

Whole Grains		Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Allergens
Assorted Holiday Cookies	1 each	86	3	1	0	0	59	12	1	5	1	6	0	3	0		
Bread	1 slice	100	1	0	0	0	180	19	1	2	4	0	0	40	1		
Breadstick	1 each	160	2	1	0	5	260	30	4	1	6	52	0	75	2		     
Cheddar Cheez-It Crackers	1 package	100	4	1	0	5	150	14	1	0	2	500	0	100	1		   
Cheddar ChexMix	1 package	110	3	1	0	0	135	20	2	4	2	0	0	0	0		   
Cheddar Goldfish Crackers	1 package	100	4	1	0	5	170	14	1	0	3	0	0	20	0		 
Cheddar Sun Chips Mix	1 package	110	4	0	0	0	200	15	2	1	2	0	0	0	0		 
Chocolate Chip Cookie (MS)	1 each	147	5	2	0	21	120	24	2	11	2	50	0	10	1		  
Cinnamon Bear Grahams	1 package	130	4	0	0	0	120	21	1	8	2	0	0	100	1		
Corn Bread	1 each	230	7	2	0	25	220	38	3	15	4	0	0	20	1		   
Flamin' Hot Cheetos	1 package	120	5	1	0	0	200	17	1	1	2	0	0	100	1		
Fortune Cookie	6 pieces	70	0	0	0	0	0	16	0	10	1	0	0	0	0		 
Goldfish Graham Cracker	1 package	120	4	1	0	0	135	19	1	6	2	4	2	10	8		 
Goldfish Pretzels	1 each	90	2	0	0	0	200	16	1	0	2	0	0	0	1		 
Goldfish Crackers	1 package	100	4	1	0	5	170	14	1	0	2	4	0	2	4		 
Honey Bear Grahams	1 package	130	4	0	0	0	100	20	1	8	2	0	0	100	1		
Mini Rice Krispie Treat	1 each	50	1	0	0	0	45	9	0	3	0	0	0	0	0.4		 
Tortilla Chips	1 package	135	5	1	0	0	55	19	2	0	2	0	0	20	0.4		
Tostitos Scoops	1 package	110	2.5	0	0	0	125	19	2	0	2	0	0	2	2		
Popcorn, White Cheddar	1 package	70	2.5	0	0	0	110	9	2	0	2	0	0	0	0.4		
Pretzels	1 package	403	8	0	0	0	1008	76	10	0	10	0	0	0	20		
Doritos Nacho	1 bag	130	5	0.5	0	0	200	20	2	0	2	2	0	20	0.4		
Doritos Ranch	1 bag	130	5	1	0	0	160	19	2	1	2	0	0	40	0.4		
Brown Rice	1/2 cup	108	1	0	0	0	5	22	2	0	3	-	-	-	-		
Chow Mein	1 cup	170	1	0	0	18	506	34	4	2	6	-	-	-	-		   
Tortilla 8"	1 each	112	3	0	0	0	193	19	3	1	4	0	0	110	1.1		 

Allergen Key

Updated
2/2018

							
Contains Wheat & Gluten	Contains Soy	Contains Egg	Contains Milk	Processed in a facility that also processes Tree Nuts	Processed in a facility that also processes Peanuts	Processed in a facility that also processes Egg	Processed in a facility that also processes Milk

Milk	Portion Size	Nutrition Facts														Allergens
		Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	
1% White Milk	1 cup	120	3	2	0	15	150	14	0	14	11	500	2	350	0	
1% White Milk (Shelf Stable)	1 cup	100	3	3	0	15	120	12	1	12	8	-	-	-	-	
Nonfat Chocolate Milk	1 cup	120	0	0	0	5	150	22	0	20	8	500	2	300	0	
Nonfat Chocolate Milk (Shelf Stable)	1 cup	140	0	0	0	5	260	27	0	25	8	-	-	-	-	
Nonfat Lactaid-Free Milk	1 cup	80	0	0	0	5	125	13	0	12	8	500	0	300	0	
Nonfat Milk	1 cup	90	0	0	0	5	120	12	0	12	9	10	4	30	0	
Soy Milk	1 cup	140	5	1	0	0	150	12	1	8	10	500	0	300	2	
Vanilla Milk (Shelf Stable)	1 cup	80	0	0	0	5	110	11	0	11	8	0	0	0	0	

Condiments	Portion Size	Nutrition Facts														Allergens
		Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	
BBQ Sauce Cup	1 each	40	0	0	0	0	230	10	0	5	0	100	1	0	0	
Cream Cheese	1 each	60	5	4	0	15	95	1	0	1	2	200	0	20	0	
Shredded Cheese	1 ounce	80	6	4	0	20	200	1	0	0	7	-	-	-	-	
American Sliced Cheese	1 slice	55	5	3	0	10	180	1	0	0	3	150	0	100	0	
Ketchup Packet	1 each	10	0	0	0	0	85	3	0	2	0	0	0	0	0	
Marinara Sauce Cup	1 each	40	1	0	0		230	7	1	4	1	-	-	-	-	
Mayonnaise Packet	1 each	60	6	1	0	5	60	1	0	1	0	0	2	0	0	
Ranch Cup	1 each	110	11	2	0	10	370	2	0	1	1	0	0	20	0	 
Ranch Dressing	1 ounce	75	8	1	0	7	252	1	0	1	1	0	0	14	0	 
Lite Ranch Dressing	1 each	50	5	1	0	0	160	2	0	1	0	0	0	0	0	 
Salsa		1	0	0	0	0	24	0	0	0	0	0	0	0	0	
Syrup Cup	1 each	120	0	0	0	0	0	31	0	19	0	0	0	0	0	
Sunbutter Cup	1 each	200	16	2	0	0	120	7	4	3	7	0	0	2	8	
Taco Hot Sauce Packet	1 each	5	0	0	0	0	55	1	0	0	0	0	0	0	0	
Tajin Seasoning	1/4 teaspoon	2	0	0	0	0	127	0	0	0	0	0	5	0	0	

Allergen Key



Contains
Wheat & Gluten



Contains
Soy



Contains
Egg



Contains
Milk



Processed in a facility that also processes
Tree Nuts



Processed in a facility that also processes
Peanuts



Processed in a facility that also processes
Egg



Processed in a facility that also processes
Milk

Updated
2/2018

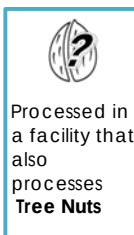
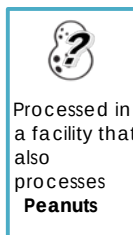
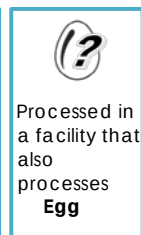
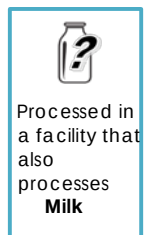
Elementary BREAKFAST ITEMS																	
	Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Allergens	
Apple Cinnamon Muffin Top (Buena Vista)	1 each	270	9	1	0	25	210	44	3	19	4	0	0	2	10	   	
Apple Cinnamon Roll	1 each	240	7	2	0	10	230	43	3	18	4	0	0	40	2	   	
Apple Cinnamon Scone (Fat Cat)	1 each	274	8	3	0	11	186	49	3	19	4	150	2	110	2	  	
Bacon Mini Quiche	1 each	201	10	3	0	96	326	21	2	7	9	28	0	40	2	   	
Bagel, Plain	1 each	140	1	0	0	0	180	29	4	5	6	0	0	4	10	 	
Banana Bread Loaf	1 each	280	7	2	0	35	210	47	3	21	5	0	0	2	10	   	
Banana Chocolate Chip Benefit Bar	1 each	280	8	3	0	15	220	48	3	23	5	0	0	2	10	   	
Banana Muffin	1 each	270	7	1	0	25	310	47	2	18	4	0	0	20	2	  	
Berry Bliss Smoothie	1 each	152	0	0	0	0	49	27	3	21	10	8	19	11	0		
Biscuit (1oz)	1 each	100	5	5	0	0	300	13	1	1	2	0	0	0	0	 	
Blueberry Crumb Cake	1 each	300	11	1	0	30	170	46	3	22	5	2	0	6	10	  	
Blueberry Lemon Scone (Fat Cat)	1 each	275	8	3	0	11	198	49	4	20	4	150	2	130	2	  	
Blueberry Muffin	1 each	190	6	1	0	20	150	33	2	15	3	750	0	20	1	  	
Blueberry Muffin (Fat Cat)	1 each	224	7	1	0	20	143	38	2	20	3	34	0	88	1	  	
Blueberry Pancakes	1 package	230	6	1	0	5	330	38	3	16	5	0	0	60	1	   	
Blueberry Yogurt Parfait	1 each	301	7	1	0	2	180	53	5	30	6	499	0	100	1	 	
Maple Pancakes	1 package	220	6	1	0	0	130	39	3	12	4	0	0	2	4	 	
Syrup Cup	1 each	120	0	0	0	0	0	31	0	19	0	0	0	0	0		
Breakfast Bowl	1 each	253	16	4	0	250	475	18	2	1	10	29	3	21	0	  	
Breakfast Burrito	1 each	177	7	4		20	264	18	4	0	10	168	0	186	1	  	
Breakfast Burrito, BIC	1 each	244	10	4	0	71	311	28	3	1	10	4	6	10	6	  	
Breakfast Burrito, Handmade	1 each	431	16	4	0	225	673	58	5	0	15	400	5	140	3	   	
Breakfast Pizza	1 each	220	8	4	0	25	340	29	3	3	12	400	5	200	2	  	
Breakfast Potato	1 scoop	132	3	0	0	0	151	24	2	0	2	0	5	0	1		
Cheerios	1 bowl	33	1	0	0	0	47	7	1	0	1	167	2	33	3		
Chex Cereal	1 bowl	33	0	0	0	0	73	8	0	0	1	167	2	33	3		
Chocolate Chip Muffin (Buena Vista)	1 each	250	8	2	0	20	240	41	0	19	4	0	0	2	10	   	
Cinnamon Raisin Bagel	1 each	170	1	0	0	0	160	34	5	8	7	0	0	4	10	 	
Cinnamon Roll	1 each	210	5	1	0	0	250	35	4	8	6	0	1	20	1	  	
Cinnamon Toast Crunch Cereal	1 bowl	110	3	1	0	0	160	22	3	6	1	400	5	200	4	 	
Donut Holes	1 each	176	10	4	0	0	192	19	2	4	3	0	0	0	1	 	
Egg and Cheese Mini Quiche	1 each	181	9	3	0	91	231	21	2	7	7	28	0	40	2	   	
Egg and Cheese Sandwich	1 each	350	20	14	0	120	760	29	2	2	12	100	0	20	0	   	
French Toast Sticks	1 package	240	7	1	0	10	260	38	2	10	6	0	0	40	1	   	
Frosted Flakes Cereal	1 bowl	100	1	0	0	0	190	24	1	8	1	500	5	150	6		
Fruit Loops Cereal	1 bowl	110	1	1	0	0	170	24	3	8	2	500	15	0	5		
Graham Crackers, Dino Bites	1 package	110	4	0	0	0	115	20	2	6	2	0	0	2	10	 	
Granola (BIC only)	1 package	120	4	0	0	0	75	20	2	6	3	0	0	0	4		
Grape Jam	1 package	35	0	0	0	0	0	9	0	6	0	0	2	0	0		
Green Eggs	1 scoop	83	7	2	0	245	202	1	0	0	7	294	1	12	0	 	

Honey Lemon Loaf	1 each	200	7	2	0	25	150	31	3	10	4	0	0	80	1	  
Hot Chocolate	1 cup	110	0	0	0	5	135	20	0	18	8	500	0	250	1	
Belgian Waffle Sticks	3 each	210	9	3	0	25	210	29	2	9	4			40	1	  
Kix Cereal	1 bowl	37	0	0	0	0	60	8	1	1	1	167	2	50	3	
Light Cream Cheese	1 package	60	5	4	0	15	95	1	0	1	2	200	0	20	0	
Mini Cinni Bar	1 each	240	7	2	0	0	270	39	2	15	5	0	0	4	8	  
Mini Eggo Cinnamon Waffle	1 each	200	5	2	0	0	260	35	4	10	4	20	0	20	20	  
Mini Eggo Maple Waffle	1 each	200	5	2	0	0	220	35	4	10	4	10	0	10	15	  
Mini Maple Chip Pancakes and Sausage	1 each	273	8	2	0	134	436	37	0	26	12	133	0	96	1	  
Oat Chocolate Chip Benefit Bar	1 each	290	9	3	0	20	240	47	3	22	5	0	0	2	10	  
Oatmeal with Berries	1 each	241	3	0	0	0	169	50	6	20	5	0	10	31	2	
Pan Dulce	1 each	200	8	2	0	5	90	34	2	8	5	0	0	40	2	  
Pancake Sausage on a Stick*	1 each	176	6	2	0	27	463	22	2	8	9	6	0	17	1	  
Peachy-Keen Smoothie	1 each	102	0	0	0	0	123	18	2	15	7	2825	2	2	0	
Sausage Bagel Sandwich	1 each	235	7	3	0	34	437	26	3	4	15	90	1	57	2	  
Scrambled Eggs	1 serving	91	6	2	0	223	253	2	0	0	6	405	0	41	1	  
Strawberry Banana Yogurt	1 each	106	1	1	0	5	55	20	0	17	3	684	2	324	0	
Strawberry NutriGrain Bar	1 each	160	4	1	0	0	150	29	3	14	2	750	0	200	2	  
Strawberry Poptart	1 package	180	3	1	0	0	180	38	3	15	2	500	0	100	2	 
Strawberry Pancake	1 package	220	6	1	0	0	130	40	3	14	4	0	0	2	4	 
Strawberry Yogurt Parfait	1 each	306	7	1	0	2	181	55	4	29	6	499	42	120	1	 
String Cheese	1 each	80	6	4	0	15	210	1	0	0	7	2	0	20	0	
Sunbutter and Banana Toast	1 each	350	18	2	0	0	317	38	6	11	12	29	4	72	3	
*Sunrise Sausage Sandwich	1 each	157	6	3	0	25	368	15	1	3	10	96	0	105	1	  
Turkey Bacon	1 slice	40	2	0	0	10	190	0	0	0	4	0	0	0	0	
Trix Cereal Bar	1 each	150	3	1	0	0	110	30	3	9	2	2	2	20	10	
UBR Breakfast Cookie	1 each	250	7	2	0	5	210	43	6	17	5	8	1	29	1	    
UBR Sunberry Bar	1 each	433	11	3	0	5	305	74	10	30	6	214	0	38	1	  

All Breakfast Items are whole grain-rich

*contains pork

**Allergen
Key**



Updated
3/2018

Elementary LUNCH ITEMS		Nutritional Information														Allergens
		Portion Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ Chicken Drumstick	1 each	170	9	3	0	90	240	3	0	3	17	–	–	–	1	 
Bean Cheese Burrito Los Cabos	1 each	291	8	4	0	15	479	41	8	1	16	295	2	171	3	  

Handmade Bean and Rice Burrito	1 each	673	29	7	0	22	864	89	11	2	21	2555	1	193	4	  
Handmade Cheese Pizza	1 slice	250	8	3	0	12	567	29	3	2	14	60	3	5	1	 
Handmade Hawaiian Pizza	1 slice	389	13	6	0	44	942	40	4	10	27	60	9	16	2	 
*Handmade Pepperoni Pizza	1 slice	340	19	7	0	40	989	25	3	2	16	60	2	5	2	 
Baby Carrots	1 package	26	0	0	0	0	58	6	2	4	0	10164	2	24	1	
Bowtie Noodles with Marinara	1 each	422	3	0	0	0	400	87	6	12	14	418	2	18	4	
Brown Rice	1 each	89	1	0	0	0	0	19	1	0	2	0	0	0	0	
Cheese Pizza (Papa John's)	1 slice	360	15	8	0	45	950	42	4	5	16	500	4	350	3	 
Cheese Pizza Wedge	1 slice	260	16	8	0	30	510	34	3	4	20	-	-	-	-	  
Cheese Quesadilla	1 each	410	23	13	0	61	532	31	3	0	19	0	0	100	2	  
Cheeseburger	1 each	336	16	7	0	65	744	24	2	2	23	0	6	47	2	  
Cheesy Snack Bites	4 each	310	12	4	0	20	785	34	6	4	17	550	1	250	2	  
Cheddar Cheese Cup	3 oz	190	10	6	0	30	570	14	0	10	10	300	0	350	0	
Chicken and Waffles, K-3	1 each	342	13	2	0	45	513	46	4	24	12	87	0	39	2	   
Chicken and Waffles, 4-8	1 each	431	18	3	0	69	660	51	5	24	17	137	0	45	3	   
Chicken Egg Roll	1 piece	160	5	1	0	30	410	20	3	3	10	750	6	40	2	   
Chicken Nuggets	5 pieces	200	9	2	0	25	330	13	3	1	18	0	0	0	1	 
Chicken Nuggets Holiday	3 pieces	230	13	3	0	42	350	13	2	1	14	0	0	20	2	 
Chicken Sandwich	1 each	390	15	3	0	25	700	44	5	4	19	0	9	80	3	 
Chicken Tamale	1 each	290	16	2	0	35	680	26	2	1	11	2000	1	60	1	
Chicken Tenders	2 pieces	207	14	3	0	40	227	10	1	0	11	134	72	13	1	 
Chicken Teryaki Noodle Bowl	1 each	457	18	3	0	55	384	54	8	11	19	2060	20	53	3	 
Chicken Chili Cheese Dog	1 each	298	11	4	0	30	628	33	3	4	17	577	0	197	2	  
Cookie Dough Hummus	1 each	177	8	2	0	0	146	27	4	15	6	0	1	17	2	
Corn Dog	1 each	240	8	3	0	40	390	30	5	5	9	0	0	80	2	  
Double Dogs	1 package	270	12	4	0	45	640	27	2	5	12	200	0	0	1	 
Fish and Chips	1 each	320	12	1	0	45	450	35	4	1	18	0	4	20	2	  
Fortune Cookie	1 each	12	0	0	0	0	0	3	0	0	0	0	0	0	0	 
French Bread Pizza	1 each	199	7	4	0	19	244	21	2	3	15	6	16	32	6	  
Grilled Cheese, K-4	1 each	145	5	2	0	275	10	19	1	2	8	150	0	140	1	 
Grilled Cheese, 5-8	1 each	290	9	4	0	20	550	38	2	4	15	300	0	280	2	 
Ham & Cheese Sub	1 each	275	11	5	0	40	590	29	2	3	15	0	9	150	2	  
Hamburger	1 each	246	9	3	0	45	564	23	2	2	17	0	6	47	2	 
Hot Dog	1 each	280	13	4	0	20	720	29	1	2	12	100	9	40	2	 
Hummus Cup	1 each	110	2	0	0	0	0	18	5	3	6	0	0			
Macaroni Cheese	1 serving	420	16	9	1	45	1460	46	2	9	24	1000	0	600	2	  
Mac & Cheese	1 serving	194	10	5	0	30	506	17	1	3	10	436	0	242	1	  
Mini Chicken Sandwich	1 serving	240	8	1	0	32	361	27	3	2	15	104	6	51	1	  
Mini Corn Dogs	6 pieces	270	12	4	0	40	410	30	5	5	10	0	0	150	2	  
Mozzarella Bites (Wild Mike's)	4 pieces	280	12	4	0	20	540	28	4	0	16	400	0	243	1	  
Mozzarella Breadsticks	2 each	279	12	4	0	30	537	30	2	2	14	600	0	200	2	  
Mandarin Orange Chicken, K-3	1 each	125	2	0	0	33	233	16	0	8	9	0	1	0	1	  
Mandarin Orange Chicken, 4-8	1 each	182	4	1	0	49	341	23	0	12	13	0	1	0	1	  
Orange Chicken	1 serving	150	3	1	0	40	280	19	0	10	11	-	1	-	1	  
Pepperoni Pizza* (Papa John's)	1 slice	390	19	9	0	50	1040	41	4	5	16	500	4	300	3	 

Beef Rib B Que Sandwich	1 each	280	9	3	0	43	492	31	2	6	18	80	9	45	3	
Spaghetti and Homemade Meat Sauce	1 each	157	4	1	0	7	407	25	4	6	6	240	2	28	2	 
Soft Pretzel, Star Shape	1 each	140	1	0	0	0	150	30	3	1	5	0	1	20	2	
Soft Taco (Beef)	1 each	190	8	3	0	41	368	15	1	1	16	399	0	73	2	 
St. Patrick's Day Pasta	1 each	178	6	1	0	5	100	23	2	1	9	283	3	17	1	  
String Cheese	1 each	80	6	4	0	15	210	1	0	0	7	2	0	20	0	
Taco Pocket (Turkey Empanada)	1 each	260	8	3	0	35	390	31	4	1	17	200	1	80	3	  
Taquitos (Chicken)	2 pieces	220	10	2	0	20	270	26	2	0	8	200	2	0	1	 
Teriyaki Chicken	1 serving	130	4	1	0	70	480	10	0	9	15	-	-	-	1	  
Tony's Cheese Pizza	1 each	280	12	6	0	30	440	29	3	9	15	300	0	250	2	  
Tomato Soup	1 each	32	0	0	0	0	145	7	1	7	8	326	2	155	1	
Tuna Pita Pocket	1 each	273	11	2	0	48	681	21	3	4	29	2116	3	18	1	   
Crunchy Turkey Taco	1 each	170	8	2	0	46	475	11	2	0	13	166	0	33	1	
Diced Turkey Ham & Cheese	1 each	145	9	5	0	60	552	2	0	0	17	0	1	0	1	
Twister Seasoned Fries	1 each	101	3	0	0	0	151	17	1	0	1	0	2	0	0	
Veggie Burger	1 each	324	12	3	0	63	422	38	4	4	17	1500	6	150	3	   
Strawberry Banana Yogurt	1 each	100	1	1	0	5	50	20	0	13	3	500	0	100	0	
French Toast & Beef Sausage	1 serving	360	15	4	0	52	464	39	2	10	19					   

*contains pork

**Allergen
Key**

Updated
4/2018

