
Chicken Tenders with Roll	MS, HS	3 ea/1 ea	33	340	515	4	18	16
Chicken Tenders, Gluten Free (Special Diet)		4 ea	17.3	280	680	1	16	17
Chicken Tenders, No Roll		3 ea	16	260	390	3	15	15
Chicken, Boneless Wings		5 ea	23	270	710	3	22	10
Chicken, Boneless Wings w/Cornbread		5 ea/1 ea	46.5	450	884	6	21.5	19.5
Chicken, Orange with 1/2 Cup of Rice	EL, CS	1 ea	48	297	380	2.71	16.13	4.7
Chicken, Orange with 3/4 Cup of Rice	MS, HS,Avalon	1 ea	59.15	350	380	3.07	17.2	5.1
Chicken, Orange, No Rice		#8 (1/2 cup)	25	190	380	2	14	4
Chicken, Teriyaki With 1 Cup Rice	MS,HS,Avalon	1 srvg	67	470	670	3	27	10
Chicken, Teriyaki With 1/2 Cup Rice	EL,CS	1 srvg	44	356	670	1.5	28	9
Chicken, Teriyaki with Sauce, No Rice		1 srvg	20	242	670	0	21	8
Chicken, Thai Sweet Chili With 1 Cup Rice		1 srvg	86	512	1076	2.5	21.5	8.0

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Chicken, Thai Sweet Chili with Sauce, No Rice		1 srvg	39	284	1076	0.0	16	6.0
Chili Cheese Dog		1 serving	34	499	1190	4.2	25	30.0
Chili with Beans, No Chips	Avalon	1/2 cup	14	210	334	2.4	16.3	10
Chips, Corn Tortilla		1 package	31	270	220	3.0	3	15.0
Chips, Tortilla with Cheese Dip Cup	Supper	1 serving	45	460	790	3	13	25
Chow Mein, Chicken, A	EL,CS	2/3 cup	26	243	569	2.5	15	8
Chow Mein, Chicken, B	MS,HS	1 1/3 cup	40	347	836	4	20	11
Corn Dog, Chicken		1 ea	30	240	470	2	9	9
Cornbread		1 piece	27.0	181	295	3.0	3.5	7.0
Empanada, Bean & Cheese		1 ea	47	310	560	4	13	9
Fiestada Taco Pocket, Beef & Cheese		1 ea	31	320	590	3	18	14
Flatbread, Mini		1 ea	25	150	300	2	5	3.5
Granola		1/2 cup	52.5	297	115	4	5	8
Hamburger on Bun	MS,HS	1 ea	30	308	699	3	21	11
Hamburger, No Bun	MS,HS	1 patty	1	158	419	0	17	9.4
Hamburger, 2 oz. on Bun	EL, CS	1 ea	29	314	436	2.54	17	14
Hamburger, 2 oz. No Bun	EL, CS	1 patty	1	164	196	0.5	12	12
Hot Dog no Bun, Beef	EL, CS	1 ea	1	140	400	0	7	12
Hot Dog no Bun, Beef	MS HS PP Avalon	1 ea	2	250	770	0	10	22
Hot Dog on Bun, Beef	EL, CS	1 ea	30	290	670	3	14	14
Hot Dog on Bun, Beef	MS,HS,PP,Avalon	1 ea	31	400	1040	3	17	24
Kickin' Tenders		3 ea	13	210	340	1	12	13
Macaroni and Cheese	EL, CS	2/3 cup	31	287	667	2.4	11.7	12.6
Macaroni and Cheese	MS, HS, Avalon	1 1/3 cup	61.6	575	1333	4.7	23.5	25.2
Marinara Cup	Supper	1 ea	3.0	20	100	1.0	1	1.0
Meatballs, Beef, No Sauce		5 ea	2.0	160	110	0.0	14	11.0
Meatballs, Teriyaki with 1 Cup Rice	MS, HS, Avalon	1 ea	61	436	376	3	20	13
Meatballs, Teriyaki with 1/2 Cup of Rice	EL, CS	1 ea	37	323	376	1.5	17	12
Meatballs, with Teriyaki Sauce, No Rice		1 srvg	17	213	376	1	13.5	10
Nacho Cup (without chips)		1 ea	19.5	259	734	2.4	17	12
Nachos, Chili Cheese (with Nacho Cheese Sauce)		1 srvg	50.5	529	1013	5.7	20.5	27
Nachos, Chili Cheese (with Shredded Cheddar)		1 srvg	45	536	710	5.7	23	30
Nachos, Vegetarian (with Shredded Cheddar)		1 srvg	51	460	602	9.5	15	23

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Pancakes, Maple, Mini		1 serving	35	210	320	4	4	6
PB&J Protein Kit	MS, HS	1 serving	48	456	585	5	17	24
Pizza, Cheese, Large (8 slices/pie)		1 slice	34	350	470	3.0	19	17.0
Pizza, Cheese, Round, Individ. Wrapped		1 ea	26	280	410	3	15	12
Pizza, Cheese, Slice, Dominos	HS	1 ea	28	240	460	3	21	8
Pizza, Cheese, Slice, Papa John's	HS	1 ea	37	310	640	3	20	10
Pizza, Cheese, Slice, Pizza Depot	HS	1 ea	32	370	440	4	18	14
Pizza, Cheese, Slice, Pizza Hut	HS	1 ea	29	280	520	3	21	9
Pizza, Pepperoni, Large (8 slices/pie)		1 slice	34	350	570	3	19	17
Pizza, Pepperoni, Slice, Dominos	HS	1 ea	28	260	490	3	20	9
Pizza, Pepperoni, Slice, Papa John's	HS	1 ea	37	350	770	3	20	14
Pizza, Pepperoni, Slice, Pizza Depot	HS	1 ea	32	395	460	3	23	15
Pizza, Pepperoni, Slice, Pizza Hut	HS	1 ea	30	300	570	3	21	11
Pretzel, Soft, Large	MS, HS, SUPPER	1 each	27	180	280	1	8	2.5
Quesadilla, Cheese		1 each	25.0	320	530	0.0	17	17.0
Quinoa		1/2 C	32.0	169	10	2.7	6.3	2.7
Ravioli, Breaded Cheese, A	EL, CS	6 ea	55.0	309	626	6.0	11	3.4
Ravioli, Breaded Cheese, B	MS,HS,Avalon	7 ea	64.0	360	730	7.0	19	4.0
Rice, Brown, Plain		1/2 cup	23.5	114	0	1.0	2.5	1.0
Roll, 6" Steak		1 ea	29.0	150	280	3.0	5	1.5
Roll, Dinner		1 ea	16.0	80	150	1.0	3	1.0
Salad, BBQ Chicken w/Dressing	MS, HS	1 ea	21.2	262	681	3.5	16.9	13
Salad, Chef w/Dressing	Avalon	1 ea	11.4	333	1064	3	22	26
Salad, Chef w/Dressing	MS, HS	1 ea	8.4	294	888	1.8	16.6	24.5
Salad, Chinese Chicken w/Dressing	MS, HS	1 ea	57	698	985	7	20	44.5
Salad, Greek Chicken w/Dressing	MS, HS	1 ea	7	338	1053	2.5	14.8	28
Salad, Vegan Chinese Chik'n w/Dressing	MS, HS	1 ea	60	636	1034	7.5	15	39.5
Sandwich, BBQ Turkey		1 ea	46.0	330	537	2.0	22	7.0
Sandwich, Chicken, Breaded		1 ea	44	390	740	6	21	15
Sandwich, Chicken, Spicy		1 ea	46	420	680	6	20	17
Sandwich, Meatball Sub		1 ea	40.0	383	1039	4.0	20	15.0
Sandwich, Peanut Butter & Jelly Sandwich, 2.6 oz		1 ea	32	300	280	4	9	17
Sandwich, Peanut Butter & Jelly Sandwich, 5.3 oz		1 ea	64	600	540	7	18	34

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Sandwich, Tuna	MS, HS	1 ea	31.0	304	652	3.0	22	11.0
Sandwich, Turkey and Cheese Deli		1 ea	32.0	291	945	3.0	25.5	7.3
Sandwich, Turkey Deli		1 ea	31.5	291	958	3.0	28	6.5
Sandwich, Turkey Ham and Cheese, Cold		1 ea	30.0	249	851	3.0	19.3	7.0
Sandwich, Turkey Ham and Cheese, Hot	MS, HS	1 ea	30.0	264	876	3.0	22	8.0
Sandwich, Turkey Ham Deli		1 ea	29.5	238	825	3.0	21	6.0
Sandwich, Waffle		1 ea	25	330	660	2	18	18
Sauce, BBQ		2 tbsp	8	38	80	0	0	0
Sauce, Buffalo BBQ		2 tbsp	6	25	376	0	0	0
Sauce, Cayenne		5 g	0	0	190	0	0	0
Sauce, Marinara, Meatless		1/4 cup	4.2	28	272	0.5	0.2	1
Sauce, Marinara, Meatless		1/3 cup	5.6	37	362	0.7	0.2	1.1
Sauce, Teriyaki		2 tbsp	6	24	133	0	0.2	0
Sauce, Teriyaki		3.3 tbsp	10	40	219	0	0.3	0
Sauce, Thai Sweet Chili	MS, HS	2 tbsp	13	54	303	0	0	0
Sausage Patty, Pork		1 ea	1	70	240	0	6	4.5
Sliders, Chicken	MS, HS	2 sliders	40	320	760	4	20	10
Sliders, BBQ Turkey		2 sliders	45	320	617	2	23	6
Spaghetti with Meatballs, 1.3 c pasta, 5 meatballs	MS, HS, Avalon	1 svg	55.6	434	925	5.5	21.5	14.5
Spaghetti with Meatballs, 2/3 c pasta, 4 meatballs	EL,CS	1 svg	30.5	279	631	3	15	11
Stackers, Turkey & Cheese	EL,CS	1 svg	31	340	690	3	20	16
Supper Pizza Kit (bread, sauce, cheese, carrots)	Supper	1 ea	24	308	672	4	18.5	14
Taco, Beef, without Pico de Gallo and Salsa Cup		1 ea	17	287	321	2	18	16
Taco Filling Cup, no cheese (Special Diet)		1 ea	2.7	292	491	1.5	24.5	20
Tamale, Chicken and Green Chile		1 ea	31	320	650	4	15	16
Taquitos, Chicken & Cheese		2 ea	18.0	250	280	3.0	19	11.0
Tortilla, Corn (Special Diet)		1 ea	8.0	39	20	1.0	1	0.0
Tortilla, Flour		1 ea	15	87	103	2	2	2
Turkey Coins		5 ea	0	50	240	0	10	1
Vegan Burger on Bun		1 ea	37	310	528	7	18	11.5
Vegan Burger Patty (no Bun)		1 ea	7	155	239	4	10.5	11.5
Vegan Nuggets		4 ea	23	209	638	3	12.5	8
Vegan Thai Sweet Chili Rice Bowl		1 serving	72	434	1259	4	15	9

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Waffle, Dutch (served with Chicken and Waffle)		1 ea	43	300	350	3	4	13
Yogurt and Granola		8 oz./#8	92.5	509	222	4	12.5	10
Yogurt Parfait w/Peaches and Granola		1 ea	104	566	249	5.5	12.5	11
Yogurt Parfait w/Strawberries and Granola		1 ea	96	528	244	6	12.5	11
Yogurt, Lowfat Peach, 8 oz.		1 ea	39	210	105	0	7	2
Yogurt, Lowfat Strawberry-Banana, 8 oz.		1 ea	41	220	105	0	7	2
Yogurt, Lowfat Strawberry, 8 oz.		1 ea	39	210	105	0	7	2
Yogurt, Lowfat Vanilla, 8 oz.		1 ea	40	210	110	0	7	2
Yogurt, Nonfat Strawberry-Banana, 4 oz.		1 ea	12	70	70	0	4	0
Yogurt, Nonfat Strawberry, 4 oz.		1 ea	12	60	70	0	4	0
Fruits and Vegetables								
Fruit Cup, Applesauce		1 ea	17	70	0	4	1	0
Fruit Cup, Mixed Fruit		1 ea	19	80	0	1	1	0
Fruit Cup, Peach, Canned		1 ea	18	70	10	1	1	0
Fruit Cup, Peach, Frozen		1 ea	17	60	5	2	1	0
Fruit Cup, Strawberry, Frozen		1 ea	21	80	0	2	0	0
Fruit, Apple Pear, Fresh		1 ea	15.5	61	0	5	0.5	0
Fruit, Apple Slices, Fresh		1 package	8	34	0	2	0	0
Fruit, Apple, Fresh		1 ea	20	77	0	3.5	0	0.5
Fruit, Banana, Fresh		1 ea	27	105	2	3	1	0
Fruit, Blueberries, Frozen		1/2 cup	12	50	0	2	1	0
Fruit, Blueberries, Fresh		1/2 cup	11	49	2	2	0.5	0
Fruit, Cherries, Fresh		1/2 cup	12.7	50	0	1.7	0.5	
Fruit, Cranberries, Dried		1 package	27	110	0	2	0	0
Fruit, Grapes, Fresh		1 srvg	14.5	57	2	0.5	0.5	0
Fruit, Mandarin Oranges, Canned		1/2 cup	10	50	15	1	1	0
Fruit, Mixed, Canned		1/2 cup	12.6	43	12	2	0	0
Fruit, Nectarine, Fresh		1 ea	14	60	0	2	1	0
Fruit, Orange, Fresh		1 ea	15.5	62	0	3	1	0
Fruit, Peach, Fresh		1 ea	12	51	0	2	1	0
Fruit, Peaches, Canned		1/2 cup	17	70	8	1	1	0
Fruit, Pears, Fresh		1 ea	21	82	0	3	0.5	0.5

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Fruit, Persimmons, Fresh		1 ea	18	68	1	3.5	0.5	0
Fruit, Pineapple, Canned		1/2 cup	16.5	63	7	1.5	0	0
Fruit, Plum, Fresh		1 ea	7.5	30	0	0.5	0.5	0
Fruit, Raisins		1 ea	34	129	11	2	1.5	0
Fruit, Strawberries, Fresh		1/2 cup	5.5	24	0	1.5	0.5	0
Fruit, Tangerine, Fresh		1 ea	12	47	2	2	0.7	0
Fruit, Watermelon, Fresh		1/2 cup	5.5	23	1	0	0.5	0
Vegetables, Beans, Southwest with Cheese		1/2 cup	28.5	172	320	6	9	2
Vegetables, Beans, Spicy with Cheese		1/2 cup	32.5	223	468	10	13.5	6
Vegetables, Bell Peppers, Mini		1/2 cup	2	10	57	1	0.5	0
Vegetables, Broccoli		1/2 cup	3	10	10	1	1	0
Vegetables, Burger Set Up (lettuce, tomato, pickle)	MS, HS, Avalon	1 srvg	4.8	23	734	1.7	1	0
Vegetables, California Mix (broc, caul, carrot)		1/2 cup	5	25	30	2	2	0
Vegetables, Carrot/Broccoli Mix, Fresh		1/2 cup	5.5	23	28	1.5	1	0
Vegetables, Carrot/Celery Mix, Fresh		1/2 cup	5.5	23	49	1.5	0.5	0
Vegetables, Carrots, Diced		1/2 cup	8	30	65	2	1	0
Vegetables, Carrots, Fresh		1/2 cup	6	26	57	2	0.5	0
Vegetables, Cauliflower		1/2 cup	2.5	13	16	1	1	0
Vegetables, Celery		1/2 cup	2	10	52	1	0.5	0.1
Vegetables, Corn		1/2 cup	8	60	10	2	2	1.5
Vegetables, Cucumber		1/2 cup	2.3	14	0	0	0	0
Vegetables, Green Beans		1/2 cup	3	15	120	1	1	0
Vegetables, Jalapeno & Tomato Cup		1 ea	1.7	8	366	1	0	0
Vegetables, Jalapeno Cup		1 ea	0.7	4	364	0.7	0	0
Vegetables, Jicama with Tajin		1 ea/1 pkt	6	27	130	3	0	0
Vegetables, Jicama, Plain		1/2 cup	6	25	0	3	0	0
Vegetables, Lettuce & Pickle Cup		1 ea	2	10	369	1	0.5	0
Vegetables, Lettuce, Shredded		1 cup	2	10	7	0.5	0.5	0
Vegetables, Mixed (pea, carrot, corn, grn bean)		1/2 cup	8.4	40	31	2.2	1.8	0.3
Vegetables, Potato Rounds		8 ea	16	130	310	2	2	6
Vegetables, Potato Smiles		4 each	20	130	180	2	2	4.5
Vegetables, Potato, Mashed w/Gravy		1/2 cup	20	97	417	1	2	2
Vegetables, Potato, Seasoned Wedges		1 svg/6 ea	18	120	550	1	1	6

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Vegetables, Roasted Chickpeas		1 Package	27	180	210	16	9	3.5
Vegetables, Salad, Arugula		1 cup	0.7	5	5	0.3	0.5	0
Vegetables, Salad Mixed		1 cup	1.5	9	5	0.5	0.5	0
Vegetables, Snap Peas		1/2 cup	7	39	4	2.5	2.5	0
Vegetables, Sweet Potato Fries		1/2 cup	17	120	180	3	2	4.5
Vegetables, Zucchini		1/2 cup	2	13	13	1	1	0
Beverages								
Juice, Apple		4 oz carton	14	60	0	0	0	0
Juice, Aseptic, Fruit		4 oz carton	14	60	5	0	0	0
Juice, Berry		4 oz carton	14	60	5	0	0	0
Juice, Orange		4 oz carton	13	60	0	0	1	0
Juice, Slush, Berry Berry Blue		4 oz pouch	19	80	11	0	0	0
Juice, Slush, Cool Tropics Tropical Trio		4 oz pouch	20	80	5	0	0	0
Juice, Vegetable		4 oz carton	13	60	10	0	0	0
Milk, 1% Lowfat, White		8 oz carton	16	120	135	0	10	2.5
Milk, Almond, Vanilla (Special Diet)		8 oz carton	16	90	160	0	1	2.5
Milk, Lactaid, Nonfat (Special Diet)		8 oz carton	13	90	125	0	8	0
Milk, Nonfat, Chocolate		8 oz carton	22	120	100	0	8	0
Milk, Nonfat, White		8 oz carton	12	90	130	0	9	0
Milk, Soy (Special Diet)		8 oz carton	15	124	168	0.5	9	3
Milk, Whole, White (Educare)		8 oz carton	11	150	115	0	8	8
Crackers, Condiments and Sides								
Chickpea Spread, Chocolate		1 each	15.0	170	35	2.0	5	10.0
Chickpea Spread, Apple Cinnamon		1 each	15.0	170	65	2.0	5	10.0
Condiment, Catsup		1 packet	2.0	9	75	0.0	0	0.0
Condiment, Cream Cheese		1 packet	1	60	105	0	2	5
Condiment, Jalapeno Cup		1 ea	1.4	9	266	1	1	0
Condiment, Jelly		1 packet	9	35	5	0	0	0
Condiment, Mayonnaise		1 packet	0.6	57	60	0	0	6
Condiment, Mustard		1 packet	0.2	4	65	0.0	0.2	0.3
Condiment, Pickle Slices		4 ea	0	0	724	0	0	0
Condiment, Pico de Gallo		#20 scoop	2	6	55	0	0	0

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Condiment, Salsa Cup		1.5 oz. cup	3	15	100	1	1	0
Condiment, Sriracha		1 packet	1	5	80	0	0	0
Condiment, Syrup		1 packet	18	70	0	0	0	0
Condiment, Taco Sauce		1 packet	1	5	85	0	0	0
Condiment, Tajin		1 packet	0	2	127	0	0	0
Cookie, Fudge, Whole Grain, a la carte	MS, HS, Avalon	1 ea	31	190	170	2	3	7
Cookie, Candy, Whole Grain, a la carte	MS, HS, Avalon	1 ea	32	190	150	2	3	6
Cookie, Choc Chip, Whole Grain (Menu Cookie)	EL, CS, MS	1 ea	18	100	85	1	1	3.5
Cookie, Choc Chip, Whole Grain, a la carte	MS, HS, Avalon	1 ea	33	200	160	2	3	7
Crackers, Cheez-It		1 package	14.0	100	150	1.0	2	3.5
Crackers, Cinnamon Bear		1 package	21.0	130	120	1.0	2	4.0
Crackers, Honey Bear		1 package	20.0	130	100	1.0	2	4.0
Crackers, Jungle		1 package	20.0	130	95	1.0	2	4.0
Crackers, Maple		1 package	20.0	130	95	1.0	2	4.0
Crackers, Shortbread		1 package	22.0	120	65	2.0	2	4.0
Crackers, Whole Grain (for salads)		1 package	30.0	180	250	3.0	3	6.0
Dressing, Italian		1 packet	1.0	7	99	0	0	0.3
Dressing, Ranch (House-Made)		2 tbsp	2.5	76	235	0	0.5	8
Dressing, Ranch, Packet		1 packet	1.0	49	106	0	0	2.0
Fruit Dip		1 serving	2.6	10	0	0.4	0	0.0
Peanut Butter Cup		1 ea	8	180	130	2	7	15.0
Pudding, Chocolate		3/8 cup	31.5	166	276	1	1	5
Sunbutter Cup (Special Diet)		1 ea	7	200	130	2	7	17
Wonton Crispy Noodle (Chinese Chicken Salad)		1 pkg	27	100	180	2	2	4

Site Key

EL = Elementary

CS = Combo School

MS = Middle School

HS = High School

PP = PrePack (Reid, PAAL and Bancroft Remote)