

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Entrées, Breakfast								
Bacon		2 slices	0	80	500	0	6	6
Bagel, Plain, White Whole Wheat		1 ea	33	170	230	3	7	1
Bite, Egg & Cheese	HS	1 ea	2	90	260	0	7	6
Breakfast Bar	MS, HS	1 ea	47	290	240	3	5	9
Breakfast Bites		1 serving	38	260	190	3	5	10
Burrito, Bean (Vegan)		1 each	44.5	285	640	8	13.5	6
Burrito, Bean & Cheese		1 each	44	320	475	8	16	9
Burrito, Beef & Bean		1 each	41	305	421	7.5	17	8
Burrito, Breakfast		1 ea	36.5	362	667	3.5	17.5	16
Cereal Bar, Cinnamon	MS, HS	1 each	52	260	200	5	4	5
Cereal Bar, Marshmallow	MS, HS	1 each	51	280	170	5	5	6
Cereal, Blueberry Chex		Bowlpack	23	120	180	0	1	2.5
Cereal, Cheerios		Bowlpack	21	100	140	3	4	2
Cereal, Cinnamon Flakes		Bowlpack	24	100	180	2	2	0
Cereal, Cinnamon Toast Crunch		Bowlpack	22	100	160	4	1	2.5
Cereal, Cocoa Puffs		Bowlpack	25	120	125	0	2	1.5
Cereal, Froot Loops		Bowlpack	24	100	170	2	2	0.5
Cheese, String, Lite Mozzarella		1 each	1	60	200	0	7	3
Cinnamon Crumb Cake with Topping	EL, MS	1 each	50.5	336	283	4	6	12
Cinnamon Crumb Cake with Topping	HS	1 each	76	503	424	6	9	18
Cinnamon Roll Without Icing		1 each	36	190	210	1	5	3.5
Cinnamon Roll With Icing		1 each	53	265	210	1	5	4.5
Croissant		1 each	29	170	300	2	6	5
Egg, Patty		Patty	1	70	130	0	4	5
French Toast Sticks with Fruit Dip		1 serving	43	282	303	3	6	10
French Toast Sticks without Fruit Dip		4 Sticks	38	260	300	3	6	10
Fruit Dip		1 serving	4.5	19	0	0.5	0	0
Granola		1/4 cup	26	148	57	2	2.5	4
Muffin		1 each	40	229	125	3	3.5	6
Pan Dulce Concha		1 each	34	200	90	2	5	6
Pancakes, Maple, Mini		1 serving	36	200	210	4	4	6

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Pizza Bagel, Cheese		1 each	23	192	388	1.5	11.5	5.5
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	341	817	3	22.5	11
Sandwich, Bagel, Egg, Sausage & Cheese		1 each	37	346	792	3	19.5	12.5
Sandwich, Biscuit with Bacon, Egg & Cheese		1 each	31	355	980	3	14.5	19
Sandwich, Biscuit with Sausage, Egg & Cheese		1 each	32	385	971	3	18	20.5
Sandwich, Biscuit with Egg and Cheese		1 each	31	315	730	3	11.5	16
Sandwich, Biscuit with Sausage		1 each	29	280	700	3	11	13.5
Sandwich, Biscuit, Chicken		1 each	37	350	710	4	17	16
Sandwich, Croissant, Egg & Cheese		1 each	31	275	585	2	13.5	12
Sandwich, Croissant, Egg, Turkey Ham & Cheese		1 each	32	341	888	2	21.5	15
Sandwich, Croissant, Egg, Sausage & Cheese		1 each	33	345	811	2	18.5	16.5
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	MS, HS	1 serving	60.5	312	121	5	6.5	5.5
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, 4 Ounce Yogurt	EL	4 oz./#16	40.5	220	118	2	6.5	4
Yogurt and Granola, 8 Ounce Yogurt	MS, HS	8 oz./#16	66.5	362	164	2	9.5	6
Yogurt Parfait w/Peaches and Granola (Cup)		1 ea	113	591	253	5.5	12	10.5
Yogurt Parfait w/Strawberries and Granola (Cup)		1 ea	97.5	525	242	5.5	12	10.5
Yogurt Parfait w/Strawberries and Granola (Tray)	MS,HS	1 ea	49	263	121	3	6	5.4
Yogurt, Strawberry-Banana, 4 oz.		1 ea	12	70	70	0	4	0
Yogurt, Strawberry, 4 oz.		1 ea	12	60	70	0	4	0
Yogurt, Peach, 8 oz.		1 ea	39	210	105	0	7	2
Yogurt, Strawberry-Banana, 8 oz.		1 ea	41	220	105	0	7	2
Yogurt, Strawberry, 8 oz.		1 ea	39	210	105	0	7	2
Yogurt, Vanilla, 8 oz.		1 ea	40	210	110	0	7	2
<b>Entrées, Lunch</b>								
BBQ Turkey Mac & Cheese w/Roll	MS, HS	1 serving	56	457	940	3	23	16

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Biscuit, Whole Grain		1 ea	28	210	460	3	5	9
Bowl, Chicken and Mashed Potato w/Biscuit	MS, HS	1 serving	82.5	687	1741	8	32	24
Bread, Cheesy Garlic		1 ea	29	340	550	2	19	16
Bread, Gluten Free (Special Diet)		1 slice	21	130	330	1	3	4.5
Breadsticks, Cheesy		2 ea	30	290	490	2	19	11
Buffalo Chicken Mac & Cheese	MS, HS	1 serving	44.5	449	1560	4	24.5	18.5
Bun, Hamburger		1 ea	30	150	290	3	5	1.5
Bun, Hamburger, Gluten Free (Special Diet)		1 ea	44	240	440	6	5	7
Bun, Hot Dog		1 ea	26	130	250	2	4	1.5
Bun, Slider	MS, HS	1 ea	14	70	160	1	3	0.5
Burger, Southwest Bean, no Bun		1 ea	25	190	270	6	10	7
Burger, Southwest Bean on Bun		1 ea	55	341	479	9	15	8
Burrito, Bean (Vegan)		1 each	45	290	640	8	14	6
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
Cheese Dip Cup		1 ea	13	180	390	0	10	10
Cheese, Shredded, Cheddar		2 tbsp	0	55	95	0	3	4.5
Cheeseburger on Bun, Elementary and K-8	EL, CS	1 ea	30.5	349	631	3.5	20	15.5
Cheeseburger on Bun, Middle and High	MS, HS	1 ea	30.5	343	854	3	25	12.5
Chicken and Waffle		1 srvg	49	520	880	4	23	26
Chicken, Boneless Wings		5 ea	23	270	490	3	22	10
Chicken, Boneless Wings w/Cornbread		5 ea/1 ea	49.5	451	1004	6	25.5	16.5
Chicken Drumstick, Breaded		1 ea	6	220	530	1	19	13
Chicken Filet, Large, Breaded, No Bun		1 filet	9	200	290	3	19	9
Chicken Filet, Small, Breaded, No Bun		1 filet	9	140	250	1	12	7
Chicken Filet, Spicy, No Bun		1 filet	9	200	330	1	19	10
Chicken, Kung Pao with Rice	MS, HS	1 srvg	57.5	355	363	2.5	19.5	5
Chicken, Kung Pao, No Rice	MS, HS	#8 scoop	11	127	363	0	14	3
Chicken Nuggets		5 ea	16	240	470	3	13	14
Chicken Nuggets with Cornbread		5 ea/1 ea	42.5	421	764	6	16.5	20.5
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

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Chicken, Orange with 1/2 Cup of Rice	EL, CS	1 ea	47.5	296	378	2.5	16	4.5
Chicken, Orange with 3/4 Cup of Rice	MS, HS,Avalon	1 ea	59	350	380	3	17	5.0
Chicken, Orange, No Rice		#8 (1/2 cup)	25	190	380	2	14	4
Chicken Patty, Grilled, No Bun (Special Diet)		1 patty	0	150	210	0	15	10
Chicken Tenders with Biscuit		3 ea/1 ea	44	493	935	5	30	22
Chicken Tenders with Roll	MS, HS	3 ea/1 ea	33	363	600	3	28	14
Chicken Tenders, Gluten Free (Special Diet)		4 ea	16	267	707	0	17	15
Chicken Tenders, No Roll		3 ea	16	283	475	2	25	13
Chicken, Teriyaki With 1 Cup Rice	MS,HS,Avalon	1 srvg	66	446	968	2.5	32	5
Chicken, Teriyaki With 1/2 Cup Rice	EL,CS	1 srvg	42.9	332	968	1.46	29.31	4
Chicken, Teriyaki with Sauce, No Rice		1 srvg	19	218	968	0	26	3
Chicken, Thai Sweet Chili With 1 Cup Rice	MS, HS	1 srvg	94	564	1557	2.5	32	5.0
Chicken, Thai Sweet Chili with Sauce, No Rice		1 srvg	47	336	1557	0.0	26	3.0
Chili Cheese Dog		1 serving	35	529	1290	4.0	24.5	32.0
Chili with Beans, No Chips or Cheese		1/2 cup	14	210	393	2	16	10
Chips, Tortilla		1 package	27	200	160	2.0	3	9.0
Chips, Tortilla with Cheese Dip Cup	Supper	1 serving	45	460	790	3	13	25
Chow Mein, Chicken, A	EL,CS	2/3 cup	23	246	682	2.5	24	5.5
Chow Mein, Chicken, B	MS,HS	1 1/3 cup	45.5	406	1076	5	32.5	9.5
Corn Dog, Chicken		1 ea	30	240	470	2	9	9
Cornbread		1 piece	27.5	181	291	2.0	3.5	6.5
Crackers, PB Cup, & Chocolate Hummus	Supper	1 serving	53	530	415	7	15	31
Flatbread, Mini		1 ea	13	80	150	1	3	2
Granola		1/2 cup	53.5	300	116	4	5	8
Hamburger on Bun	EL, CS	1 ea	19.5	314	476	3.5	16.5	13.5
Hamburger on Bun	MS,HS	1 ea	30	400	750	3	23	20.5
Hamburger Patty, Without Bun	EL, CS	1 ea	0.5	164	196	0.5	11.5	12
Hamburger Patty, Without Bun	MS,HS	1 ea	1	250	470	0	18	19
Hot Dog, Beef, on Bun	EL, CS	1 ea	27	270	650	2	11	13.5
Hot Dog, Beef, on Bun	MS,HS,PP,Avalon	1 ea	29	410	1090	2	14	26.5
Hot Dog, Beef, without Bun	EL, CS	1 ea	1	140	400	0	7	12
Hot Dog, Beef, without Bun	MS HS PP Avalor	1 ea	2	250	770	0	10	22
Kickin' Tenders		3 ea	13	210	340	1	12	13

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Kickin' Tenders w/Roll		1 serving	29.5	300	490	1	15.5	13.5
Macaroni and Cheese	EL, CS	2/3 cup	30.5	287	667	2	11.5	12.5
Macaroni and Cheese	MS, HS, Avalon	1 1/3 cup	61	574	1334	4	23	25
Macaroni and Cheese	Preschool	1 cup	46	431	1000	3.5	17.5	18.5
Marinara Cup	Supper	1 ea	3	20	100	1	1	0
Meatballs, Beef, No Sauce		5 ea	2	200	260	0	14	15
Meatballs, Teriyaki with 1 Cup Rice	MS, HS, Avalon	1 ea	61.5	480	453	2.5	19.5	17
Meatballs, Teriyaki with 1/2 Cup of Rice	EL, CS	1 ea	38	366	453	1	16.5	16
Meatballs, with Teriyaki Sauce, No Rice		1 srvg	14.5	252	453	0	14	15
Nacho Cup (without chips)	PP	1 ea	19.5	259	793	2.5	17.5	12
Nachos, Chili Cheese (with Nacho Cheese Sauce)		1 srvg	50.5	529	1013	5.5	20.5	27
Nachos, Chili Cheese (with Shredded Cheddar)		1 srvg	45	536	709	5.5	22.5	29.5
Nachos, Spicy Bean (with Shredded Cheddar)		1 srvg	51	460	602	9.5	15	23
Pancakes, Maple, Mini		1 serving	36	200	210	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, IW		1 ea	28	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
Pozole, Chicken, w/out Chips or Cabbage	MS, HS	1 srvg	16	225	573	3	20	8
Pozole, Chicken, w/Chips and Cabbage	MS, HS	1 srvg	55	507	802	7	24.5	20.5
Pupusa, Bean & Cheese		1ea	35	290	480	4	13	11
Quesadilla, Cheese		1 each	25	330	530	2	18	18
Quinoa		1/2 cup	32	169	10	2.7	6.3	2.7
Ravioli, Breaded Cheese, A	EL, CS	6 ea	54.5	309	625	6.0	16	3
Ravioli, Breaded Cheese, B	MS,HS,Avalon	7 ea	64	360	730	7.0	19	4

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Rice, Brown, Plain		1/2 cup	18.0	85	0	1.0	2	1.25
Roll, Steak		1 ea	29	150	280	3	5	1.5
Roll, Dinner		1 ea	17	90	150	0	3	2
Salad, BBQ Chicken w/Dressing, without Chips	CS, MS, HS	1 ea	30.5	338	640	5	18.5	15.5
Salad, Chef w/Dressing, without Crackers	Avalon	1 ea	11	320	847	3	16.5	23.5
Salad, Chef w/Dressing, without Crackers	CS, MS, HS	1 ea	8.5	306	837	1.5	15.5	23
Salad, Chicken Caesar, without Crackers		1 ea	17	472	1407	1.5	34	25
Salad, Chinese, Kickin w/Dressing, w/out Wontons	CS, MS, HS	1 ea	46.5	608	694	5	15	41
Salad, Chinese, Kickin w/Dressing & Wontons	CS, MS, HS	1 ea	74.5	808	1054	9.0	19	49.0
Salad, Elementary Caesar w/Dressing, w/out Crackers	EL, CS	1 ea	16.5	470	1406	1	34	25
Salad, Elementary Chef w/Dressing, w/out Crackers	EL, CS	1 ea	8	304	836	1.5	15.5	23
Salad, Elementary Ranch w/Dressing, w/out Chips	EL, CS	1 ea	20.5	403	783	4	17.7	28.5
Salad, Greek Chicken w/Dressing, w/out Crackers	CS, MS, HS	1 ea	7.5	378	805	2	21	28.5
Sandwich, BBQ Turkey		1 ea	46	330	577	3	22	6.5
Sandwich, Buffalo BBQ Chicken	MS, HS	1 ea	48	365	1621	3	31.5	4.5
Sandwich, Chicken, Breaded		1 ea	38	350	570	6	24	10.5
Sandwich, Chicken, Spicy		1 ea	38	352	614	4	24	11.5
Sandwich, Chickpea & Strawberry		1 ea	68	550	410	10	15	27
Sandwich, Grilled Cheese		1 ea	32.5	309	558	2.5	18.5	11
Sandwich, Meatball Sub	MS, HS	1 ea	37	445	667	4	23.5	21
Sandwich, Peanut Butter & Jelly Sandwich, 2.6 oz		1 ea	32	300	270	4	9	16
Sandwich, Peanut Butter & Jelly Sandwich, 5.3 oz		1 ea	64	590	530	7	18	32
Sandwich, Tuna	MS, HS	1 ea	29.5	304	601	2	22	11.5
Sandwich, Turkey and Cheese Deli		1 ea	31	279	710	3	21.5	7.0
Sandwich, Turkey Deli		1 ea	29	264	631	3	22.5	6
Sandwich, Turkey Ham and Cheese, Cold		1 ea	31	269	825	3	19	7.5
Sandwich, Turkey Ham and Cheese, Hot	MS, HS	1 ea	30	269	775	2	19	7.5
Sandwich, Turkey Ham Deli		1 ea	29	252	770	3	19	6.5
Sauce, BBQ		3.33 tbsp	13	52	119	0	0	0
Sauce, Buffalo BBQ	MS, HS	3.33 tbsp	10.5	41	504	0	0	0
Sauce, Cayenne	MS, HS	2 tbsp	0	0	538	0	0	0

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Sauce, Marinara, Meatless		1/4 cup	4	28	122	0.5	0	0.5
Sauce, Marinara, Meatless		1/3 cup	5	38	163	1	0	1
Sauce, Teriyaki		2 tbsp	6	26	170	0	0	0
Sauce, Teriyaki		3.3 tbsp	10.5	42	283	0	0	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, Buffalo BBQ	MS, HS	2 sliders	56.5	461	1324	4	30	15
Sliders, Chicken, No Sauce	MS, HS	2 sliders	46	420	820	4	30	15
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	475	478	6.5	21.5	18.5
Spaghetti with Meatballs, 2/3 c pasta, 4 meatballs	EL,CS	1 svg	30	312	333	3.5	15	14
Supper Pizza Kit (bread, sauce, cheese, carrots)	Supper	1 ea	24	308	671	4	18	14
Taco, Beef, without Pico de Gallo		1 ea	23.79	341	561	2.5	19	18.5
Taco Filling Cup, no cheese (Special Diet)		1 ea	1	145	245	0.5	12	10
Tamale, Chicken (Michael B's)		1 ea	23.0	260	630	3	21	10.0
Taquitos, Chicken & Cheese		2 ea	18.0	250	280	3	19	11.0
Taquitos with Guacamole Cup		2 ea/1 ea	530.0	350	22	6	20	21.0
Tortilla, Corn (Special Diet)		1 ea	8.0	39	20	1	1	0.0
Tortilla, Flour (8")		1 ea	22	140	220	2	4	4
Tortilla, Whole Wheat Flour 10"		1 ea	26	155	237	4	5	5
Thai Sweet Chili Quinoa Bowl		1 serving	71	490	971	3.5	19	15.5
Waffle, Dutch (served with Chicken and Waffle)		1 ea	43	300	350	3	4	13
Wrap, Chicken Bacon (No Ranch)		1 ea	42.5	534	1059	6	36.5	25.5
Wrap, Chicken Bacon w/Ranch Dressing		1 ea	46.5	655	1426	6	37.5	36.5
Yogurt and Granola		8 oz./#8	93.5	512	222	4	12	10
Yogurt Parfait w/Peaches and Granola		1 ea	113	591	253	5.5	12	10.5
Yogurt Parfait w/Strawberries and Granola		1 ea	97.5	525	242	5.5	12	10.5
Yogurt, Peach, 8 oz.		1 ea	38	180	105	0	6	0
Yogurt, Strawberry-Banana, 8 oz.		1 ea	37	180	105	0	6	0
Yogurt, Strawberry, 8 oz.		1 ea	38	180	105	0	6	0
Yogurt, Vanilla, 8 oz.		1 ea	40	210	110	0	7	2
Yogurt, Nonfat, Strawberry, 8 oz. (Upstate Farms)		1 container	38	180	105	0	6	0
Yogurt, Nonfat, Blueberry, 8 oz. (Upstate Farms)		1 container	38	180	105	0	6	0

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Yogurt, Nonfat, Peach, 8 oz. (Upstate Farms)		1 container	38	180	105	0	6	0
Yogurt, Nonfat, Cherry Vanilla, 8 oz. (Upstate Farms)		1 container	37	180	105	0	6	0
Yogurt, Nonfat, Strawberry Banana, 8 oz. (Upstate Farms)		1 container	37	180	105	0	6	0
Fruits and Vegetables								
Fruit Cup, Applesauce		1 ea	17	70	0	4	1	0
Fruit Cup, Applesauce, Strawberry Flavor		1 ea	14	60	5	1	0	0
Fruit Cup, Mixed Fruit		1 ea	19	80	0	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, 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	13	50	15	1	1	0
Fruit, Mixed, Canned		1/2 cup	10	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
Fruit, Persimmons, Fresh		1 ea	18	68	1	3.5	0.5	0
Fruit, Pineapple, Canned		1/2 cup	17	70	10	1	<1	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, BBQ Baked		1/2 cup	30.5	141	404	6	5	1.5



Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Vegetables, Beans, Southwest with Cheese		1/2 cup	24	151	317	5.5	8.5	2
Vegetables, Beans, Spicy with Cheese		1/2 cup	31	231	467	10	14	7
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, Guacamole Cup		2 oz	4	100	250	3	1	10
Vegetables, Hominy		1/2 cup	16	80	324	5	3	1
Vegetables, Jalapeno & Tomato Cup		1 ea	1.5	8	366	1	0	0
Vegetables, Jalapeno Cup		1 ea	0.5	4	364	0.7	0	0
Vegetables, Jalapeno Peppers, Canned		100g	5	25	925	3	1	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	1.5	0
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	21	117	568	1	2	1.5
Vegetables, Potato, Seasoned Wedges		1 svrg/8 ea	19	130	590	1	2	6
Vegetables, Roasted Chickpeas Ranch		1 Package	27	180	210	16	9	3.5
Vegetables, Roasted Chickpeas Lightly Salted		1 Package	27	180	260	17	9	4
Vegetables, Salad, Arugula		1 cup	0.5	5	5	0	0.5	0
Vegetables, Salad Mixed		1 cup	1.5	9	5	0.5	0.5	0

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
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	12	120	135	0	10	2.5
Milk, Aseptic, 1% Lowfat, White		8 oz carton	12	100	110	0	8	2.5
Milk, Almond, Vanilla (Special Diet)		8 oz carton	13	80	170	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, Aseptic, Nonfat, Chocolate		8 oz carton	25	130	170	1	8	0
Milk, Nonfat, White		8 oz carton	12	90	130	0	9	0
Milk, Aseptic, Nonfat, White		8 oz carton	11	80	110	<1	8	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	170	35	2	5	10
Chickpea Spread, Apple Cinnamon		1 each	15	170	65	2	5	10
Chips, Doritos Cool Ranch		1 package	20	130	180	2	2	5
Chips, Doritos Nacho Cheese		1 package	20	130	200	2	2	5
Chips, Cheetos Mellow Puffs		1 package	13	90	140	<1	2	3.5
Chips, Fantastix Flamin' Hot		1 package	20	130	200	2	2	5
Chips, Fantastix Chili Cheese		1 package	19	130	200	2	2	5
Condiment, Catsup		1 packet	2	9	75	0	0	0
Condiment, Cream Cheese		1 packet	1	60	105	0	2	5
Condiment, Jalapeno Cup		1 ea	1	9	266	1	1	0

Food Items	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Condiment, Jelly		1 packet	9	35	5	0	0	0
Condiment, Mayonnaise		1 packet	0.5	57	60	0	0	6
Condiment, Mustard		1 packet	0	4	65	0	0	0
Condiment, Pickle Slices		4 ea	0	0	724	0	0	0
Condiment, Pico de Gallo		#20 scoop	2	6	55	0	0	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	0	120	0	0	0
Cookie, Fudge, Whole Grain, a la carte	MS, HS, Avalon	1 ea	32	190	160	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	32	190	160	2	2	6
Crackers, Whole Grain		1 package	30	180	250	3.0	3	6.0
Dressing, Caesar		#20 scoop	3.5	138	396	0	1	12
Dressing, Italian		1 packet	1	7	99	0	0	0
Dressing, Ranch (House-Made)		2 tbsp	2.5	80	243	0	0.5	7
Dressing, Ranch, Packet		1 packet	1	49	106	0	0	2.0
Fruit Dip		1 serving	2.6	10	0	0.4	0	0
Gravy, Chicken		#20 scoop	4.3	27	158	0	0	1
Peanut Butter Cup		1 ea	8	180	130	2	7	15
Pudding, Chocolate		3/8 cup	31	166	276	1	1	4.5
Sunbutter Cup (Special Diet)		1 ea	7	200	130	2	7	17
Wonton Crispy Noodle (Chinese Kickin' 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)