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Breakfast Entrees & Grains	Reference #	Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Allergens
Bagel Cheese & Egg Breakfast Pizza	274458	2.8 oz	230	8	480	29	3	11	egg, milk,wheat
Bagel, Cinnamon Raisin	672141	1	170	1	160	34	5	7	wheat
Bagel, Whole Grain	217911	2oz	140	1	160	28	4	6	wheat
Bar, Cinnamon Toast Crunch with Cream Cheese	880415	2.36oz	260	8	290	41	3	6	milk,wheat
Bar, Campfire S'more	354648	1.3oz	150	5	50	24	1	2	wheat, soy
Biscuit, Whole Grain	631902	2oz	220	10	410	27	2	4	wheat, milk
Bites, Breakfast Egg, Cheese, Potato	869938	6	250	19	600	7	1	12	see kitchen staff
Bites, Snack Blueberry Vanilla	161872	1z	130	5	70	20	2	2	milk, soy, wheat
Bread, Banana	230361	3.4oz	260	8	240	45	2	5	egg, soy, milk, wheat
Bread, Blueberry	523222	3.4oz	270	8	250	45	2	5	egg, soy, wheat
Bread, Mini Garlic	462346	1ea	70	2.5	95	12	1	2	wheat,milk,soy,egg
Breadstick, Whole Grain	406321	1	80	1	100	14	1	2	wheat, soy
Breakfast Bar, Butterscotch Oatmeal	194041	1	150	5	105	25	2	2	milk, egg, soy, wheat
Breakfast Bar, Double Chocolate & Oatmeal	262103	1.24oz	150	5	110	24	3	2	milk, egg, soy, wheat
Breakfast Bar, Oatmeal Chocolate Chip	240721	2.5oz	280	8	230	47	3	5	egg, milk, soy, wheat
Breakfast Kit, Cinnamon Toast Crunch	150471	1	270	6	220	55	4	2	wheat, egg, soy, milk
Breakfast Kit, Cocoa Krispies	676242	1	330	8	230	62	6	4	soy, milk
Breakfast Kit, Cocoa Puffs	533130	1	100	3.5	150	14	1	2	wheat, milk, soy
Breakfast Kit, Multi Grain Cheerios	585321	1	280	6	180	58	5	4	none
Breakfast Sandwich, Uncrustables	261748	1	160	8	230	16	1	7	not available, check with kitchen
Bun, Cinnamon Whole Grain	865440	1	240	7	280	40	3	5	egg, soy, milk, wheat
Bun, Hamburger	266546	1	150	2	240	25	3	5	wheat, sesame
Bun, Hot Dog	270913	1	150	2	230	25	3	5	wheat
Bun, Sub 5 inch	276142	1	160	2.5	190	29	2	5	wheat

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Cereal Bar, Golden Grahams	265921	1	150	3	110	30	3	2	wheat, soy
Cereal Bar, Nutri Grain	498170	1	150	3.5	135	30	3	2	wheat, milk, soy
Cereal Bowl, Cinnamon Toast Crunch	365790	1	110	3	160	22	3	1	soy, wheat
Cereal Bowl, Cocoa Puffs	270401	1.06oz	120	1.5	120	25	2	2	none
Cereal Bowl, Froot Loops	283620	1oz	100	0.5	170	24	2	2	wheat, corn, soy
Cereal Bowl, Rice Chex	268711	1	110	0.5	230	24	1	2	none
Cereal Cup, Cinnamon Toast Crunch	105931	2oz	240	5	320	44	6	3	wheat, soy
Cereal Cup, Lucky Charms	105840	2oz	210	2.5	360	46	4	5	none
Churro, Mexican	306908	1	120	6	115	15	0	1	egg, milk, wheat, soy
Cookie, Confetti	411692	1.7oz	190	7	160	29	2	2	eggs,milk,wheat,soy,peanuts, tree nuts
Cookie, Fortune	565142	1	12	0	0	2.6	0	0	wheat, soy
Cookie, Triple Chocolate	864022	1.7oz	200	7	135	31	3	3	egg,milk,wheat,soy, may contain peanuts, tree nuts
Cornbread Loaf	159791	1	180	6	90	28	1	3	wheat, egg, milk, soy
Cornbread, Jalapeno	218740	1	200	10	160	24	0	3	eggs,milk,wheat
Crackers, Goldfish Cheddar	745481	1	90	3.5	200	14	1	2	milk, wheat
Crackers, Scooby Doo	859550	1	120	3.5	115	21	1	2	wheat, soy
Crescent, Grape Filled	321752	2.29oz	220	6	260	35	2	5	milk,wheat
Dinner Roll	233140	1	150	4	135	29	4	2	egg, wheat
Donut, Whole Grain	509942	1	150	5	190	23	1	4	egg, soy, milk, wheat
Donuts Mini, Chocolate	738181	3.3 oz	320	15	270	41	2	5	egg,milk, wheat, soy
Donuts Stix Dunkin	300170	3.25 oz	300	10	360	48	3	5	not available, check with kitchen
French Toast Sticks	548732	2.65oz	170	4	290	25	2	8	see kitchen staff
Frudel, Apple	838340	2.29oz	210	6	250	36	2	4	wheat,milk
Grahams, Bunny	643012	1.25oz	160	6	105	24	3	3	wheat,milk,soy
Granola Bar, Chocolate Chunk	147891	1	90	2	80	19	1	1	coconut, milk, soy, wheat, traces of peanuts & other tree nuts
Granola Bar, Cookies & Cream	393393	1	150	4	135	29	4	2	milk, soy, wheat, may contain traces of peanuts & other tree nuts

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Muffin, Blueberry	262370	2oz	190	7	135	30	1	2	egg, wheat
Muffin, Chocolate & Chocolate Chip	557991	2oz	190	6	130	33	2	3	egg, soy, milk, wheat, tree nuts
Muffin, Double Chocolate	262343	2oz	180	6	105	27	2	3	egg, milk, soy, wheat
Muffin, Trix	516703	1	290	10	260	50	7	4	wheat,egg,milk,soy
Naan Bread	492887	1ea	70	1	100	12	2	2	wheat,soy,milk & possible others
Pancakes, Confetti	395303	3.03oz	210	7	210	36	4	4	soy,eggs,mik,wheat
Pizza Breakfast, Turkey Bacon	503660	1	210	9	340	22	2	10	milk, egg, wheat, soy
Pop Tarts (2 count)	123031	1	360	5	370	76	6	4	wheat, soy
Prezels, Soft Rod	607940	2ea	140	2	80	28	2	10	wheat
Pull Apart, Cinnamon Rolls	894291	2.29oz	240	7	270	40	3	4	milk, wheat
Rice Krispies Treat	645331	1.59 oz	190	5	150	34	1	2	milk,soy
Rice, Brown	516371	.25c	170	1.5	0	36	1	4	none
Snack Mix, Simply Chex, Strawberry	266020	1.03oz	130	3	55	23	2	2	milk,wheat,soy
Toast, Apple Cinnamon Texas	152504	3.3oz	260	6	290	45	2	8	see kitchen staff
Tornados, Egg, Sausage & Cheese	740072	2ea	360	16	560	42	0	12	egg,wheat,milk,soy
Waffles, Froot Loop	494812	1 pack	180	6	210	32	3	4	check with kitchen
Yogurt Parfait, Diced Strawberries	621420	.50c	25	0	0	6.5	3	1	none
Yogurt Parfait, Granola	649742	1	120	3.5	75	20	2	3	wheat, soy, tree nuts, milk
Yogurt Parfait, Yogurt	811500	.67c	150	1	80	31	0	5	milk
Fruit	GFS #	Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Allergens
Apple Slices, Fresh	473171	2oz	30	0	0	7	1	0	
Apple, Fresh	540005	1	70	0	0	18	3	0	
Banana, Fresh	197769	1	110	0	0	27	3	1	
Craisins, Strawberry	531681	1.16oz	110	0	0	28	3	0	
Cup, Frozen Lemon Mixed Berry	532420	4.4oz	70	0	5	19	3	0	

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Cup, Gelatin - Strawberry	323285	4.3oz	80	0	10	19	0	0	
Cup, Mandarin Oranges	560912	4.5oz	50	0	10	13	0	1	
Cup, Papaya & Mango	128110	4oz	60	0	5	15	1	1	
Cup, Peaches	136741	4.5oz	70	0	10	18	1	1	
Cup, Pineapple	216300	4.0oz	60	0	0	15	1	1	
Cup, Strawberry	655010	4.5oz	90	0	0	22	2	1	
Cup, Tropical Fruit	132000	4oz	60	0	5	15	1	1	
Grapes, Fresh	158901	2.25oz	35	0	5	10	0	0	
Juice, Fruit Punch	698240	4.23oz	60	0	5	15	0	0	
Juice, Orange	171151	4.23oz	100	0	20	25	na	0	
Juice, Strawberry Kiwi	659731	4.23oz	60	0	5	15	na	0	
Kiwi, Fresh	287008	1	45	0	0	11	2	1	
Michigan, Fruit Blend	222300	3.5 oz	50	0	0	13	2	1	
Orange, Fresh	171871	1	90	0.5	0	21	5	2	
Pear, Fresh	198056	1	90	0	0	25	5	1	
Raisins	544426	1.5oz	130	0	10	33	2	1	
Raisins, Sour	997946	1.33oz	110	0	10	29	2	1	
Slushie Cup, Cherry Lemon	667911	4.4oz	90	0	30	22	0	0	
Sorbet Cup	602362	4.4 fl oz	70		5	19	3	0	
Meat/ Meat Alternates	GFS #	Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Allergens
Beef Dippers, Teriyaki Sauce	770817	4ea	150	8	420	6	1	12	see kitchen staff
Breadstick Bites, Cheese & Jalapenos	897177	4ea	280	2.5	115	7	0	5	see kitchen staff
Breadsticks Bites, Stuffed	116933	4	280	10	460	28	4	20	milk. Wheat
Breadsticks, Bosco	235411	2	300	10	440	34	4	20	milk, wheat
Calzone, Pepperoni - Beef	135191	5oz	280	11	590	32	3	19	milk, soy, wheat

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Chalupa, Bean & Cheese	875520	3.82oz	250	11	300	21	3	16	milk, soy
Cheese Bites, Buffalo	427223	3 ea	310	11	490	37	1	16	milk, soy, wheat
Cheese Sauce, Queso	722110	2oz	120	10	440	1	0	7	milk
Cheeseburger, Sliders	422742	4.35oz	270	9	480	30	2	19	wheat, milk, soy, gluten
Chicken & Vegetable Dumplings	640331	6	180	5	410	23	2	13	wheat, soy
Chicken Bowl , Corn	244805	.25c	40	0	65	7	0	1	none
Chicken Bowl, Chicken Popcorn	327120	12	251	14	381	15	3	15	wheat, soy
Chicken Bowl, Gravy - Chicken	290025	1.5T	35	0.05	250	7	0	0	wheat, milk, soy
Chicken Bowl, Macaroni & Cheese	527582	.36c	115	6.5	325	7	1.5	7	egg, milk, wheat
Chicken Bowl, Mashed Potatoes	613738	.83oz	90	1	410	17	1	2	milk
Chicken Bowl, Shredded Cheese	150250	.25c	110	9	190	1	0	7	milk
Chicken Carbonara, Alfredo Sauce & Penne	491074	6oz	300	13	710	31	0	17	egg,milk,wheat
Chicken Carbonara, Bacon	791252	1T	25	1.5	110	0	0	3	none
Chicken Carbonara, Chicken Breast	481858	3oz	100	2.5	530	3	0	17	soy
Chicken Drumstick	603391	1	220	13	530	6	1	19	wheat
Chicken Fried Ground Beef	101210	4oz	290	12	890	29	1	15	milk,wheat
Chicken Fried Ground Beef, White Gravy	242420	1.33T	45	2.5	270	5	0	1	soy,wheat,milk
Chicken, New Orleans	791701	2.85oz	160	4.5	430	14	0	16	check with kitchen
Chicken Nuggets	558040	5	240	14	470	16	3	13	wheat, soy
Chicken Patty, Plain	281622	1	270	15	400	16	3	16	wheat, soy
Chicken Patty, Spicy	327080	1	270	15	400	17	3	15	wheat, soy
Chicken Tenders	157491	3	220	13	380	14	1	13	egg, wheat, soy
Chicken Wings, Mega- Mini	394053	10	257	9	340	10	1	16	wheat
Chicken Wings, Nashville Hot	176764	10 ea	243	8	420	11	1	14	not available, check with kitchen
Chicken Wings, Plant Based - Buffalo	887475	6	250	10	430	27	6	16	wheat, soy
Chicken, Bites	536790	5 ea	210	8	570	17	2	18	not available, check with kitchen

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Chicken, Pasta Alfredo - Chicken	481858	3oz	100	2.5	530	3	0	17	soy
Chicken, Pasta Alfredo - Sauce	491074	3oz	150	6.5	355	15.5	0	8.5	egg, milk. Wheat
Chicken, Spicy Breaded Boneless Chicken Wings	686050	3oz	180	7	890	15	1	14	wheat, soy
Chicken, Tangerine Stir Fry	791710	3.9oz	190	4	380	25	2	14	egg, soy, wheat
Corn Dog on Stick - Chicken	620220	4oz	240	9	470	30	2	9	wheat, soy, egg
Crispito, Chicken Chilli	616781	2ea	540	28	740	46	4	24	wheat
Deli Cheese, American	722360	2slices	70	4	420	2	0	7	not available, check with kitchen
Deli Meat , Turkey Ham	690041	2.93oz	130	7	360	3	0	13	not available, check with kitchen
Deli Meat, Bread	204822	2slices	180	2	210	32	2	6	wheat, soy
Deli Meat, Roast Beef	461152	6 slices	70	3	620	0	0	13.5	none
Deli Meat, Turkey Bologna, Turkey Salami & Turkey Ham	236012	2.79oz	160	13	950	1	0	10	none
Deli Meat, Turkey Sliced	244190	6 slices	110	4.5	370	0	0	17	none
Eggo Eggoji Waffle Sandwich - Cheese Omelet	240080	2.1oz	120	10	300	1	0	7	egg, milk
Eggo Eggoji Waffle Sandwich, Waffles	888284	2	180	6	300	29	2	4	not available, check with kitchen
Fremch Toast, Mini Cinnamon Toast Crunch	499873	2.64oz	210	7	200	36	3	4	wheat,soy,milk.egg
Grilled Cheese Sandwich	158141	1	280	10	580	31	3	19	wheat, milk, soy
Hamburger Patty	100650	2.5oz	170	13	220	2	1	12	soy
Koegel's Hot Dog, Beef, Pork	Koegel's	2oz	170	15	570	2	na	6	milk
Koegel's Hot Dog, Coney Sauce	Koegel's	1oz	60	4.5	150	3	na	3	soy
Lasagna Roll	234041	4.3oz	240	6	390	29	2	15	wheat, milk
Lunch Kit,, Turkey, Cheese & Crackers	914994	1 ea	380	17	860	41	1	18	see kitchen staff
Lunch Kit, Turkey Ham & Cheese	588400	1 ea	380	18	760	39	4	19	see kitchen staff
Macaroni & Cheese	527582	.72c	230	13	650	14	3	14	egg, milk, wheat, sesame
Macaroni & Cheese, Pobano Peppers	276298	8.75 oz	370	18	1490	37	1	16	egg, milk, wheat, sesame
Nachos Chips, Scoops .88oz	696871	.88oz	110	2.5	125	19	1	na	none
Nachos Chips, Scoops 1.45oz	662512	1.45oz	200	7	160	29	3	na	not available, check with kitchen

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Nachos, Cheese Sauce	563005	.25C	60	4	510	5	0	1	milk
Nachos, Taco Meat	722330	3.17oz	110	5	290	5	2	13	soy
Omelet, Cheese	714284	3.5 oz	190	14	450	4	0	12	egg, milk
Pasta, Rotini Meat & Sauce	728590	7.44oz	310	16	610	24	4	18	egg, wheat
Penne Pasta with Alfredo Sauce	491074	6oz	300	13	710	31	0	17	egg,milk,wheat
Pierogi, Mini Potato & Cheese	176902	6	180	5	230	24	3	9	not available, check with kitchen
Pinwheel, Philly Cheese Steak	993001	4oz	310	12	680	32	2	20	wheat, milk, soy
Pizza Cheese, Big Daddy's	667772	1	360	16	490	35	3	21	milk, wheat, soy
Pizza Pepperoni, Big Daddy's	667802	1	370	16	560	35	3	21	milk, wheat, soy
Pizza, Breakfast Egg & Bacon	503660	2.95oz	250	11	400	26	2	12	milk, eggs, wheat, soy
Pizza, Cheese - Little Caesar	Little Caesar	1	330	14	680	33	2	19	wheat, milk, soy
Pizza, Cheese Lunch Kit	555960	5.25oz	360	17	750	34	4	13	not available, check with kitchen
Pizza, Deep Dish	605911	4.98 oz	310	13	510	31	3	17	milk, wheat. Soy
Pizza, Galaxy	605862	4.46 oz	220	10	330	22	2	12	milk,wheat,soy
Pizza, Peperoni - Little Caesar, Pork	Little Caesar	1	370	17	800	33	2	20	wheat, milk, soy
Pizza, Pepperoni Breadstick, Stuffed	736652	4oz	280	12	550	27	3	16	milk, soy, wheat
Pizza, The Max, 4x6	198931	4.68 oz	270	7	480	36	4	16	milk,wheat,soy
Potatoes, Cheesy Taco - Potatoes	118567	1.1oz	110	1	200	22	1	2	milk
Potatoes, Cheesy Taco - Taco Meat	722330	3.17oz	110	5	290	5	2	13	not available, check with kitchen
Pull Apart - Cheese & Garlic	809062	3.88oz	300	13	520	32	2	14	milk, wheat
Pull Apart - Southwestern	825364	3.88 oz	300	13	580	33	2	14	milk,wheat
Ravioli, Beef in Sauce	496286	1c	260	8	600	30	4	16	milk, wheat, soy
Sack Lunch, Baby Carrots	812540	3oz x2	30	0	70	8	2	0	not available, check with kitchen
Sack Lunch, Cheese Stick	235551	1	110	9	170	1	0	7	milk
Sack Lunch, Chocolate Milk FF	617761	8oz	120	0	150	21	1	9	milk
Sack Lunch, Craisins	531681	1	110	0	0	28	3	0	not available, check with kitchen

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Sack Lunch, EZ Jammer	630302	2.4oz	290	16	220	28	4	9	wheat, soy, milk
Sack Lunch, Milk White 1%	617771	8oz	100	2.5	110	12	0	8	milk
Salisbury Beef Steak	571730	2.7oz	180	13	220	3	1	14	soy, wheat, milk
Shrimp Poppers	340922	.75c	170	7	340	19	3	9	crustacean shellfish, wheat, soy
Steak Sub	710831	2oz	80	5	430	1	0	7	soy
Steak Sub - American White Cheese	861940	2Slc	110	9	440	2	0	5	milk,soy
Stromboli, Meat & Cheese - Ham	474964	1	290	11	580	30	0	16	not available, check with kitchen
Sunflower Seeds	504180	1oz	170	15	115	6	2	na	check with kitchen
Taco Snack Bites	107201	3	240	8	480	30	4	14	milk, soy, wheat
Taco Stick	188752	4.6oz	350	13	630	32	4	20	wheat, milk, soy
Turkey, Bacon	834770	2	240	16	1240	0	0	20	none
Turkey Ham & Cheese Sandwich Pocket	549632	4.8oz	320	12	480	38	0	18	wheat, soy, milk
Western Nachos - Pork, Pulled BBQ	498702	4oz	230	8	250	16	0	21	soy
Western Nachos - Queso	722110	2oz	120	10	440	1	0	7	milk
Yogurt Cup	551770	4oz	80	1	65	15	0	4	milk
Yogurt Smoothie	351209	7 fl oz	110	0.5	80	22	3	6	not available, check with kitchen
Vegetables	GFS #	Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Allergens
Asparagus	530395	0.75	20	0	10	3	2	3	
Avocado Half	275594	.5c	160	14	120	8	6	2	
Beans, Fiesta Taco Black Beans	581180	.5c	120	0.05	460	22	5	7	
Beans, Green	156337	.5c	15	0	140	3	1	1	
Beans, Lima	119296	.5c	100	0	80	20	6	5	
Beans, Ranchero Pinto Beans	460852	.5 c	110	0.05	490	20	5	6	
Broccoli, Fresh	997878	.5c	15	0	15	3	0.5	1	
Broccoli, Hot	610902	.75c	25	0	15	5	3	3	

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Brussels Sprouts	426288	6ea	35	0	10	7	3	3	
Cauliflower, Fresh	797650	4pieces	20	0	25	3	2	2	
Celery, Fresh	754341	3.5oz	15	0	80	3	2	1	
Collard Greens	416574	.5c	30	0	40	6	3	2	
Corn Rosted Super Sweet	319202	.67c	100	2.5	0	17	2	3	
Corn, Hot	244805	.5c	80	1	130	14	1	2	
Cucumbers, Fresh	418439	.50c	5	0	0	1	0	0	
Guacamole	899040	2T	45	4	115	3	2	0	
Hummus, Cup - Roasted Red Pepper	601133	3oz	110	2	100	18	5	6	
Juice, Dragon Punch	510571	4oz	50	0	35	13	0	0	
Lettuce, Romaine Ribbons	451730	.5c	5	0	0	0.5	0.5	0.5	
Oven Fries, 1/2 " Seasoned, Long Straight	230962	3oz	150	5	170	25	2	2	
Oven Fries, 3/8" Seasoned & Skin On	516112	3oz	140	6	330	19	2	2	
Oven Fries, Seasoned Spiral Cut	182600	.75c	160	8	420	20	2	2	
Oven Fries, Seasoned, Waffle Cut	301103	3oz	160	8	470	21	2	2	
Oven Fries, Seasoned, Wedge Cut	457558	3oz	130	6	270	18	2	2	
Peas & Carrots	119458	.67c	50	0	20	10	3	2	
Pepper, Mini Red, Yellow, Orange	667582	5.25oz	30	0	0	7	3	1	
Potatoes, Au Gratin	118575	.50c	100	1	240	22	1	2	milk
Potatoes, Emoticons Shaped	538872	5	140	5	95	23	2	2	
Potatoes, Hash Brown Rounds	389003	2	90	2.5	190	15	2	1	
Potatoes, Smiley Shaped	228818	3oz	160	6	230	25	2	2	
Potatoes, Sweet Straight Cut Fries	817730	3oz	160	6	180	24	1	1	
Potatoes, Triangle	265659	1	100	5	230	12	1	1	
Riced Broccoli & Cauliflower	218696	4oz	na	na	na	na	na	na	
Salsa, Cup	677802	3oz	30	0	190	6	0	0	

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Spinach, Hot	266757	.5c	13	0	32.5	2	1	1.5	
Tomatoes, Diced Fresh	786543	.5c	15	0	5	3.5	1	1	