

ESASD Food Services Department - Carbohydrates and Other Values 2025-2026

Revised August 2025

**Breakfast**

	Portion size	Calories	Carbohydrate	Dietary Fiber	Sugar	Sodium	Protein	Total Fat	Saturated	Allergens	Comments
			grams	grams	grams	milligrams	grams		Fat		**Allergen Legend is located on the last page**
Bacon, Egg & Cheese on Bagel Sandwich	4.7oz (133g)	348	35	1	4	947	15	15	7	1,2,5,7,8	
Bacon, Egg & Cheese Croissant Sandwich	4.75 oz (133g)	381	31	3	5	899	15	22	10	1,2,5,7, *8	*May contain pork-products vary
Bacon, Egg & Cheese Sandwich on WW Roll (Round Bacon)	4.5 oz (126g)	311	27	3	3	969	15	16	7	1,2,5,7, *8	*May contain pork-products vary/Roll may contain sesame seeds
Bagel, Blueberry (Whole Grain)	2 oz (57g)	140	29	3	3	150	5	0.5	0	1,2,5,7	
Bagel, Blueberry	4 oz (133g)	290	58	2	7	540	9	3	0	5,7,9	Hilltop Hearth
Bagel, Cinnamon Raisin	4 oz. (112g)	290	59	2	11	520	9	1	0	5,9	Hilltop Hearth
Bagel, Everything	4 oz (112g)	290	54	2	4	660	10	4	1	1,2,5,7	Hilltop Hearth
Bagel, Plain, 4 oz	4 oz (112g)	270	56	21	1	590	10	1.5	0	5,9	Hilltop Hearth
Bagel, Plain 2.3 oz	2.3 oz (65g)	170	33	1	3	290	6	1	0	5,7	Lender's
Bagel Bites, Stuffed w/ Cream Cheese	2.6 oz (74g)	210	29	2	4	200	6	8	4	1,2,5,7*	*May contain Sesame
Bar, Appleways, Apple Soft Oatmeal	1.2 oz. (34g)	140	23	1	9	90	2	4.5	0.5	1,2,5,7	Appleways/Darlington
Bar, Appleways, Blueberry Pomegranate Soft Oatmeal	1.2 oz (34.2 g)	140	23	1	9	75	2	4.5	0.5	1,2,5,7	Appleways/Darlington
Bar, Appleways, Chocolate Chip Soft Oatmeal	2.4 oz. (67g)	280	46	3	19	140	4	9	2	1,5,7	Appleways/Darlington
Bar, Appleways, Strawberry Soft Oatmeal	1.2 oz (34.2 g)	140	23	1	9	75	2	4.5	0.5	1,2,5,7	Appleways/Darlington
Bun, Super Bun Goody Bun, Cinnamon	2.75 oz (78g)	240	34	3	10	270	5	11	4.5	1,2,5,7	Super Bakery
Bread, Banana Bread Slice, WGR	3.4 oz (96 g)	260	44	2	23	250	5	8	1.5	1,2,5,7	Super Bakery
Bread, Banana Mini Loaf, WGR	2 oz (57g)	160	28	1	15	100	3	4	0.5	1,2,5,7	Bake Crafters
Bread, Blueberry Mini Loaf, WGR	2 oz (57g)	160	26	1	14	95	3	5	0.5	1,2,5,7	Bake Crafters
Bread, Cinnamon Toast Crunch, Soft Filled w/ Neufchatel Cheese	2.36 oz (66g)	240	41	3	14	280	5	6	2	1,5,7	General Mills
Bread, Chocolate, Individually Wrapped Slice	3.4 oz (96 g)	250	43	3	22	240	5	8	0	1,2,5,7	Super Bakery
Bread, Corn Mini Loaf	2 oz (57g)	180	29	1	15	90	3	6	0.5	1,2,5,7	Bake Crafters
Breaded Chicken Patty on a Buttermilk Biscuit Sandwich (Prepackaged 1 Sandwich (102g)		270	35	1	3	650	11	10	5	1,5,7	Tasty Brands
Breakfast Bar, Apple Cinnamon BeneFIT	2.5 oz (71 g)	280	48	3	22	240	5	9	3	1,2,5,7	Benefit Bar
Breakfast Bar, Banana Chocolate Chunk BeneFIT	2.5 oz (71 g)	280	46	3	23	220	5	8	3	1,2,5,7	Benefit Bar
Breakfast Bar, French Toast WG BeneFIT	2.5 oz (71g)	280	47	3	21	200	5	9	2.5	1,2,5,7	Benefit Bar
Breakfast Bar, Oatmeal Chocolate Chip BeneFIT	2.5 oz (71 g)	280	47	3	20	230	5	8	3	1,2,5,7	Benefit Bar
Breakfast Fruit Parfait - with Bananas	8.7 oz (246g)	248	54	4	31	67	5	1	1	1,5,7	
Breakfast Fruit Parfait - with Blueberries	7 oz (198g)	176	35	3	23	67	4	2	1	1,5,7	
Breakfast Fruit Parfait - with Canteloupe	7oz (198g)	162	32	1	22	79	4	2	1	1,5,7	
Breakfast Fruit Parfait - with Manadarin Oranges	9.2 oz (260g)	216	45	1	32	81	5	1	1	1,5,7	
Breakfast Fruit Parfait -w/Mixed Berry (blueberries&Strawberries)	8.2 oz (233g)	226	46	2	32	66	4	1	1	1,5,7	
Breakfast Fruit Parfait - Mixed Fruit Cocktail	9 oz (260g)	193	46	1	34	86	4	1	1	1,5,7	
Breakfast Fruit Parfait - with Peaches	8.7 oz (245g)	199	40	1	29	71	5	1	1	1,5,7	
Breakfast Fruit Parfait - with Pears	9 oz (260g)	241	52	1	33	66	5	1	1	1,5,7	
Breakfast Fruit Parfait - with Pineapple Tidbits	9.2 oz (260g)	216	48	1	36	66	5	1	1	1,5,7	
Breakfast Fruit Parfait - with Strawberries	9.2 oz (260g)	226	49	3	33	66	4	1	1	1,5,7	
Breakfast Fruit Parfait - Mixed Fruit Cocktail (with Appleways Oatmeal	10.4 oz (295g)	333	69	2	44	161	6	6	2	1,2,5,7	
Cake, Coffee, Blueberry Crumb WG	3 oz (85g)	230	40	2	20	170	4	7	1	1,2,5,7	Sky Blue Bakery
Cake, Coffee, Cinnamon Crumb WG	3 oz (85g)	290	47	2	22	180	5	9	2	1,2,5,7	Sky Blue Bakery
Cereal, Apple Cinnamon Cheerios	1 oz (28g)	110	23	2	9	110	2	1.5	0	none indicated	General Mills
Cereal, Apple Jacks Apple Cinnamon Cereal	1 oz (28g)	110	24	2	8	160	2	0.5	0	5	Kellogg's
Cereal, Cheerios (WG)	1 oz (28g)	100	21	3	1	140	4	2	0	none indicated	General Mills Bowlpack
Cereal, Cinnamon Chex	1 oz (28g)	120	23	1	6	170	1	0	0	none indicated	General Mills Bowlpack

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Cereal, Cinnamon Toast Crunch 1 oz (WG)	1 oz (28g)	120	22	1	8	160	1	3	0	5,7	General Mill's Bowlpack
Cereal, Cinnamon Toast Crunch 2 oz (WG)	2 oz (56g)	210	44	7	11	320	3	6	0	5,7	General Mill's Bowlpack
Cereal, Cocoa Puffs 1.06 oz (WG)	1.063 oz (30g)	120	25	2	6	125	2	2	0	none indicated	General Mill's Bowlpack
Cereal, Cocoa Puffs 2 oz (WG)	2 oz (56g)	220	47	3	12	230	3	3	0	none indicated	General Mill's Bowlpack
Cereal, Frosted Corn Flakes (WG)	1 oz (28g)	110	24	1	6	180	2	1	0	none indicated	General Mill's Bowlpack
Cereal, Fruit (Froot) Loops (WG)	1 oz (28g)	100	24	2	8	170	2	0.5	0	5	General Mill's Bowlpack
Cereal, Fruity Cheerios WG	1 oz (28g)	120	25	2	9	140	3	1.5	0	none indicated	General Mill's Bowlpack
Cereal, Honey Cheerios (WG)	1 oz (28g)	110	22	2	6	170	3	2	0	none indicated	General Mill's Bowlpack
Cereal, Golden Grahams (WG)	1 oz (28g)	160	34	2	12	300	2	1	0	5	General Mill's Bowlpack
Cereal, Lucky Charms 1 oz (WG)	1 oz (28g)	110	22	2	6	220	3	2	0	none indicated	General Mill's Bowlpack
Cereal, Lucky Charms 2 oz (WG)	2 oz (56g)	210	45	5	12	440	5	2	0	none indicated	General Mills Bowlpack
Cereal, Multigrain Cheerios	1 oz (28g)	110	23	2	6	105	2	1	0	none indicated	General Mill's Bowlpack
Cereal, Rice Krispies	.62 oz (28g)	70	16	0	2	90	1	0	0	none indicated	Kelloggs
Cereal, Trix 1 oz (WG)	1 oz (28g)	110	23	2	6	160	2	2	0	none indicated	General Mill's Bowlpack
Cereal, Trix 2 oz (WG)	2 oz (56g)	220	47	3	12	320	3	3	0	none indicated	General Mills Bowlpack
Cereal, Wheat Frosted Mini Chocolate (WG)	1 oz (28.4g)	100	23	3	6	110	3	1	0	5,7	General Mill's Bowlpack
Cereal Bar, Cheerios Strawberry Flavored	1.42 oz (40g)	160	29	3	9	85	2	3.5	0.5	5,7	General Mills
Cereal Bar, Cinnamon Toast Crunch	1.42 oz (40g)	150	30	2	9	135	2	2	0	5,7	General Mills
Cereal Bar, Cocoa Puffs Cereal Bar	1.42 oz (40G)	160	29	3	6	105	3	3.5	0	5,7	General Mills
Cereal Bar, Golden Grahams	1.42oz (40g)	160	30	3	9	115	2	3.5	0	5,7	General Mills
Cereal Bar, Trix	1.42 (40g)	160	29	3	9	105	2	3.5	0.5	5,7	General Mills
Cheese Breakfast Croissant WG Sandwich (Homemade)	3.2 oz (91g)	291	31	3	5	636	10	15	8	1,2,5,7	
Cheese WG Croissant Sandwich (Prepackaged)	4.2 oz (119g)	330	30	3	4	620	18	16	9	1,5,7	Tasty Brands
Cheese, String, Mozzarella	1 oz (28g)	80	2	0	1	200	6	6	4	1	Land O'Lakes
Chicken Patty (Breaded) on a Buttermilk Biscuit Sandwich (Prepackaged)	1 Sandwich (102g)	270	35	1	3	650	11	10	5	1,5,7	Tasty Brands
Chicken Sausage Patty & Cheese on WG Honey Wheat Biscuit (premade)	1 Sandwich (114g)	290	31	2	7	600	14	12	4	1,2,5,7	
Cinnamon Bun/Sweet Breakfast Bun WG	2.6 oz (75g)	230	39	3	10	340	6	7	2	1,2,5,7	Sky Blue Bakery
Cinnamon Crumb Coffee Cake WG	3 oz (85g)	290	47	2	22	180	5	9	2	1,2,5,7	Sky Blue Bakery
Cinnamon Roll, WG	2.7 oz (76g)	240	38	3	12	240	5	7	1.5	1,5,7	Hadley Farms
Cinnamon Roll, Honey Bun	3 oz (85g)	270	40	3	13	220	6	10	5	1,5,7	Bake Crafters
Cookie, Orange Cranberry (homemade)	1 cookie (29g)	141	26	0.3	21	55	0.8	3.7	0.8	1,5,7	
Donut, Goodyring, WG Yeast Donut Individually Wrapped	2.5 oz (71 g)	240	11	2	8	300	4	11	4.5	1,2,5,7	Super Bakery
Donut, Super Plus Fortified WG Donut	3 oz (8g)	250	37	2	17	230	6	9	3.5	1,2,5,7	Super Bakery
Dunkin Stik, Glazed (WG), double pack (2 stiks)	3.2 oz (91g)	300	48	3	23	360	5	1	4	1,2,5,7	Super Bakery
Dutch Waffle, WG (Funnel Cake)	2.9 oz (83g)	330	38	3	12	330	4	19	3	1,2,,5,7	sprinkled w/ powdered sugar
Egg, Breakfast Wrap with Cheese (WG)	3.1 oz (88g)	180	14	2	1	430	10	10	4	1,2,5,7	Sunny Fresh
Egg & Cheese Filled Biscuit (Prepackaged)	2.5 oz (71g)	240	19	2	2	440	10	14	8	1,2,5,7*	*May contain Sesame
Egg & Cheese on WG English Muffin Sandwich (Prepackaged)	3.4 oz (97g)	200	24	2	2	320	9	7	1.5	1,2,5,7	Tasty Brands
Egg & Cheese Croissant Sandwich	4.4 oz (126 oz)	341	31	3	5	761	13	19	9	1,2,5,7	
Egg and Cheese Sandwich-All	4.2 oz (119g)	271	27	3	2	831	13	12	6	1,2,5,7	(roll main contain sesame seeds)
Eggs, Skillet Omelet, Omelet with Coby Cheese (prepackaged)	2.1 oz (60g)	110	1	0	0	210	8	8	3	1,2,7	Sunny Fresh
Eggs, Skillet Omelet, (Omelet with Colby Cheese) with Turkey Bacon	2 oz (57g)	130	8	0	0.5	510	8	10	4	1,2,7	Sunny Fresh *substitutes may contain pork*
French Toast, Cinnamon Toast Crunch, Mini, SS Pouch	2.9 oz (83g)	210	36	3	11	200	4	7	1	1,2,5,7	General Mill's
French Toast, Eggo Bites Mini French Toast	3.03 oz (86g)	190	37	4	11	210	4	5	1.5	1,2,5,7	Kellogg's

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French Toast Sticks (WG) Elementary (Bake Crafters)	3 each (94g)	260	42	2	14	290	6	8	1	1,2,5,7	Bake Crafters
French Toast Sticks (WG) Int and HS (Bake Crafters)	4 Each (126g)	347	56	3	19	387	8	11	1	1,2,5,7	Bake Crafters
French Toast Sticks (WG) Elementary (Farm Rich)	3 each (68g)	195	29	2	7	225	5	8	1	1,2,5,7	Farm Rich
French Toast Sticks (WG) Int and HS (Farm Rich)	4 Each (91g)	260	38	3	9	300	6	10	2	1,2,5,7	Farm Rich
Ham, Egg and Cheese Sandwich on WG Hamburger Roll	5.5 oz (155g)	415	28	3	3	795	25	22	12	1,2,5,7,8	PORK(roll may contain sesame seeds)
Honey Bun Cinnamon Reduced Fat Sweet Roll	3 oz (85 g)	270	40	3	13	220	6	10	4.5	1,5,7	Bake Crafters
Mini Cinni's, Pull Apart Mini Cinnamon Rolls	2.3 oz(65g)	230	41	3	14	280	5	7	1.5	1,5,7	Pillsbury
Muffin, Apple Cinnamon (2 oz WG Bake Crafters)	2 oz (57 g)	160	27	1	13	100	3	5	0.5	1,2,5,7	Bake Crafters
Muffin, Apple Cinnamon (2 oz WG Otis Spunkmeyer)	2.0 oz (57g)	180	31	2	16	125	3	6	2	2,5,7	Otis Spunkmeyer
Muffin, Banana (2 oz WG, Otis Spunkmeyer)	2.0 oz (57g)	190	30	2	17	130	3	6	2	2,5,7	Otis Spunkmeyer
Muffin, Banana (2 oz WG Bake Crafters)	2 oz (57 g)	160	28	1	15	100	3	4	0.5	1,2,5,7	Bake Crafters
Muffin, Banana ( 4 oz Otis Spunkmeyer)	4 oz (113g)	380	61	5	34	260	7	12	4	2,5,7	Otis Spunkmeyer
Muffin, Banana Nut (4 oz Otis Spunkmeyer)	4 oz (113g)	470	59	1	33	380	6	23	3.5	2,4,5,7	Otis Spunkmeyer
Muffin, Blueberry (2 oz WG Bake Crafters)	2 oz (57g)	160	26	1	14	95	3	5	0.5	1,2,5,7	Bake Crafters
Muffin, Blueberry (2 oz WG, Otis Spunkmeyer)	2.0 oz (57g)	190	30	2	16	130	3	6	2	2,5,7	Otis Spunkmeyer
Muffin, Blueberry (4 oz WG, Otis Spunkmeyer)	4 oz (113g)	380	61	5	32	270	6	12	4	1,2,5,7	Otis Spunkmeyer
Muffin, Chocolate Chip (4 oz WG, Bake Crafters)	4 oz (113g)	340	57	2	30	200	6	11	2	1,2,5,7	Bake Crafters
Muffin, Chocolate Chocolate Chip (2 oz WG, Otis Spunkmeyer )	2.0 oz (57g)	190	33	2	17	130	3	6	2	1,2,5,7	Otis Spunkmeyer
Muffin, Chocolate Chocolate Chip (4 oz WG, Otis Spunkmeyer)	4 oz (113g)	390	63	4	35	260	7	12	4	1,2,5,7	Otis Spunkmeyer
Muffin, Corn (2 oz Bake Crafters)	2.2 oz (62g)	190	30	1	12	290	4	6	0.5	1,2,5,7	Bake Crafters
Nutri Grain Bar, Apple Cinnamon (WG)	1.6 oz (44 g)	150	30	3	14	130	2	4	0.5	1,5,7	Kellogg's
Nutri Grain Bar, Blueberry, Low Fat (WG)	1.6 oz (44 g)	150	30	3	15	135	2	4	0.5	1,5,7	Kellogg's
Nutri Grain Bar, Strawberry (WG)	1.6 oz (44 g)	150	30	3	14	150	2	4	0.5	1,5,7	Kellogg's
Pancakes, Eggo Mini Blueberry (All)	3.03 oz (85.7g)	210	35	4	11	310	4	6	1	1,2,5,7	Kellogg's
Pancakes, Eggo Mini Confetti (All)	3.04 oz (86)	220	36	4	11	300	4	7	1	1,2,5,7	
Pancakes, Eggo Mini Maple Flavored (All)	3.03oz (86g)	200	35	4	10	210	4	6	1	1,2,5,7	Kellogg's
Pancakes, Eggo Mini Vanilla Birthday Cake Flavored (All)	3.03 oz (86g)	220	36	4	11	300	4	7	1	1,2,5,7	Kellogg's
Pizza Bagel (WG) 4 inch	3.8 oz (108g)	220	30	4	3	130	14	6	3	1,5,7	Nardones
Pizza, Breakfast with Egg, Bacon, Cheese & gravy, 3x5" WG	3 oz	190	20	2	4	300	10	8	2	1,2,5,7	Nardones *may contain pork
Pop Tart, Blueberry Frosted WG, Double Pack (Int/HS only)	3.3 oz (96g)	340	73	6	29	230	4	5	2	5,7	Kellogg's
Pop Tart, Blueberry Frosted WG, Single Pack	1.76 oz (50g)	170	36	3	14	180	2	3	1	5,7	Kellogg's
Pop Tart, Cinnamon, Frosted, WG, Double Pack (Int/HS only)	3.4 oz (96g)	400	69	1	30	340	5	12	4	5,7	Kellogg's
Pop Tart, Cinnamon, Frosted, WG, Single Pack	1.76 oz (50g)	170	37	3	15	120	2	3	1	5,7	Kellogg's
Pop Tart, Smore, Frosted, WG Double Pack (Int/HS only)	3.4 oz (96g)	370	67	1	35	390	5	9	3	1,2,5,7	Kellogg's
Pop Tart, Strawberry, Frosted, (WG), Double Pack (Int/HS only)	3.4 oz (96g)	340	73	6	29	230	4	5	2	5,7	Kellogg's
Pop Tart, Strawberry, Frosted, (WG), Single Pack	1.76 oz (50g)	170	36	3	14	115	2	2.5	1	5,7	Kellogg's
Pop Tart Chocolate Fudge, Frosted, WG, Double Pack (Int/HS only)	3.4 oz (96g)	350	73	6	29	240	5	6	2	5,7	Kellogg's
Sausage, Egg and Cheese on WG Roll - all	5 oz (148g)	370	30	3	3	752	16	22	8	1,2,5,7,8	
Sausage-on-a-Stick - All	1 stick (71g)	140	16	2	6	360	8	5	1.5	1,3,5,7	Jimmy Dean *substitutes may contain pork*
Sausages, Links - All	2 Links (45g)	170	1	0	0	380	6	16	5	8	
Sausages, Patties - All	2 sausages (75 g)	240	2	0	0	344	12	20	7.5	8	Served w/ french t. or pancakes or waffle
Sausages, Turkey, Patties- All	2 sausages (56 g)	120	0	0	0	180	12	8	2	none indicated	*Substitutes may contain pork
Strudel, Apple (Frudel)	2.29 oz (64.9g)	210	38	3	10	250	5	5	1	1,5,7	
Turnover, Cinnamon Filled WG	2.9 oz (82g)	290	46	4	14	280	6	10	2	5,7	Hadley Farms

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	Waffle, Dutch (Funnel Cake)	2.9 oz (83g)	330	38	3	12	330	4	19	3	1,2,,5,7	sprinkled w/ powdered sugar
	Waffle, Eggo Mini Cinnamon, Pouch All	2.6 oz (75g)	190	34	4	8	210	4	5	1.5	1,2,5,7	Kellogg's
	Waffle, Eggo Mini Bites Maple Flavored, Pouch (All)	2.64oz(74.8g)	190	35	5	9	220	5	5	1.5	1,2,5,7	Kellogg's
	Waffle, Eggo Mini Chocolate Chip, Pouch (All)	3.03 oz (86g)	200	37	6	11	210	5	5	1.5	1,2,5,7	Kellogg's
	Waffles, Froot Loops WGR	2.6 oz (74g)	180	32	3	5	210	4	6	1.5	1,2,5,7	
	Waffle, Belgian, Variety of Flavors, Individual Pouch	2.3 oz (65g)	240	33	2	12	200	5	9	2.5	1,2,5,7	Waffle Envy
	Waffle, WG Chocolate Chip (Prepackaged)	2.4 oz (68g)	260	37	2	19	100	4	12	4	1,2,5,7	Tasty Brands
	Yogurt "Dirt" Parfait	8.5 oz (241g)	133	29	3	17	43	1	2	0	1,5	Yogurt, strawberries, choc. graham crackers
	Yogurt 4 oz + (1) Mozzarella String Cheese Meal - ALL	5 oz (141 g)	170	21	0	15	250	9	6	4	1	
	Yogurt, 4 oz , Upstate Farms, Variety	4 oz (113g)	90	19	0	14	55	3	0	0	1	Upstate Farms
	Yogurt, 8 oz, Upstate Farms, Variety	8 oz (227g)	180	38	2	30	105	6	0	0	1	Upstate Farms
	Yogurt, Trix, Raspberry Rainbow	4 oz (113g)	80	15	0	9	65	4	1	0	1	Yoplait
	Yogurt, Trix, Strawberry Banana Bash	4 oz (113g)	80	15	0	9	60	4	0.5	0	1	Yoplait
	Yogurt, Trix, Triple Cherry	4 oz (113g)	80	15	0	9	65	4	0.5	0	1	Yoplait
Entrées	American Hoagie-Elementary (Ham + Bologna)	8.2 oz (238 g)	340	33	4	4	1242	18	15	8	1,5,7,8	served on hot dog roll
	American Hoagie-Int and HS (Ham + Bologna)	9.3oz.(251g)	405	40	4	5	1479	22	17	8	1,5,7,8	served on hoagie roll
	ANYTIMERS Lunch Kit, WG Buffalo Chicken & Cheese (Prepackaged)	4.52 oz (128g)	380	17	2	12	920	19	17	8	1,2,5,7	Tasty Brands
	ANYTIMERS Lunch Kit, WG Cheese Pizza (Prepackaged)	5.3 oz (149g)	360	41	4	5	760	19	14	7	1,5,7	Tasty Brands
	Bacon Cheeseburg on WW Roll	5.6 oz (157 g)	372	33	3	2	683	25	19	8	1,5,7,8	(roll may contain sesame seeds)
	BBQ Cheddar Chicken Wrap - ALL	5.3 oz (151g)	371	37	3	7	889	20	15	10	1,5,7	
	BBQ Chicken Wrap-All	9 oz (254g)	476	56	7	9	1068	20	20	3	5,7	
	Beef Bowl - A La Carte	9.43 oz (267g)	143	22	2	2	386	8	3	1	1,5,7	
	Beef Bowl - Elementary and Intermediate	10.8 oz (305g)	205	25	2	3	516	13	6	2	1,5,7	
	Beef Bowl - HS	11.3 oz (319g)	233	26	2	3	562	15	7	3	1,5,7	
	Beef and Cheddar Cheese Wrap- Elementary (Hot)	4.4oz (124g)	281	30	3	3	612	16	11	4	1,5,7	
	Beef and Cheddar Cheese Wrap-Int and HS (Hot)	5.4 oz (153g)	352	31	3	3	807	22	16	8	1,5,7	
	Beef Bar B Q (Barbecued Beef) Sandwich - All	5.8 oz (160g)	298	32	6	2	408	20	11	5	1,5,7	(roll may contain sesame seeds)
	Beefaroni - All	8 oz (227g)	187	26	3	3	217	9	6	2	5,7	
	Bologna (Pork) (Lunch Meat only-no bread)	2 oz (57g)	140	4	0	1	480	5	11	4	7,8	
	Bologna (Pork) Sandwich-Elementary	5 oz (141g)	264	33	4.3	6	753	9	12	4	5,7,8	
	Bologna (Pork) Sandwich-Int and HS	6 oz.(155g)	299	34	4	6	873	11	15	5	5,7,8	
	Bologna (Pork) and Amer. Cheese Sandwich-Elementary	4 oz (113g)	274	32	4	5	848	10	13	5	1,5,7,8	
	Bologna (Pork) and Amer. Cheese Sandwich-Int and HS	5 oz (127g)	311	33	4	6	973	12	16	7	1,5,7,8	
	Bologna (Pork) and Amer. Cheese Wrap-Elementary	6.9 oz (195g)	379	38	5	5	960	13	20	8	1,5,7,8	
	Bologna (Pork) and Amer. Cheese Wrap-Int and HS	6.9 oz (195g)	379	38	5	5	960	13	20	8	1,5,7,8	
	Breadsticks, Garlic Cheese	3 sticks (4 oz)	260	29	2	2	410	14	10	5	1,5,7	
	Breadsticks, WG Cheesy Garlic Twisted	2 sticks (113g)	300	30	0	0	440	18	12	6	1,5,7	
	Breadsticks, Soft, WG, Mozzarella Cheese Stuffed	2 Sticks (125g)	303	35	4	2	440	20	10	5	1,5,7	
	Breadsticks, Soft, WG, Mozzarella Cheese Stuffed with Marinara Sauce + 2 oz sauce (12		328	40	5	5	685	21	11	5	1,5,7	
	Buffalo Chicken Wrap-All	7.4 oz (209g)	400	44	5	3	916	21	14	3	1,2,5,7	
	Buffalo Chicken & Cheddar on Brioche Bun Sandwich (Prepackaged)	4.5 oz (128g)	280	31	2	5	870	21	10	4	1,5,7	Tasty Brands
	Buffalo Chicken & Mozzarella Flatbread Sandwich (Prepackaged)	4.6 oz (130g)	280	32	3	3	790	21	9	3.5	1,5,7,9	Tasty Brands
	Burrito, Beef - All	6 oz (172g)	389	36	5	4	873	19	19	9	1,5,7	Salsa pack not included

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	Portion size	Calories	Carbohydrate	Dietary Fiber	Sugar	Sodium	Protein	Total Fat	Saturated	Allergens	Comments
Burrito, Pork, Seasoned (BBQ Sauce)	7 oz (189g)	417	46	3	15	1341	20	14	6	1,5,7,8	
Burrito, Pork, Zesty (Pepperjack Cheese)	7 oz (189g)	415	46	3	15	1342	19	14	5	1,5,7,8	
Burrito, Turkey - All	5 oz (144g)	313	30	3	2	485	17	13	4	1,5,7	Salsa pack not included
Calzone, Cheese, Mini (3)	5 oz (145g)	330	41	41	6	390	17	11	5	1,5,7	
Calzone/Pizza Boli/Stromboli, Cheese Stuffed (Premade)	5 oz (142g)	310	35	2	5	690	16	13	6	1,5	
Cheese, Stick, Breaded Mozzarella (1 serving = 5 sticks)	4.5oz (128 g)	400	37	3	2	467	18	20	7.5	1,5,7	Farm Rich
Cheese, Sticks Breaded Mozzarella (1 serving = 5 sticks)	4.24 oz (120g)	400	31	3	1	610	18	23	7	1,5,7	Tasty Brand
Cheese, Stick, Breaded Mozzarella w/ Red Sauce (5 sticks + 2 oz sauce)	6.5 oz (184)	425	43	4	6	713	19	21	8	1,5,7	Farm Rich
Cheese Sandwich -Elementary	3.5 oz (99g)	332	37	4	4	1108	16	14	8	1,5,7	
Cheese Sandwich -Int and HS	4 oz (115g)	383	38	4	4	1331	18	18	10	1,5,7	
Cheeseburger (NO ROLL)- All	2.5 oz (57.5g)	160	1	0	0.5	225	13.5	11	6	1,7	
Cheeseburger on Whole Wheat Roll(Beef)- All	5 oz (150.18g)	343	26	3	2	536	23	17	8	1,5,7	(roll may contain sesame seeds)
Cheesesteak Sandwich-Elementary (Beef)	4.8 oz (136 g)	305	45	3	7	1300	14	9	4	1,5,7	Elementary; Hot dog roll
Cheesesteak Sandwich-Intermediate and HS (Beef)	6 oz. (155g)	325	38	4	4	851	20	9	5	1,5,7	Secondary: Steak roll
*Steak Meat (Beef) with cheese and no bread	3.2 oz (91g)	191	20	1	4.3	990	12	7.5	4	1,7	
*Steak Meat (Beef) with no cheese and no bread	2.2 oz (62 g)	100	1	1	0	150	11	6	2.5	7	
Cheesy Beef Bake-Elementary	6 oz (170g)	274	30	2	4	458	13	12	6	1,5,7	
Cheesy Beef Bake-Intermediate and HS	8 oz (232g)	371	41	2	5	618	18	16	9	1,5,7	
Cheesy Chicken Bake with Broccoli-Elementary	6 oz(170g)	128	14	0.6	2	379	7	5	3	1,2,5,7	
Cheesy Chicken Bake with Broccoli-Intermediate and HS	8 oz (227g)	167	18	0.8	3	495	9	6	4	1,2,5,7	
Cheesy Pork BBQ Wrap - All	7.6 oz (215g)	673	33	5	3	1199	42	36	20	1,5,7	
Chicken, Baked (Bone-In Breasts, Thighs, Legs) - All	6 oz (227g)	300	0	0	0	600	28	20	6	none indicated	
Chicken, Baked w/ BBQ Sauce (Bone-in Breasts, Legs, Thighs) -All	6.4 oz (181g)	313	3	0	2.6	759	28	20	6	none indicated	
Chicken, Baked Breaded Honey Stung (Bone -in Breasts, Legs, Thighs)-All	6 oz (168 g)	540	12	0	2	1100	38	38	10	2,5,7	
Chicken- BBQ Wrap-All	9 oz (254g)	476	56	7	9	1068	20	20	3	5,7	
Chicken, BBQ Cheddar Wrap - ALL	5.3 oz (151g)	371	37	3	7	899	20	15	9	1,5,7	
Chicken, Bites (Chunks) - All	4 oz (113g)	191	13	1	0	472	20	7	1	1,5,7	John Soules
Chicken, Bites Spicy WG (Chunks)	6 bites (106g)	204	13	1	2	504	17	10	2	5	Tyson
Chicken Bowl, Southern - All	15oz (440g)	624	48	8	3	1603	30	34	9	1,5,7	
Chicken Broccoli Alfredo over Penne Pasta - All	8 oz (226.8g)	320	50	1	6	629	23	12	6	1,5	
Chicken Cheese Steak - Elementary	4.8 oz (136g)	281	44	2	7	1303	14	7	3	1,5,7	
Chicken Cheese Steak - Intermediate/High School	5.9 oz (155g)	282	36	3	2	740	19	6	4	1,5,7	
Chicken Steak Meat - - no cheese- no bread	2.5 oz (71g)	84	0	0	0	176	12	4	2	none indicated	
Chicken Steak Meat - with cheese- no bread	3,5 oz (99g)	175	19	0	4	1016	13	6	4	1	
Chicken Fajita-All	5.7 oz (162g)	115	7	2	4	595	14	3	1	none indicated	
Chicken Fajita with Rice-All	10.2 oz (288g)	263	39	2	2.6	595	17	3	1	none indicated	
Chicken Fajita Wrap- All	8 oz (224g)	295	36	5	6	815	19	7	2	5,7	
Chicken, Filet Sandwich (Breaded, WG)	6.15 oz (174g)	350	42	4	4	740	25	10	2	1,5,7	
Chicken Fryz/Fries/Sticks	8 Fries (96g)	230	14	2	1	340	13	13	2.5	5,7	Tyson
Chicken, General Tso's - All	3.9 oz (111g)	210	25	1	13	460	12	7	1	1,2,5,7,9	Green Dragon
Chicken, Grilled Parmesan Sandwich - All	6 oz (170g)	278	28	3	4	673	28	7	2	1,5,7	
Chicken, Honey BBQ Chunks/Bites - All	4 oz (113g)	160	19	1	4	530	10	5	0	5,7	
Chicken, Mandarin Orange Jr. - All	3.6 oz (100g)	150	19	0	10	280	11	3	0.5	2,5,7	Yang's 5th Taste
Chicken Nuggets-All (Tyson Tempura Battered)	5 nuggets (100)	225	11	0	0	517	12	15	3	5	Tyson Tempura Battered

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Chicken Nuggets (Breaded) - All	5 nuggets (86g)	200	13	2	0	400	15	10	2	5,7	
Chicken Parmesan - All	4.6 oz (131 g)	247	14	2	2	631	20	12.4	4	1,2,5,7	
Chicken Parmesan with Noodles-All	8.7 oz (247g)	474	55	8	4	641	27	17	4	1,2,5,7	
Chicken Parmesan Sandwich on Whole Wheat Roll - All	6.6 oz (192g)	419	43	7	4	944	23	17	5	1,5,7	(roll may contain sesame seeds)
Chicken Patty (NO ROLL)- All	3oz (92g)	240	15	3	0	460	14	13	3	5,7	
Chicken Patty on Whole Wheat Roll -All	5 oz (148g)	360	40	6	2	720	19	14	3	1,5,7	(roll may contain sesame seeds)
Chicken Patty SPICY on WW Roll -all	5 oz (148g)	304	38	4	1	496	20	9	1	1,5,7	(roll may contain sesame seeds)
Chicken, Popcorn	4 oz (113g)	303	18	4	1	462	18	17	0	5,7	Tyson
Chicken Quesadilla-All	5.2oz (149g)	405	32	3	3	821	22	20	11	1,5,7	
Chicken, Quesadilla, Cheese, and Green Chile (Prepackaged)	4.4 oz (123g)	310	32	4	1	390	17	13	6	1,5,7	Tasty Brands
Chicken, Rotisserie Seasoned & Mozzarella cheese on Brioche Bun (Prepackaged)	4.5 oz (128g)	280	31	2	5	920	19	10	4	1,5,7	
Chicken Salad - All	3.4 oz (98g)	144	4	0.4	1.6	360	14	7	4	2, 7	
Chicken Salad Sandwich - All	5 oz (154 g)	264	32	4	6	630	18	8	4	2,5,7	
Chicken, Sweet & Sour - All	4 oz (113g)	282	23	3	9	451	15	14	0	5,7	
Chicken, Sweet & Sour over Rice- All	8 oz (227g)	536	66	4	12	601	23	18	0	5,7	
Chicken, Sweet Chili Sauce - All	4 oz	139	17	0	6	365	12	3	0.5	2,5,7	Ling's
Chicken Tenders - All	3 tenders (95g)	261	16	3	1	392	15	15	2.5	5,7	Tyson
Chicken, Teriyaki - All	4 oz (113g)	132	3	0	3	1201	17	5	3	5,7	
Chicken, Teriyaki over Rice - All	8 oz (249g)	293	38	0	3	1201	21	5	3	5,7	
Chicken, Waldorf Salad	4oz (116g)	201	14	1	9	396	14	9	4	2,7	
Chicken, Waldorf Salad Sandwich	8oz (225g)	394	48	5	12	738	23	13	5	2,5,7	
Chicken, Waldorf Salad Wrap	7.7oz (219g)	424	46	5	13	698	22	16	6	2,5,7	
Chicken Wings - Honey BBQ	4 wings (94 g)	220	8	0	6	430	15	14	4	7	Tyson
Chicken Wings - (Unseasoned)	3 wings (77 g)	210	1	0	0	250	14	17	5	0	Tyson
Chicken Wings-Wings of Fire (PreSeasoned Hot Wings)	4 wings (142g)	320	2	0	0	820	30	22	6	5,7	Tyson
Chicken with Gravy - All	6 oz (170g)	181	4.3	0	0.9	852	26	4	6	1,5,7	
Chik'n Nuggets - Vegetarian Nuggets - ALL	5 Each (107.5g)	250	25	3.8	2.5	462.5	15	11.3	1.9	5,7	MorningStar Farms
Chili, Mexican-Elementary (Beef)	6 oz (170g)	207	16	3	10	453	13	10	6	1	
Chili, Mexican-Int and HS (Beef)	8 oz (226g)	257	21	4	13	570	17	12	6	1	
Chili, Chicken - Elementary	6 oz (169g)	161	21	5	0.7	535	12	4	2	1,7	
Chili, Chicken - Int and HS	8oz (223 g)	213	27	6	1	708	16	5	3	1,7	
Corn Dogs, Mini (Chicken)	6 Each (119g)	271	30	5	5	411	10	12	4	2,5,7	Foster Farms
Corn Dogs, Mini (Turkey)	6 Each (114g)	257	35	0	11	362	10	10	2	1,2,5,7	JTM
Cuban Pork Sandwich-Elementary	4.7 oz (133g)	393	25	2	2	748	31	19	11	1,5,7,8	mustard pack served separate
Cuban Pork Sandwich-Int and HS	6.4 oz (170 g)	534	34	3	2	1115	44	23	13	1,5,7,8	mustard pack served separate
Egg Burrito ( Lunch) - All	7.4 oz (210g)	432	45	5	4	824	16	25	8	1,2,5,7	
Egg Salad-All	3.1 oz (89g)	148	6.2	0.3	2	269	6.1	10.6	2.5	2,7	
Egg Salad Sandwich-All	5.6 oz (158g)	272	32	3.2	5	514	10	12	3	2,5,7	
Egg, Turkey Bacon and Cheese Sandwich	5.2 oz (147g)	296	27	3	3	935	15	14	6	1,2,5,7	*substitutes may contain pork*
Fiesta Quesadilla (Vegetarian)- Elementary	4.9 oz (138g)	298	24	3	2	486	14	16	9	1,5,7	
Fiesta Quesadilla (Vegetarian)- Intermediate & High School	6 oz (169g)	427	47	6	5	662	18	19	10	1,5,7	
Fish, Whole Grain Breaded Alaskan Pollock Filet Portions/Patties	3.6 oz (102.06oz)	200	15	2	0	300	15	9	0.5	1,5,6,7	Highliner Foods
Fish Sandwich on WW Roll - ALL	5 oz (142g)	287	37	4	2	481	16	9	0.4	1,2,5,6,7	
Fish Sandwich on Whole Wheat Roll-Elementary and Int	5 oz (142g)	287	37	4	2	481	16	9	0.4	1,2,5,6,7	tartar sauce served separate

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Fish Sandwich on Whole Wheat Roll-HS	5.2oz (147.6g)	304	40	4	1	486	18	9	0.4	1,2,5,6,7	tartar sauce served separate
Fish and Cheese Sandwich - All	6 oz (170g)	393	39	4	3	774	18	18	5	1,2,5,6,7	tartar sauce served separate
Fish Sticks - Elementary	3 sticks (86 g)	222	28	1	1	375	10	8	1	5,6,7	(High Liner Foods/US Foods)
Fish Sticks - Intermediate/High School	4 Sticks (113 g)	294	36	1	1	497	14	11	1	5,6,7	(High Liner Foods/US Foods)
Fish Sticks -All	4 Sticks (113g)	200	18	2	1	310	16	8	1.5	5,6,7	(USDA)
French Toast Sticks with Turkey Bacon -Elementary	3 sticks + 2 bacon	270	43	2	9	610	13	11	4	2,5,7	may contain pork
French Toast Sticks with Turkey Bacon - Int and HS	4 sticks + 2 bacon	340	53	17	9	510	12	13	1.5	5,7	may contain pork
French Toast Sticks with Sausage - Elementary	3 sticks+2 links	380	30	2	9	690	14	23	8	2,5,7,8	PORK
French Toast Sticks with Sausage - Int and HS	4 sticks+2 links	450	40	3	12	793	17	25	8	2,5,7,8	PORK
Ham, Baked, Slice	3 oz (85 g)	96	5	0	4	1173	13	3	1	8	
Ham (Lunch Meat only-no Bread)	3.58 oz (101g)	120	2	0	2	1020	18	4	2	7,8	PORK
Ham Sandwich - Elementary	4.8 oz(136 g)	272	36	4	4	1224	22	5	2	1,5,7,8	PORK
Ham Sandwich - Int and HS	5.8 oz (164 g)	306	36	4	4	1508	27	6	2	1,5,7,8	PORK
Ham & Cheddar Cheese Wrap-Elementary (HOT)	4.4 oz (125 g)	403	33	5	3	977	22	20	12	1,5,7,8	PORK
Ham & Cheddar Cheese Wrap-Int and HS (HOT)	5.4 oz (153 g)	594	35	5	3	1418	34	35	22	1,5,7,8	PORK
Ham and Cheese (American) Deli-Elementary	6.9oz.(195g)	238	27	3	4	1053	18	7	4	1,5,7,8	PORK (roll may contain sesame seeds)
Ham and Cheese (American) Deli-Int and HS	7.4 oz (209g)	327	36	3	4	1282	22	12	6	1,5,7,8	PORK
Hot Ham & Cheese (American) on WG burger Roll - Elem	4.5 oz (127g)	238	27	3	3	1053	18	7	4	1,5,7,8	PORK (roll may contain sesame seeds)
Hot Ham and Cheese (American) on WG burger Roll - I/HS	5 oz (141g)	288	28	3	3	1275	20	11	6	1,5,7,8	PORK (roll may contain sesame seeds)
Ham and Cheese (American) Sandwich-Elementary	4.5 oz (127g)	298	36	4	4	1233	21	8	4	1,5,7,8	PORK
Ham and Cheese (American) Sandwich-Int and HS	5 oz (143g)	348	37	4	4	1455	23	12	6	1,5,7,8	PORK
Ham & Cheese (American) Wrap-Elementary	7 oz (189g)	306	35	5	5	1049	18	11	5	1,5,7,8	PORK
Ham & Cheese (American) Wrap-Int and HS	7.4 oz (209g)	357	36	5	5	1272	21	15	8	1,5,7,8	PORK
Hamburger (NO ROLL) (Beef)-All	2 oz (57g)	110	0	0	0	150	11	7	3.5	none indicated	Maid-Rite
Hamburger on Whole Wheat Roll (Beef)- All	4oz (113g)	230	25	3	2	410	16	8	4	1,5,7	(roll may contain sesame seeds)
Hot Dog (NO ROLL) (Beef and Pork)- ALL	2 oz (57g)	170	0	0	0	590	7	16	6	7,8	Berks
Hot Dog (No ROLL) All Beef - All	2 oz (56g)	140	0	0	0	520	6	12	5	none indicated	Berks
Hot Dog on WG Roll - All Beef - All	4oz (112g)	260	25	3	1	780	11	13	5	1,5,7	
Hot Dog on WG Roll-All (Beef and Pork) All	4 oz (107g)	280	23	2	2	800	10	18	6	5,7,8	
Hot Dog, Turkey (NO ROLL) - All	2 oz (57g)	120	4	0	2	630	7	9	3	none indicated	Briar St **Subs may contain pork
Hot Dog, Turkey on WW Roll - All	4 oz (108g)	230	27	2	4	840	10	11	3	5,7	Briar St **Subs may contain pork
Hummus - All	4.2 oz (118g)	115	11	3	26	112	3	7	2	7	
Italian Chicken Salad Wrap - All	6 oz (178 g)	356	35	5	5	1024	24	12	7	2,5,7	
Italian Dunkers (2) (without meat sauce)	3 oz (86 g)	240	50	0	2	480	10	0	0	5,7	2 bread sticks
Italian Dunkers (2) with Meat Sauce-All	7.1 oz (198g)	295	46	2	7	955	17	6	2	5,7	2 bread sticks
Italian Hoagies-Elementary (Bologna + Salami + Ham)	8.7 oz (251)	394	33	4	5	1489	21	20	9	1,5,7,8	served on hot dog roll; Pork
Italian Hoagies-Int and HS (Bologna + Salami + Ham)	10 oz.(265g)	493	41	4	6	1806	24	25	11	1,5,7,8	served on hoagie roll; pork
Italian Sub - Elementary (Ham & Pepperoni)	3.8(201g)	228	30	4	4	830	14	6	3	1,5,7,8	served w/ packet of italian dressing
Italian Sub - Int/High School (Ham & Pepperoni)	4 oz (113 g)	293	35	3	3	910	14	10	4	1,5,7,8	served w/ packet of italian dressing
Italian Wrap - Elementary (Ham/Pepperoni/Am. Cheese)	4.3 oz (123g)	411	33	3	4	1268	18	23	9	1,5,7	pork
Italian Wrap - Int./ H. S. (Ham/Pepperoni/ Am. Cheese)	5.8 oz (165g)	490	35	3	6	1690	24	29	12	1,5,7	pork
Italian Combo on WG Wrap (Prepackaged)	3.5 oz (99g)	240	17	1	2	710	15	12	6	1,5,7	Tasty Brands
Lasagna Roll-Ups	8 oz (238g)	261	39	4	11	742	17	5	2	1,5	
MC Burger (NO ROLL) - All	2.9 oz (81g)	190	8	1	5	390	11	12	6	1,5	

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MC Burger On WW Roll- All	4.8 oz (137g)	309	33	4	7	620	15	13	6	1,5,7	
Macaroni and Cheese-Elementary (side dish) American cheese	2.7 oz (76g)	131	13	0.5	2	339	6	6	4	1,5,7	
Macaroni and Cheese-Int and HS (side dish) American cheese	4 oz (108g)	184	18	1	3	488	8	9	5	1,5,7	
Macaroni and Cheese-Elementary (entree) American cheese	5 oz (172g)	294	29	1	5	781	13	14	9	1,5,7	
Macaroni and Cheese-Int and HS (entree) American cheese	8 oz (227g)	386	38	1	6	1027	18	19	11	1,5,7	
Macaroni and Cheddar Cheese-Elementary (side dish)	2.8 oz (79g)	309	14	0.5	1	466	16	21	14	1,5,7	
Macaroni and Cheddar Cheese-Int and HS (side dish)	4 oz (108 g)	429	19	0.7	2	641	22	29	19	1,5,7	
Macaroni and Cheddar Cheese-Elementary (entree)	5 oz (173g)	681	31	1	3	1025	36	46	31	1,5,7	
Macaroni and Cheddar Cheese-Int and HS (entree)	8 oz (227g)	903	40	1	4	1349	47	61	41	1,5,7	
Max Stix (Stuffed Pizza Stick) - ALL	4oz (110g)	260	30	2	6	560	18	9	3	1,5,7	2 max stix
Max Stix (Stuffed Pizza Stick) With Sauce - ALL	6 oz (167 g)	283	35	3	9	782	19	9	3	1,5,7	2 maxstix + 2 oz tomato sauce
Meat & Cheese Taco Snack (Prepackaged)	4.44 oz (126g)	298	31	5	2	513	17	13	8	1,5,7	
Meatballs (NO ROLL/PASTA)	2.5oz (71g)	140	6	0	2	230	13	7	3	1,5,7	5 meatballs
Meatball Parm Sandwich-Elementary (Beef)	7 oz (186 g)	295	33.4	3	7	739	18.1	11.3	4.2	1,5,7	4 meatballs served on hot dog roll
Meatball Parm Sandwich-Int and HS (Beef)	8 oz (206g)	386	44	4	7	962	24	13	5	1,5,7	5 meatballs served on hoagie roll
Meatball Sandwich-Elementary (Beef)	6 oz (172g)	247	33	3	7	644	14.4	8.1	2.4	1,5,7	served on hot dog roll
Meatball Sandwich-Int (Beef)	7.3 oz. (206g)	357	48.2	5	6	903	21	9.6	3	1,5,7	served on hoagie roll
Meatball Sandwich-HS (Beef)	7.3 oz. (206g)	357	48.2	5	6	903	21	9.6	3	1,5,7	served on hoagie roll
Meatloaf (NO GRAVY)- All	2.6 oz (74g)	120	5	1	1	240	12	7	3	1,2,5,7	
Meatloaf with Gravy- ALL (Beef)	5.5oz (155g)	156	10	1	1	748	12	7	3	1,2,5,7	Includes beef gravy
Mini Mozzarella Cheese Bites WG - All	12 Each (113.4g)	321	40	0	0	416	17	10	6	1,5,7	
Peanut Butter (ONLY)	2 TBSP(32g)	210	8	2	4	150	7	16	3	3,4,7	
Peanut Butter and Jelly Sandwich-Elementary	4.3 oz (122g)	542	51	7	15	690	22	28	5	1,3,4,5,7	whole wheat bread
Peanut Butter and Jelly Sandwich-Int and HS	5 oz.(143g)	681	54	8	17	796	28	40	8	1,3,4,5,7	whole wheat bread
Pepperoni & Cheese Sandwich	3.25 oz (92g)	406	27	3	3	1380	17	27	12	1,5,7	May contain pork
Pierogies, Buttered - All	4.3 oz (123g)	240	31	1	1	518	5	10	4	1,2,5,7	
Pierogies Marinara-Elementary (2 each)	5.2oz (148 g)	199	24	3	4	665	11	7	4	1,2,5,7	
Pierogies Marinara-Int and HS (3 each)	7.8 oz (221 g)	291	35	4	6	970	16	10	5	1,2,5,7	
Pizza Burger (w/ Beef Meatloaf Patty) NO Roll	3.6 oz (102 g)	162	5	1	2	391	16	10.5	5	1,2,5,7	
Pizza Burger on WW Roll- All (w/ Beef Hamburger Patty)	5.8 oz (163g)	332	27	3	3	451	21	16	6	1,2,5	
Pizza Burger on WW Roll-All (w/ Beef Meatloaf Patty)	5.7 oz (163g)	293	32	4	3	671	21	11	5	1,2,5,7	(roll may contain sesame seeds)
Pizza: Cheesy Bite Sticks (Wild Mikes)	4 sticks (112g)	280	28	4	0	540	16	12	4	1,5,7	
Pizza; Buffalo Chicken (WG) Nardones	4.6 oz (130g)	280	27	3	2	610	19	11	5	1, 5, 7	Nardones
Pizza, Buffalo Chicken WG (Bid Daddy's)	5oz (148g)	380	33	3	8	730	20	19	8	1,5,7	Big Daddy's
Pizza, 4 x 6 WW Nardones	5 oz (196g)	336	27	3	6	435	20	16	8	1,5,7	Nardones
Pizza; 5 inch round; wheat (WG)	5.4 oz (152g)	330	32	3	6	490	19	14	7	1,5,7	Nardones
Pizza; 5 inch round with sausage; wheat (WG)	5.9oz (166g)	375	33.4	3	2	715	23.3	16	8.4	1,5,7,8	Nardones
Pizza; 5 inch round with pepperoni; wheat (WG)	5.7oz (160g)	373	33.3	3	2	742	21	16	9	1,5,7,8	Nardones
Pizza; French Bread (Red) (WG)	5 oz (140g)	300	32	3	8	430	17	11	4	1,5,7	Tony's
Pizza; French Bread with Sausage (Red) (WG)	6 oz (170 g)	379	36	3	9	544	21	16	5	1,5,7,8	Tony's
Pizza; French Bread with Pepperoni (Red) (WG)	5.8 oz (165g)	348	36	3	9	551	20	13	4	1,5,7,8	Tony's
Pizza; Galaxy Pastry Style Pizza	4.45 oz (126g)	280	26	3	8	410	15	12	6	1,5,7	Tony's
Pizza, Kit WG Cheese ANYTIMERS (Prepared)	5.3 oz (149g)	360	41	4	5	760	19	14	7	1,5,7	Tasty Brands
Pizza, Meat Lovers (Sausage, Pepperoni and Bacon) WG	5.2 oz (148g)	350	29	4	2	534	21	11	5	1,5,7	Nardones

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	Portion size	Calories	Carbohydrate	Dietary Fiber	Sugar	Sodium	Protein	Total Fat	Saturated	Allergens	Comments
Pizza, Stuffed Crust WG The Max	5 oz (137g)	320	36	4	5	700	17	12	6	1,5,7	The Max
Pizza; stuffed crust (WG) Nardones	4.9 oz (140g)	340	31	2	7	350	22	11	6	1,5,7	Nardones
Pizza, Stuffed Crust WG topped with Pepperoni	5 oz (143g)	330	36	4	5	751	18	12	30	1,5,7	
Pizza topped with Ham & Pepperoni/ Meat Lovers Pizza	6 oz (171g)	475	30	3	3	1092	30	29	14	1,5,7,(*8)	*may contain pork
Pizza, Wedge, with Pepperoni, red WG	5 oz	350	29	4	3	680	20	16	8	1,5,7,8	Nardones
Pizza; wedge, WG, (Big Daddy's)	5.5 oz (153 g)	400	42	2	9	580	19	17	9	1,5,7	Big Daddy's
Pizza, Wedge, WG (Nardones)	5 oz (140g)	336	27	3	6	435	20	16	10	1,5,7	Nardones
Pork, BBQ Rib Sandwich on WW Roll - All	5.8 oz (164g)	323	36	4	14	1038	18	11	4	5,7,8	
Pork BBQ (Sauce Pre-mixed with Pork) (NO ROLL/RICE)	4oz(113g)	299	17	0	16	233	18	17	6	7,8	
Pork Barbeque over Rice(Sauce Pre-mixed with Pork) (WG)-All	8.8oz (249g)	461	52	0	16	234	22	17	6	7,8	Brookwoods Farm
Pork Barbeque on WG Roll -All (Sauce pre-mixed with Pork)	6 oz (169g)	334	42	3	17	494	23	18	6	1,5,7,8	(roll May contain sesame seeds)
Pork, BBQ Sandwich on WG Roll -ALL (Sauce added)	6 oz (169g)	334	49	3	23	1130	13	10	3	5,7,8	
Pork, BBQ Wrap	6.2 oz (175 g)	480	46	3	18	454	23	22	7	5,7,8	Brookwoods Farm
Pork, Burrito, Seasoned	6.7 oz (189 g)	417	46	3	15	1340	20	14	6	1,5,7,8	
Pork, Cutlet, Breaded	3.35 oz (95 g)	260	11	2	1	330	16	17	4.5	5,7	
Reuben Grill-All	6.4 oz (181g)	421	39	2	3	1261	18	21	9	1,5,7	Russian Dressing an option
Roast Beef (Lunch Meat only-no bread)	2 oz (57g)	60	1	0	1	390	11	2	1	7	
Roast Beef Deli-Elementary	5.9 oz (167g)	207	33	3	3	658	17	3	0	5,7	
Roast Beef Deli-Int and HS	6.9 oz (195g)	222	34	4	3	757	19	3	0	5,7	
Roast Beef and American Cheese Wrap (HOT) - Elementary	4.2 oz (119g)	276	31	3	3	751	16	10	4	1,5,7	
Roast Beef and American Cheese Wrap (HOT) - Interm. & High School	5.2 oz (147g)	341	32	3	4	1085	21	15	7	1,5,7	
Roast Beef and Cheddar Cheese Wrap-HOT- Elementary	4.2oz (119g)	281	30	3	3	612	16	11	4	1,5,7	
Roast Beef and Cheddar Cheese Wrap- HOT- Interm. and High School	5.2 oz (147g)	352	31	3	3	807	22	16	8	1,5,7	
Roast Beef and Cheese Deli-Elementary	6.4 oz (181g)	268	34	3.5	3	896	20	7.6	3.5	1,5,7	
Roast Beef and Cheese Deli-Int and HS	7.9oz (224oz)	336	36	3.6	3.8	1232	26	12	6	1,5,7	
Rotisserie Chicken & Mozzarella on WG Brioche Bun (Prepackaged)	4.5 oz (128g)	280	31	2	5	920	19	10	4	1,5,7	Tasty Brands
Salad, Chef with Kaiser Roll-All	10 oz (278 g)	311	37	4	5	1121	21	9	4	1,2,5,7,8	Pork
Salad, Vegetables for Boxed Salad/Int--HS	11 oz (315g)	79	10	4	7	167.1	2.4	2.5	0	1,2,5,6,7	
Salad, Oriental Chicken -All	8 oz (227g)	373	43	6	4	794	21	14	7	5	Served w/Pan Asian Oriental Dressing
Salami (Pork) (Lunch Meat only-no bread)	2 oz (6g)	210	2	0	2	940	10	18	7	8	
Salami (Pork) Sandwich-Elementary	4.5oz.(127g)	383	31	4	7	1445	17	24	9	5,7,8	
Salami (Pork) Sandwich- Int. & HS	5 oz (141g)	257	31	4	6	1212	16.2	10.1	3	5,7,8	
Salami (Pork) and Amer. Cheese Sandwich-Elementary	5 oz (141g)	433	32	4	7	1668	28	11	5	1,5,7,8	
Salami (Pork) and Amer. Cheese Sandwich-Int and HS	5.5oz (155g)	486	32	4	8	1903	22	32	13	1,5,7,8	
Sausages (Links)- All	2 links (45 g)	170	1	0	0	380	6	16	5	8	Served w/ french t. or pancakes or waffle
Sausages (Patties) - All	2 patties (75 g)	240	2	0	0	344	12	20	7	8	
Shepherd's Pie - All	7.8 oz (221g)	251	16	5	2	497	19	12	6	1,5,7	Ground Beef
Sicilian Style Cheese Pizza Boli (Prepackaged)	5 oz (142g)	310	35	2	5	690	16	13	6	1,5	Tasty Brands
Sloppy Joe (Premade, Beef) on WW Roll - All	6.5 oz (185g)	308	39	4	10	766	20	9	3	5,7	
Sloppy Joe (Premade, Ground Turkey) (NO ROLL)	4.9oz (141g)	160	17	2	8	420	17	5	1.5	none indicated	
Sloppy Joe-(Premade, Ground Turkey) - Elementary and INT	7 oz (200 g)	285	43	5	9	693	23	6	1.5	1,5,7	Ground Turkey
Sloppy Joe-(Premade, Ground Turkey) - HS	8.6 oz (243 g)	350	52	6	11	786	27	8	2	5,7	Ground Turkey
Sloppy Joe-Beef with Manwich Sauce Added (NO ROLL)-All	5oz(149g)	177	11	3	8	720	13	10	3	none indicated	
Sloppy Joe-Beef with Manwich Sauce Added on WG Roll - All	7oz(204g)	326	40	8	9	801	19	5	5	1,5,7	(roll may contain sesame seeds)

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Snap Chat Burger (Turkey)	11.3oz (321g)	338	35	5	6	483	17	16	5	2,5,7	
Spaghetti with red sauce - All (side dish)	4.4 oz (124g)	100	19	1	3	157	3	1.6	0.1	2,5,7	
Spaghetti and Meatballs-Elementary	8.5 oz (241 g)	361	53	3	7	490	19	9	3	1,5,7	Does not include cheese
Spaghetti and Meatballs-Int and HS (Beef)	9.0 oz (255 g)	389	54	2	8	536	21	11	3	1,5,7	Does not include cheese
Spaghetti and Meat Sauce- All (Beef) (Served separately)	8.1 oz. (230 g)	332	46	5	5	387	16	10	3	5,7	Does not include cheese
Spaghetti and Meat Sauce Combo- All (Beef)	8.1 oz. (230 g)	332	46	5	5	387	17	10	4	5,7	Does not include cheese
Stromboli/Pizza Boli (Premade)	5 oz (142g)	310	35	2	5	690	16	13	6	1,5	
Swedish Meatballs with Noodles-Elementary (Beef)	8 oz (228g)	260	31	1	3	501	14	8	3	1,2,5,7	
Swedish Meatballs with Noodles-Int and HS (Beef)	8.8 oz (248 g)	288	33	1	3	547	17	9	3	1,2,5,7	
Taco (Beef) -no shell, with cheese	3.3 oz (93g)	222	2	0	1	680	16	17	10	1,5	
Taco (Beef) - Hard Shell- All	3.7 oz (106 g)	273	10	1	0.5	680	17	19	10	1,5	Cheese included
Taco(Beef)-Soft Shell-All	4.6oz (126g)	313	17	1	2	790	19	19	9	1,5,7	Cheese included
Taco (Turkey) - no shell, with cheese	2 oz (85g)	195	3	0	0	458	18	12.5	7	1	
Taco (Turkey) - Hard Shell- All	3.4 oz (96 g)	471	12	1	0	801	30	34	20	1	Cheese included
Taco(Turkey)-Soft Shell-All	4 oz (116g)	511	19	1	1	911	32	34	20	1,5,7	Cheese included
Taco, Walking (Ground Beef)	4 oz (110g)	439	27	4	15	936	22	27	14	1 *	*Some beef products contain soy
Taco, Walking (Ground Turkey)	4 oz (110g)	414	25	3	1	920	21	25	12	1,7	
Tilapia with Taco Seasoning - All	4 oz (112g)	94	0.5	0	0.1	93	16	3	0.6	5,6,7	
Tilapia Sandwich (with Taco Seasoning) on WG Roll - All	5.3 oz (151g)	223	28	3	2	342	20	4	0.6	5,6,7	
Toasted Cheese Sandwich-Elementary	3.5 oz (101g)	332	37	4	4	1108	16	14	8	1,5,7	
Toasted Cheese Sandwich-Int and HS	4 oz (115 g)	382	38	4	6	1331	18	18	10	1,5,7	
Toasted Cheese on Pretzel Bun-Elementary	3.7oz.(105g)	312	32	3	3.5	754	13	14.7	8.6	1,5,7	
Toasted Cheese on Pretzel Bun-Int and HS	4.2 oz (119g)	363	33	3	4	992	15.1	18.7	11.1	1,5,7	
Toasted Cheese on Rye Bread - Elementary	4.5 oz(128g)	332	41	2	4	1274	14	12	8	1,5,7	
Toasted Cheese on Rye Bread - Int/HS	5 oz (142g)	382	42	2	4	1512	16	16	10	1,5,7	
Toasted Cheese with Turkey Bacon on Pretzel Roll - Elementary	4 oz (112g)	342	39	3	4	904	15	17	9	1,5,7	**Substitutes may contain pork
Toasted Cheese with Turkey Bacon on Pretzel Roll - Int/HS	4.5 oz (127g)	393	40	3	4	1142	18	21	12	1,5,7	**Substitutes may contain pork
Toasted Cheese with Turkey Bacon on Rye Bread - Elementary	4.9 oz (138g)	362	48	2	4	1424	16	14	8	1,5,7	**Substitutes may contain pork
Toasted Cheese with Turkey Bacon on Rye Bread - Int/HS	5.3 oz (150g)	412	49	2	4	1662	19	18	11	1,5,7	**Substitutes may contain pork
Toasted Cheese with Turkey Bacon Sandwich-Elementary	3.8 oz (108g)	302	38	4	6	1134	14	15	8	1,5,7	Jennie-O **Substitutes may contain pork
Toasted Cheese with Turkey Bacon Sandwich-Int and HS	4.3 oz (120g)	352	39	4	6	1372	17	19	11	1,5,7	Jennie-O **Substitutes may contain pork
Toasted Ham and Cheese on Pretzel Bun-Elementary	4.7oz (133.3g)	278	31	3	4	833	18	9	5	1,5,7,8	Pork
Toasted Ham and Cheese on Pretzel Bun-Int and HS	5.20 oz (147.5g)	328	32	3	4	1055	20	13	7	1,5,7,8	PORK
Toasted Ham & Cheese Sandwich-Elementary	4.0 oz (115g)	349	37	4	4	1251	18	15	8	1,5,7,8	PORK
Toasted Ham & Cheese Sandwich-Int and HS	5.0 oz (143g)	416	39	4	5	1616	23	19	11	1,5,7,8	PORK
Tuna Melt-All	6.5 oz (183g)	296	30	4	5	950	33	6	3	1,2,5,6,7	
Tuna Salad - All	4 oz (133g)	126	1	0	0.5	445	27	1	0.2	2,6,7	
Tuna Salad Hoagie-Elementary	7.3 oz (213 g)	252	28	3	2	605	29	2	0.2	1,2,5,6,7	served on hot dog roll
Tuna Salad Hoagie-Int and HS	8 oz (213g)	302	35	3	2	705	30	3	0	1,2,5,6,7	
Tuna Salad Sandwich -All	6.8 oz (193 g)	250	30	4	5	716	31	2.4	0.2	1,2,5,6,7	
Tuna Salad Wrap - All	7.6 oz (216g)	337	34	4	3	724	35	6	1	1,2,5,6,7	
Turkey (Lunch meat only-no bread)	2 oz (57g)	45	1.5	0	0.5	445	9	0.5	0	none indicated	
Turkey Bowl for All	10.4 oz (295g)	250	27	3	3	780	19	7	2	1,7	
Turkey Deli-Elementary	7.4 oz (209g)	229	35	4	2	955	21	2	0	5,7	does not include cheese

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Turkey Deli-Int and HS	8.4 oz (239g)	252	36	4	3	1185	25	3	0	5,7	does not include cheese
Turkey and Amer. Cheese Sandwich-Elementary	5 oz (141g)	308	36	4	3	1168	22	7	3	1,5,7	
Turkey and Amer. Cheese Sandwich-Int and HS	5.6 oz (157g)	324	36	4	3	1269	25	7	3	1,5,7	
Turkey Hoagie-Elementary	6.3 oz (183g)	277	29	3	4	1015	16	9	5	1,5,7	prepared on a hot dog roll
Turkey Hoagie-Int and HS	8 oz. (212g)	358	36	3	4	1317	23	10	5	1,5,7	prepared on hoagie roll
Turkey and Amer. Cheese Deli-Elementary	6.4 oz (181g)	254	35	3	3	962	18	6	3	1,5,7	
Turkey and Amer. Cheese Deli-Int and HS	8.4 oz ( 238g)	330	37	4	3	1431	26	10	5	1,5,7	
Turkey and Amer. Cheese on Pretzel Bun-Elementary (Hot)	4.7 oz (137g)	257	32	3	3	736	17	7	4	1,5,7	
Turkey and Amer. Cheese on Pretzel Bun-Int and HS (Hot)	5.7 oz (161g)	280	32	3	3	967	21	7	4	1,5,7	
Turkey and Amer. Cheese Wrap-Elementary	7.2 oz (203g)	298	34	4	4	1037	20	9	3	1,5,7	
Turkey and Amer. Cheese Wrap-Intermediate	8 oz (218g)	309	34	4	4	1153	22	9	3	1,5,7	
Turkey and Amer. Cheese Wrap - High School	8.2 oz (232g)	360	35	4	4	1391	25	13	6	1,5,7	
Turkey and Cheddar Cheese Wrap (COLD) - Elementary	7.2oz (203g)	303	34	4	3	896	20	10	4	1,5,7	
Turkey and Cheddar Cheese Wrap (COLD) -Intermediate	7.7 oz (218g)	314	34	4	3	1011	23	10	4	1,5,7	
Turkey and Cheddar Cheese Wrap (COLD) - High School	8.6oz (244g)	372	35	4	3	1107	26	14	7	1,5,7	
Turkey and Cheddar Cheese Wrap (HOT) - Elementary	5.2 oz (147g)	294	32	3	3	893	20	10	4	1,5,7	
Turkey and Cheddar Cheese Wrap (HOT) - Intermediate	5.7 oz (161g)	306	32	3	3	1008	22	10	4	1,5,7	
Turkey and Cheddar Cheese Wrap (HOT) - High School	6.2oz (175g)	362	32	3	3	1104	25	14	7	1,5,7	
Turkey Sandwich - Elementary	5 oz (141g)	273	35	4	3	1046	22	3	0	1,5,7	does not include cheese
Turkey Sandwich - Int and HS	6 oz (171g)	304	35	4	3	1248	27	3	0	1,5,7	does not include cheese
Turkey, Shredded with Gravy (prepackaged)- All	4oz.(113g)	130	2	0	0	450	16	6	2	7	Jennie-O
Turkey, Cubed, Served with Gravy- All	5.7oz (160g)	108	7	0	2	1213	18	6	0	1,5,7	
Turkey, Oven Roasted	4 oz (113g)	121	1	0	1	526	23	3	2	none indicated	
Turkey Taco Salad -All	6.7 oz (191g)	277	23	2	1	614	22	11	5	1	Cheese included
Veggie Burger - All	7.66 oz (217g)	306	55	9	5	882	10.3	5.2	0.5	5,7	includes roll
Veggie Burger with Cheese-All	8.15oz (231g)	356	55	9	5	1117	13	9	3	1,5,7	includes roll
Veggie/Vegetable Wrap on Roll-All	7.1 oz (202g)	427	38	4	7	934	17	23	10	1,5,7	
Yogurt, Variety (8 oz) and (1) dinner roll - All	9.5 oz (270g)	280	58	2	30	305	10	2	0	1,5,7	
Ziti, Meatless-Elementary	7.3 oz (207g)	283	31	2.4	7	614	16.1	10.6	5.5	1,2,5	
Ziti, Meatless-Int and HS	10 oz. (280g)	379	42	3.2	9	822	22	14	7	1,2,5	
<b>Vegetables</b>											
Beans, Baked Vegetarian	1/2 cup (124g)	140	27	5	7	140	8	0.5	0	none indicated	**Substitutes may contain pork
Beets, sliced	1/2 cup (120 g)	40	8	1	6	250	1	0	0	none indicated	
Black Bean Corn Salad	4 oz (109g)	114	14	3	2	68	4	4	0.6	7	
Broccoli (fresh)	1/2 cup (46g)	16	3	1	1	15	1.5	0	0	none indicated	
Broccoli (steamed)	1/2 cup (40.5g)	15	2	1	1	10	1	0	0	none indicated	
Broccoli and Cauliflower (fresh)	1/2 cup (57 g)	17	3.4	1.3	1.3	18	1.5	0	0	none indicated	
Carrot Coins (steamed)	1/2 cup (3 oz)	17	4	2	2	17	0.7	0	0	none indicated	
Carrots, glazed (steamed)	1/2 cup (112 g)	60	8	1	5	49	<1	3	1	1,7	
Carrots, fresh	1/2 cup (70 g)	25	6	2	3	55	0	0	0	none indicated	
Cauliflower and Broccoli Medley (steamed)	1/2 cup (113g)	36	5	2	3	30	2	0	0	none indicated	
Celery Sticks, fresh	1/2 c oz (51 g)	10	1	1	1	40	0	0	0	none indicated	
Celery & Carrots, fresh	1/2 c(78g)	21	4	1.8	2.4	61	0	0	0	none indicated	
Chick Peas, Roasted & Seasoned	4 oz (117g)	80	12	4	28	182	4	2	1	7	

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	Portion size	Calories	Carbohydrate	Dietary Fiber	Sugar	Sodium	Protein	Total Fat	Saturated	Allergens	Comments
Chick Pea Salad-All (side)	1/2 C (154g)	173	15	4	30	287	4	11	3	7	
Corn on the Cob (steamed/roasted)	1/2 ear (38 g)	22	4	0.4	0	0	0.8	0.4	0	n/a	
Corn, Seasoned (steamed)	1/2 cup (114g)	98	22	2	2	0	4	0.6	0	n/a	
Green Beans, seasoned	1/2 cup (91 g)	35	7	2.4	2	2.7	2	0.2	0	7	
Green Beans, Italian	1/2 cup (50g)	25	3.3	1.6	1	46	1	1.1	0.2	7	
Hummus (side)-All	2 oz (53g)	66	5	1	10	45	1	5	1	7	
Lettuce and Tomatoes (fresh)	1/2 cup (77 g)	12	3	0.2	2.5	7	0.2	0	0	none indicated	
Mexican Bean Dip	1/2 Cup (108g)	159	16	5	1	328	5	8	1	5,7	
Mixed Vegetables	1/2 cup (91 g)	59	12	4	3	32	2.6	0.1	0	none indicated	
Peas, Green; Frozen	1/2 cup (75 g)	55	10.1	3.1	4	82	4	0	0	none indicated	
Peas, Green, No Salt Added; Frozen	1/2 cup (80g)	62	11	4	4	58	4	0	0	none indicated	
Peas and Carrots	1/2 cup (84g)	45	8.6	2.7	3.6	67.5	1.7	0	0	none indicated	
Peppers & Onions	1 oz (28.4g)	5	1	0.2	0.8	2	0.3	0	0	none indicated	
Potatoes, Pierogies (Classic Cheddar)	3 pieces (114g)	170	33	1	1	510	5	3	1	1,2,5,7	Mrs. T's
Potatoes, Babycakes Seasoned Hash Brown Bites	4 pieces ( 78g)	140	16	1	0	370	1	10	0.5	7	McCain
Potatoes, Crinkle-Cut 1/2"	3 oz (84g)	123	23	2	1	26	2	4	1	7	Value Way
Potatoes, Curly/Spril Fries, Seasoned	3 oz (85g)	150	20	1	0	360	2	8	1	5,7	McCain
Potatoes, Jiffy Crisp 3/8" straight	3 oz (84 g)	110	20	1	0	40	1	3.5	0	7	McCain
Potatoes, French Fried 3/8" Extra Long	3 oz (85g)	110	20	1	0	160	1	3.5	0	7	McCain
Potatoes, Hash Brown Rounds	2 pieces (73g)	90	15	2	0	190	1	2.5	0	7	McCain
Potatoes, Hash Brown Patty	2.25 oz. (63g)	110	12	1	1	280	1	6	1	7	Oreida
Potatoes, Hashed Brown (diced)	3.1 oz (89g)	85	16	2	1	155	2	2	0.3	7	
Potatoes, Mashed	1/2 cup (145g)	90	17	1	0.7	410	2	1.5	0	1	Basic American Foods
Potato, Roasted with Garlic	1/2cup (123g)	136	20.1	1.6	0.8	112	2.4	5.7	0.9	7	
Potatoes, Smile Fries	6 each (85g)	160	25	2	0	230	2	6	1	7	McCain
Potatoes, Tater Tots	3 oz/8 tots (73g)	133	17	1	0	320	2	7	1	7	
Potatoes, Wedges	3 oz (85g)	130	19	1	0	390	2	6	1	5,7	McCain
Spaghetti Sauce (side)	4 oz (125g)	50	10	2	6	490	2	1	0	none indicated	
Spinach, Fresh in the Cup	1/2 cup (15 g)	3.5	0.5	1.1	0	12	0.5	0	0	none indicated	
Spinach Salad	1/2 cup (69g)	93	17	2	10	223	3	4	1	5,7	
Sweet Potato Cross Trax Waffle Fries	3 oz (85g)	180	24	2	7	230	1	9	1.5	7	
Sweet Potato Fries crinkle cut	3.0 oz (85 g)	160	24	1	0	240	1	6	1	7	
Sweet Potatoes, mashed	1/2 cup (114g)	33	7	0.5	2	74	0.5	0	0	7	
Sweet Potatoes, candied	1/2 cup (82g)	210	34	1	29	94	0	8	2	1,7	
Sweet Potatoes, plain	1/2 cup (103g)	92	22	2	13	28	0	0	0	none indicated	
Sweet Potatoes, tator tots	2.7 oz (76g)	120	19	3	10	100	1	4	0.5	7	
Tossed Salad (fresh)	1/2 cup (43 g)	7.5	1.5	0.5	1	5	0.5	0	0	none indicated	
<b>Fruits &amp; Juices</b>											
Apple Butter	2 oz (57g)	30	8	0	6	0	0	0	0	none indicated	
Applesauce (sweetened)	1/2 cup (135g)	90	23	2	21	0	0	0	0	none indicated	Leahy Orchards #10 Can
Applesauce (Cinammon)	1/2 cup (125g)	92	23	2	19	22	0	0	0	none indicated	
Applesauce, Cinnamon Unsweetened, Single Serve Cup, no sugar added	4.5 oz (128g)	50	14	1	12	15	1	0	0	none indicated	Peterson Farms
Applesauce, Strawberry, Unsweetened, Cups	1/2 Cup (128 oz)	50	14	1	12	0	0	0	0	none indicated	Peterson Farms
Applesauce, Strawberry Banana, Unsweetened, Cups	1/2 Cup (128 oz)	50	14	1	12	15	1	0	0	none indicated	Peterson Farms

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Applesauce (Unsweetened)	1/2cup (122g)	51	14	1	11	2	0	0	0	none indicated	
Applesauce (Unsweetened, Cups)	1/2 cup (122g)	51	14	1	11	2	0	0	0	none indicated	
Apples, Sliced, Frozen	1/2 cup (87g)	42	11	1	9	3	0	0	0	none indicated	
Apples, Sliced, Bagged	1 bag (57g)	30	7	1	6	0	0	0	0	none indicated	Peterson Farms
Apples, Slices, (Unsweetened)	1/2 cup (125g)	35	9	1	7	5	0	0	0	none indicated	
Apples, Slices, (Cinammon)	1/2 cup (132g)	52	12	2	9	10	0	0	0	none indicated	
Apples, Slices, Candied (coated w/ Cherry Gelatin Powder)	1/2 cup (113g)	71	17	2	15	9	0.4	0	0	none indicated	
Apricots, diced	1/2 cup (131g)	65	16.4	2.1	14.3	3.1	1	0.1	0	none indicated	
Blueberries	1/2 cup (78 g)	40	9.4	2.2	7	1	0.3	0.5	0	none indicated	
Cherries, Sweet, Frozen	1/2 cup (70g)	45	11	2	9	0	1	0	0	none indicated	
Craisins (Dried Cranberries)	1/4 cup (33g)	110	28	3	24	0	0	0	0	none indicated	
Craisins, Cherry Infused Dried Cranberries	1.16 oz (32.9 g)	110	28	3	24	0	0	0	0	none indicated	Ocean Spray
Craisins, Raspberry Lemonade Infused Dried Cranberries	1.16 oz (32.9 g)	110	27	2	24	0	0	0	0	none indicated	Ocean Spray
Craisins, Strawberry Infused (Dried Cranberries)	1.16 oz (32.9 g)	110	28	3	24	0	0	0	0	none indicated	Ocean Spray
Cranberry Sauce	1/8 cup (35g)	55	12.5	0.5	10.5	5	0	0	0	none indicated	
Fresh Fruit, Apple, medium	1 each (182g)	100	25	4	19	0	0	0	0	none indicated	
Fresh Fruit, Banana	1 each (118)	105	27	3	14	1	1	0	0	none indicated	
Fresh Fruit, Grapes	1/2 cup (75g)	52	13.7	0.7	18.6	2	0.5	0.1	0	none indicated	
Fresh Fruit, Oranges	1 each (96g)	45	11.3	2.3	9	0	1	0.1	0	none indicated	
Fresh Fruit, Pears, medium	1 each (166g)	96	25.7	0.2	16.3	2	0.6	0.2	0	none indicated	
Fresh Fruit, Plums	1 each (82g)	38	9.4	1.2	8.2	0	0.6	0.2	0	none indicated	
Fruit Juice, 100%, Apple (4 oz Sun Cup)	4 oz (113g)	60	14	0	12	5	0	0	0	none indicated	Sun Cup
Fruit Juice, 100%, Grape (4 oz Sun Cup)	4 oz (113g)	80	19	0	18	10	0	0	0	none indicated	Sun Cup
Fruit Juice, 100%, Orange (4 oz Sun Cup)	4 oz (113g)	60	14	0	12	0	0	0	0	none indicated	Sun Cup
Fruit Juice, 100%, Fruit Punch (4 oz Sun Cup)	4 oz (113g)	60	14	0	12	5	0	0	0	none indicated	Sun Cup
Fruit Juice, 100%, Apple, Dole	10 oz	130	34	0	31	25	1	0	0	none indicated	Dole
Fruit Juice, 100% Punch, Dole	10 oz	140	34	0	32	25	2	0	0	none indicated	Dole
Fruit Juice, 100%, Orange, Dole	10 oz	140	33	0	28	25	2	0	0	none indicated	Dole
Fruit Juice, Boxed, 100% Very Berry (Sun Cup Juice Box)	4.23 oz	60	17	0	15	10	0	0	0	none indicated	Sun Cup
Fruit Juice, 100%, sparkling, variety, Epic	8 oz	120	29	1	28	10	0	0	0	none indicated	Epic Sparkling Juice
Fruited Jello (Cherry jello with Canned Fruit)	4 oz(115 g)	60	15	0.5	13	3	0.4	0	0	none indicated	
Manadarin Oranges	1/2 cup (140g)	80	19	1	16	15	1	0	0	none indicated	
Mixed Fruit, light syrup (fruit cocktail)	1/2 cup (140g)	57	20	1	18	0	0	0	0	none indicated	
Mixed Berry Cups, Frozen	1/2 Cup (113g)	90	20	2	16	0	0	0	0	none indicated	
Peaches, Diced, Cups, Frozen	4.4 oz (125g)	90	21	2	19	0	1	0	0	none indicated	
Peaches, diced, light syrup	1/2 cup (125g)	63	14	1	13	5	1	0	0	none indicated	
Peach Slices, light syrup	1/2 cup (124g)	63	14	1	13	5	0	0	0	none indicated	
Pears, diced light syrup	1/2 cup (124g)	105	26	1	17	0	0	0	0	none indicated	
Pears, sliced, light syrup	1/2 cup (166g)	105	26	1	17	0	1	0	0	none indicated	
Pineapple, tidbits	1/2 cup (166g)	80	22	1	20	1	0	0	0	none indicated	
Raisins (Dried Fruit)	1/4 cup (38g)	114	30	1.4	22.5	4	1.3	0	0	none indicated	
Strawberries, Cups, Frozen	1/2cup (129g)	90	22	2	18	0	1	0	0	none indicated	
<b>Grains &amp; Breads</b>											
Bread, Italian/French (WG) with Margarine Pat	1.2 oz (33g)	122	18	1.5	1	265	3.5	4.5	1.5	5,7	

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Bread, Rye, Sliced	1 Slice 1.5 oz (43g)	90	19	1	1	280	3	0	0	5,7	
Bread Stick, WG	2 sticks (86g)	240	50	0	2	480	10	0	0	5,7	Signature Breads
Breadsticks, Soft WG, Mozzarella Cheese Stuffed, 6" unsliced	2 Sticks (122g)	300	34	4	2	440	20	10	6	1,5	Bosco's
Bread, Sandwich, Whole Grain Wheat, Sliced	1 Slice(28 g)	60	14	2	2	135	2	0.5	0	5, 7	
Bread, Sandwich, Whole Grain Wheat, Slice w/ Margarine Pat	1.2 oz (34g)	115	17	2	1	260	4	4	1	1,5,7	
Club Roll (WG)	2.4 oz (68 g)	160	32	3	2	290	6	2	0	5, 7	
Dinner Roll (WG) ELEM & INTERMEDIATE- 1 serving = 1 roll	1.5oz(43g)	100	20	2	1	200	4	1.5	0	5,7	
Dinner Roll (WG) HIGH SCHOOL - 1 serving = 2 rolls	3 oz (86g)	200	40	4	2	400	8	3	0	5,7	
French Toast Sticks (WG) Elementary	3 each (68g)	195	28	2.3	6.8	225	4.5	7.5	1	5,7	Rich Products
French Toast Sticks (WG) Int and HS	4 each (91g)	260	37	3	9	300	6	10	1.5	5,7	Rich Products
Garlic Bread WG, Texas Toast, 1 slice	1.3 oz (38g)	140	14	1	1	190	3	7	1.5	1,5,7	
Garlic Bread with cheese topping WG 1 slice	1.3 oz. (36g)	114	18	1.5	1	276	5.3	2.5	1.4	1,5,7	
Hamburger Roll, Whole Wheat	2.15 oz (61g)	130	27	3	2	250	4	1.5	0	5,7	
Hot Dog Roll, Whole Wheat	2 oz (56g)	110	23	2	2	210	3	1	0	5,7	
Kaiser Roll 55% WW 5 inch (Whole Wheat)	2.4 oz (68 g)	150	31	3	1	260	6	1.5	0	5, 7	
Pretzel Bun/Roll (Whole Grain)	2.2 oz (62g)	160	29	3	2	40	5	2.5	1	5	J and J Snacks
Sandwich Round, Whole Wheat	1.5 oz (43 g)	90	20	5	3	190	5	1	0	5,7	
Whole Wheat Bread (WG) with Margarine Pat - 1 slice	1.2oz (33g)	92	14	2	2	165	2	4	1	5,7	
Lentils and Brown and White Rice	1/2cup (3.7oz)	105	25	5	2.5	90	5	0.3	0	1	
Pasta, Egg Noodles ( Dutch)	1/2 cup (3 oz) (81.6g)	156	26	1	1	26	5	3	0.6	2,5	
Pasta, Egg Noodles (seasoned)	1/2 c 3 oz (82.5g)	159	26	1	2	60	5	3	1	2,5,7	
Pasta Salad (side)	4 oz (97 g)	125	17	1	7	217	3	6	1	5,7	
Pretzel, Soft (Mini) WG - All	1.0 oz (28.4 g)	70	14	1	0	100	2	0.5	0	5,7	J and J Snacks
Pretzel (Soft) (Large) WG - All	2.2 oz (62 g)	150	30	3	2.2	140	5	0.5	0	5,7	Super Pretzel
Pumpkin Passion Square	1 Piece (78g)	427	71	2	60	71	4	15	2	2,5,7	
Rice & Beans	1/2 cup 4 oz (121 g)	125	26	2	1	381	4	1	0	1	
Rice, Seasoned Whole Grain Brown (Steamed) -ALL	1/2 cup (115 g)	150	28	1	0.4	353	3	3	1	1,7	
Rice, Whole Grain Brown -Elementary	1/2 Cup (136g)	162	35	1	0	0	3	0	0	none indicated	
Rice, Whole Grain Brown - Intermediate	3/4 cup (181 g)	216	46	0	0	0	4	0	0	none indicated	
Rice, Whole Grain Brown- High School	1 cup ( 218g)	259	55	0	0	0	5	0	0	none indicated	
Rice, Pilaf	1/2 cup (116g)	143	27	0.4	1	328	3	2	0.7	1,7	
Rice, Spanish WG	1/2 cup (120g)	136	27	1	2	487	3	1	0.1	1,7	
Stuffing, Bread (Country Herb)	1/4 cup 2oz (61g)	130	18	1	1	455	3	5	1	5,7	
Taco Shell 5 inch hard (WG)	.4 oz (11g)	50	7	0.7	0	0	0.7	2	0.3	none indicated	Mission
Tortilla Shell/Wrap-6 inch (WG)	1.1 oz (28 g)	90	14	1	0	170	2	3	1	5,7	Catalina
Tortilla Shell/Wrap -10 inch (WG)	2.2 oz (68 g)	210	33	1	0	390	6	5	3	5,7	Catalina
<b>Condiments</b>											
Barbecue Sauce (pouch)	1 pouch (12g)	15	4	0	4	85	0	0	0	None indicated	Monarch
Cheese, Cottage Low Fat 1%	1/2 cup (114 g)	45	5	0	3	430	14	5	3	1	
Cheese, Cream (portion control cup)	1 pack (28g)	70	2	0	1	115	2	7	4	1	Philadelphia
Cheese Sauce, Cheddar (Dispenser)	1/4 cup (62 g)	60	4	0	0	490	1	5	1	1, 7	Ortega
Cheese Sauce, Canned, Shelf Stable	1 oz cup (28g)	32	3	0	1	233	0.5	2	0.4	1,7	
Cheese, Parmesan	.12oz (3.5g)	15	0	0	0	65	1	1	0.5	1	Roselli
Cheese, Shredded Yellow Mild Cheddar	1 oz (30 g)	110	1	0	0	190	6	9	6	1	

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Cheese Sticks, String, Mozzarella	1 oz (28g)	80	1	0	1	200	6	6	3	1	Land O'Lakes
Dressing, Blue Cheese	1.5 oz (43 g)	230	2	1	2	310	1	24	4.5	1,2,7	Kens
Dressing, Caesar	1.5 oz (43 g)	210	1	0	1	400	1	23	4	1,6	Kens
Dressing, Red French (packet)	.42oz (12g)	50	3	0	3	200	0	4.5	0.5	7	Sauer's
Dressing, Honey Mustard (portion control cup)	1.5 oz (43 g)	120	4	0	4	210	0	12	2	2,7	Ken's
Dressing, Honey Mustard (portion control cup) Heinz	1 oz (28g)	40	8	0	7	160	0	0.5	0	none indicated	Heinz
Dressing, Italian	.42oz (12g)	10	1	0	1	110	0	0	0	7	Kraft/Heniz
Dressing: Pan Asian Oriental	1.5oz (43g)	180	11	0	11	590	0	15	1.5	5,7	Kens
Dressing, Ranch buttermilk (packet) Americana	1 packet (12g)	25	2	0	1	110	0	2	0	1,2,7	Americana
Dressing, Ranch Buttermilk (packet) Sauer's	1 packet (12g)	60	1	0	0	90	0	6	1	1,2,7	Sauer's
Gravy, Brown/Beef	2 oz (57g)	20	3	0	0	275	0	0	0	1,5,7	Monarch
Gravy, Chicken	2 oz (57g)	24	3	0	0	274	0	1	0	1,5,7	Monarch
Gravy, Turkey	2 oz (57g)	15	3	0	0	404	0	0	0	1,5,7	Monrach
Jelly, Grape	1 pack (14g)	35	9	0	6	0	0	0	0	None indicated	Monarch
Ketchup (packet)	1 pack (9g)	10	2	0	2	85	0	0	0	None indicated	Red Gold
Ketchup, Sriracha Style Packet	1 pack (8g)	10	2	0	2	75	0	0	0	None indicated	Red Gold/Huy Fong
Margarine (reddie)	1 reddie (5g)	32	0	0	0	35	0	3.5	1	7	
Mayonnaise (packet)	1 pack (12g)	90	0	0	0	60	0	9	1.5	2,7	Monarch
Mayonnaise-Lite	1 Tbsp (15g)	50	3	0	1	85	0	4.5	0.5	2,7	
Mustard (packet)	1 pack (4.5g)	5	0	0	0	55	0	0	0	None indicated	Monarch
Pickles, Bread and Butter	1 oz (28g)	25	6	0	6	60	0	0	0	None indicated	
Pickles, Kosher Dill	1 oz (28g)	0	0	0	0	200	0	0	0	None indicated	B & G Foods
Relish(sweet) (packet)	1 pack (9g)	10	3	0	2	55	0	0	0	None indicated	
Salsa	2oz (57g)	20	4	2	2	137	0	0	0	None indicated	
Sauce, Hot, Texas Pete	1 tsp (4g)	0	0	0	0	69	0	0	0	None indicated	
Seasoning, Sriracha	1/4tsp(.9g)	0	0	0	0	65	0	0	0	None indicated	
Sweet and Sour Sauce (portion control cup)	1 oz (28g)	35	9	0	3	75	0	0	0	5,7	Sauer's (MAY contain wheat)
Syrup, Pancake (portion control cup)	1.5 oz (43g)	120	30	0	14	0	0	0	0	None indicated	
Taco Sauce (packet)	1 packet (9g)	5	1	0	0	95	0	0	0	5,7	Sauer's
Tartar Sauce (packet)	1 packet (12g)	60	2	0	2	135	0	5	1	2,7	
<b>A la carte &amp; Beverages</b>											
Beverages, Gatorade G2, Assorted Flavors	12 oz (350 ml)	35	8	0	7	160	0	0	0	None indicated	Pepsi
Beverages, Iced Tea, Brisk, Lemon	12 oz	120	34	0	33	100	0	0	0	None indicated	Pepsi
Beverages, Iced Tea, Swiss, Lemon	12 oz	60	15	0	14	25	0	0	0	None indicated	Swiss
Beverages, Iced Tea, Diet Green Tea, Citrus	16.9 oz	5	0	0	0	180	0	0	0	None indicated	Pepsi
Beverages, Iced Tea, Diet Peach	16.9 oz	5	0	0	0	140	0	0	0	None indicated	Pepsi
Beverages, Iced Tea & Lemonade, Half & Half, Lipton	16.9oz	110	28	0	28	180	0	0	0	None indicated	Pepsi
Beverages, IZZE Sprarkling Flavored Juices	8.4 oz (238g)	70	16	0	15	10	0	0	0	None indicated	Izze/PepsiCo
Beverages, Lemonade	12 oz	60	14	0	13	15	0	0	0	None indicated	Swiss
Beverages, Lemonade, Sugar Free, Tropicana, Light	12 oz	5	< 1	0	0	95	0	0	0	None indicated	Pepsi
Beverages, Lemonade/Tea Reduced Calorie	12 oz	60	16	0	14	25	0	0	0	None indicated	Swiss
Beverages, Orange Blast	12 oz	60	16	0	15	20	0	0	0	None indicated	Swiss
Beverages, Propel, Assorted Flavors	20 oz	25	5	0	5	190	0	0	0	None indicated	Pepsi
Beverages, Sobe	20 oz	100	41	0	24	55	0	0	0	None indicated	Pepsi

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**Chips,  
Cookies, Snacks**

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Beverages, Switch, Flavored	8 oz	120	44	0	41	8	0	0	0	None indicated	Switch
Beverages, Water, Aquafina, Assorted Flavors	20 oz	5	0	0	0	210	0	0	0	None indicated	Pepsi
Beverages, Water, Fruit 2-o, Assorted Flavors	16 oz	0	0	0	0	75	0	0	0	None indicated	Sunny Delight Beverages Co.
Beverages, Water, plain	8, 12, 16.9, 20 oz	0	0	0	0	0	0	0	0	None indicated	Pepsi
Blueberry Crumble	4 oz (113g)	139	40	3	23	324	0.5	10	4	1,5,7	
Cherry Crumble w/ whipped topping	4 oz (113 g)	161	45	3	29	323	2	9	5	1,5,7	
Chips, Baked Lay's BBQ/Barbecue Potato Crisps	.875 oz (24 g)	110	19	1	3	125	2	3	0	1,7	Lay's
Chips, Baked Lay's BBQ/Barbecue Potato Crisps	1.125 oz (24 g)	110	19	1	3	125	2	3	0	1,7	Lay's
Chips, Baked Lay's Original Potato Crisps	.875 oz (24g)	110	18	1	2	120	2	3	0	7	
Chips, Baked Lay's Original Potato Crisps	1.12 oz (32 g)	140	24	2	3	150	2	4	0.5	7	Lay's
Chips, Cheetos Flamin Hot Reduced Fat	.7 oz (19.8 g)	90	13	0	0	140	2	3.5	0.5	1	
Chips, Cheetos Puffs Reduced Fat	0.7 oz (19.8g)	90	14	1	1	105	2	3.5	0.5	1	Frito Lay
Chips, Cheetos Oven Baked, WG	.88 oz (24.8g)	120	16	1	1	200	2	4.5	1	1	Lay's
Chips, Cheetos Oven Baked Flamin Hot	.88 oz (24.95g)	120	16	1	1	200	2	4.5	0.5	1	Lay's
Chips, Cheetos Fantastix Chili Cheese Corn & Potato snack	1 oz (28 g)	130	19	2	1	200	2	5	1	1	Frito Lay
Chips, Classic Lays, Plain	1 oz (28 g)	160	15	1	<1	140	2	10	1.5	7	Frito Lay
Chips, Classic Lays, Plain "Fun Size" 1/2 oz bags	.5 oz (14g)	80	8	1	0	85	1	5	0.5	7	Frito Lay
Chips, Fritos Corn Chips	1 oz (28g)	160	16	1	0	150	2	10	1.5	None indicated	Frito Lay
Chips, Funyuns	3/4 oz (21.2g)	100	14	0	0	125	2	3.5	0.5	1	
Chips, Ruffle oven Baked Potato Chips	1oz (24.83g)	120	22	1	2	135	2	3	0	7	
Chips, Ruffles Sour Cream& Cheddar oven Baked	7/8 oz (24.8g)	100	17	1	2	200	1	3	0	1, 7	
Chips, Ruffles Sour Cream & Cheddar	1.oz (28.3g)	160	15	1	1	180	2	10	1.5	1, 7	
Chips, Salt & Vinegar	1 oz (28.3g)	160	15	1	<1	220	2	10	1.5	None indicated	
Chips, Doritos, Cool Ranch Reduced Fat	1 oz (28 g)	130	20	2	0	135	2	5	0.5	1	
Chips, Doritos, Nacho Cheese	1 oz (28 g)	130	19	2	1	140	2	5	1	1,7	Frito Lay
Chips, Doritos Spicy Nacho	1 oz (28.3 g)	140	16	1	0	190	2	8	1	1,7	
Chips, Doritos, Spicy Sweet Chili Reduced Fat	1 oz (28.3g)	130	20	2	1	170	2	5	0.5	7	
Chips, Kettle Applewood Smoked BBQ 40% Less Fat	1.375 oz (39g)	180	27	2	3	190	3	7	1	1	
Chips, Kettle Original Potato Chips, 40% Reduced Fat	1.375 oz (39g)	180	27	2	1	190	3	7	1	None indicated	Frito Lay
Chips, Kettle Salt and Vineger, 40% Less Fat	1.375 oz (39g)	180	28	2	2	180	3	7	1	None indicated	Frito Lay
Chips, Popcorn, Kettle Style	1 oz	130	22	2	9	170	1	4	0	7	Shearers
Chips, Popped, Tangy BBQ	.875 oz (24.8g)	100	18	1	2	190	1	2.5	0	1,5,7	Herr's
Chips, Popped, Plain (sea salt)	.6 oz (17g)	70	12	1	1	115	2	1.5	0	1, 5,7	Herr's
Chips, Sun Chips, French Onion	1oz (28g)	140	19	2	2	140	2	6	0.5	1,5	Frito Lay
Chips, Sun Chips , Garden Salsa	1.0 oz (28g)	140	19	2	2	140	2	6	0.5	1,5	Frito Lay
Chips, Sun Chips, Harvest Cheddar	1 oz (28 g)	140	18	2	2	170	2	6	0.5	1, 5	Frito Lay
Chips, Sun Chips, Original	1 oz (28 g)	140	19	2	2	110	2	6	0.5	5	Frito Lay
Chips, Tostitos Reduced Fat Crispy Rounds	7/8 oz. (24.8g)	120	18	2	0	105	2	4.5	0.5	None indicated	Frito Lay
Chips, Tostitos Scoops, Oven Baked	.875 oz (25 g)	110	19	1	0	95	2	2.5	0	None indicated	Frito Lay
Churro, Cinnamon & Sugar	1.2 oz (35g)	4	1	0	1	0	0	0	0	1,2,5,7	
Cookie, Heart Shaped, prepackaged	1.1 oz	130	22	0	11	100	2	4.5	1	1,2,5	
Cookie, 1.85 oz Brownie Dough WG	1 ea (52g)	190	32	2	15	160	3	7	2	1,2,5,7	Davids
Cookie, 1 oz Carnival Cookie (Otis Spunkmeyer)	1 ea (28g)	120	18	0	10	115	1	5	3	1,2,5,7	Otis Spunkmeyer

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	Portion size	Calories	Carbohydrate	Dietary Fiber	Sugar	Sodium	Protein	Total Fat	Saturated	Allergens	Comments
Cookies, 1 oz Chocolate Chip WG (Otis Spunkmeyer)	1 ea (28g)	130	17	0	10	100	1	6	3	1,2,5,7	Otis Spunkmeyer
Cookies, 2 oz Chocoloate Chip WG (Davids)	1 ea (57g)	260	21	1	19	180	3	14	5	1,2,5,7	Davids
Cookies, 1 oz Double Chocolate WG (ReadiBake)	1 ea (28g)	103	18	2	9	101	2	3	1	1,2,5,7	Readi Bake
Cookies, 1 oz M & M WG (ReadiBake)	1 ea (28g)	104	19	2	9	91	2	3	1	1,2,5,7	Readi Bake
Cookies, 1 oz Oatmeal Raisin WG (ReadiBake)	1 ea (27 g)	106	18	1	10	102	2	3	1	1,2,5,7	Readi Bake
Cookies, 1 oz Sugar WG (Otis Spunkmeyer)	1 ea (28 g)	120	17	0	9	105	1	5	2	1,2,5,7	Otis Spunkmeyer
Cookies, 1.85 oz Sugar WG (Davids)	1 ea (52g)	190	33	2	15	160	3	6	2	1,2,5,7	Davids
Cookies, Fortune	1 each (4.7g)	18	4.2	0	2	2	0.3	0	0	5,7	
Cookies, Elf Grahams Whole Grain Chocolate Flavored	1 oz (28g)	120	20	2	7	125	2	4	1	5,7	Keebler
Cookies, Elf Grahams Original (Whole Grain)	1 oz (28 g)	120	21	1	8	105	2	4	1	5,7	Keebler
Cookies, Happy Birthday Mini Cookies WG (Premade)	1 container (43g)	160	27	1	13	125	2	6	1.5	1,2,5,7	Super Bakery
Crackers, Animal Cracker, WG (Austin)	1 package (29 g)	120	24	0	7	75	2	1.5	0	1,5,7	Austin
Crackers, Animal Crackers, WG (Keebler)	1 package (29 g)	120	22	2	8	115	2	3.5	1	5,7	Keebler
Crackers, Belly Bears Chocolate WG Graham Crackers	1 package (28g)	120	20	2	7	75	2	4	0	5	ReadiBake/Benefit
Crackers, Belly Bears Cinnamon WG Graham Crackers	1 package (29 g)	120	20	1	7	115	2	4	0	5	ReadiBake/Benefit
Crackers, Bread Stick Assorted 1 pack=2 sticks	.25 oz (7g)	30	5	0	0	50	1	0	0	5,7	
Crackers, Chat Snax Vanilla Crunch Emoji Shaped Crackers	1 oz (28g)	120	21	1	8	105	1	4	1	5,7	Kellogg's
Crackers, Cheez It Whole Grain Cracker Squares	.75 oz (21 g)	100	14	1	0	150	2	3.5	1	1,5,7	Kellogg's
Crackers, Goldfish, Cheddar Cheese	.5 oz (14g)	60	9	0	0	120	2	2.5	0	1,5	Pepperidge Farm
Crackers, Goldfish Cinnamon Graham, Giant Fish-Shaped	.9 oz(26g)	120	19	1	7	140	1	4	1	5,7	pepperidge Farm
Crackers, Pretzel Goldfish, WG, Salted	.75 oz (21 g)	90	16	1	0	200	2	1.5	0	1,5	pepperidge Farm
Crackers, Goldfish, Whole Grain Cheddar	.75 oz (21 g)	100	14	1	0	170	2	3.5	0.5	1,5,7	Pepperidge Farm
Crackers, Goldfish, Whole Grain Cheddar, Rainbow/Colors	.75 oz (21 g)	100	14	1	0	170	2	3.5	0.5	1,5,7	Pepperidge Farm
Crackers, Graham Chocolate Tiger Bites, WG	1 oz (28g)	120	20	2	7	125	2	4	1	5,7	Kellogg's
Crackers, Saltines (SS Pack w/ 2 Crackers)	1 pack (6g)	25	8	0	0	90	1	0.5	0	5,7	Monarch
Crackers, Teddy Grahams Cinnamon Bear Shaped WG	.75 oz (21 g)	90	15	1	5	55	1	3	0	5,7	Nabisco
Croutons	2 T (7g)	30	4	0	0	55	1	1.5	0	1,5	
Cupcake - Happy Birthday, Chocolate WG (pre-made)	1.5 oz (43g)	140	26	6	8	200	2	3	1	1,2,5,7	Super Bakery
Cupcake - Happy Birthday, Vanilla WG (pre-made)	1.5 oz (43g)	140	27	6	7	170	2	2.5	0.5	1,2,5,7	Super Bakery
Fruit by the Foot, Berry Tie Dye	1 Each (21g)	80	17	0	10	50	0	1	0.5	None indicated	General Mills
Fruit by the Foot, Strawberry	1 each (21g)	80	16	0	7	35	0	1	0.5	None indicated	General Mills
Fruit Snack, Mixed Berry, Mott's	1 each (45g)	130	38	9	15	65	0	0	0	None indicated	Welch's
Fruit Snack, Mixed Fruit Bites, Welch's	1 each (45g)	130	34	3	15	20	1	0	0	None indicated	Welch's
Fruit Snack, Motts Medley Assorted Flavors & Shapes	1 each (45g)	130	38	9	15	65	0	0	0	None indicated	Mott's Medleys
Fruit Snack, Strawberry Gusher	1 each (23g)	80	18	0	10	40	0	1	1	None indicated	General Mills
Fruit Snack, Welch's Berries N' Cherries	1 Each (44g)	130	32	3	15	15	2	0	0	None indicated	Welch's
Fruit Roll Up, Crazy Colors	1 each (14g)	50	11	2	4	55	0	1	0.5	None indicated	General Mills
Fruit Roll Up, Hot Colors	1 each (14g)	50	11	2	4	55	0	1	0.5	none indicated	General Mills
Fruit Roll Up, Strawberry, Reduced Sugar	1 Each (14g)	50	11	2	4	55	0	1	0.5	none indicated	General Mills
Fruit Snacks, Scooby Doo Assorted Fruit Flavors	1 each(26 g)	70	21	5	9	35	0	0	0	None indicated	Betty Crocker/General Mills
Ice Cream, Birthday Cake Cone RF	1 each (70g)	150	29	1	14	90	2	3	2	1,5,7	Rich's/J&J Snack Foods
Ice Cream, RF Chocolate Eclair Bar	2.5 fl oz.	150	23	0	13	55	1	5	2	1,5,7	Rich's/J&J Snack Foods
Ice Cream, Cookie & Cream Cone RF	1 bar (62g)	170	33	0	16	125	3	3.5	1.5	1,5,7	J&J Snack Foods
Ice Cream, Fudge Bar	1 bar (63g)	110	25	1	19	65	2	0	0	1	Rich's/J&J Snack Foods

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	Portion size	Calories	Carbohydrate	Dietary Fiber	Sugar	Sodium	Protein	Total Fat	Saturated	Allergens	Comments
Ice Cream, Jimmy Swirl Cone RF	1 each (70g)	160	30	0	14	100	3	3	1.5	1,5,7	J&J Snack Foods
Ice Cream, Low Fat Chocolate Sundae Dessert Cup	1 cup (51 g)	90	15	0	14	75	2	2	1	1	J&J Snack Foods
Ice Cream, Low Fat Cotton Candy Cup	1 cup (51 g)	70	11	0	11	60	2	1.5	1	1	J&J Snack Foods
Ice Cream, Low Fat Crazy Cone	1 cone (64g)	120	24	0	10	80	2	2	1	1,5,7	J&J Snack Foods
Ice Cream, Low Fat Strawberry Sundae Dessert Cup	1 cup (51 g)	90	16	0	16	70	2	1.5	1	1	J&J Snack Foods
Ice Cream, Low Fat Vanilla Sundae Dessert Cup	1 cup (51 g)	90	15	0	14	80	3	2.5	1.5	1	J&J Snack Foods
Ice Cream, No Fat Birthday Cake Yogurt Dessert Cup	1 cup (51 g)	60	12	0	12	65	3	0	0	1	J&J Snack Foods
Ice Cream, Lemon Sherbet Dessert Cup	1 cup (69 g)	100	23	0	22	40	<1	1	0.5	1	J&J Snack Foods
Ice Cream, Orange Juice Sherbet Push Up	1 Bar (56g)	90	21	0	10	15	1	1	0	1	J&J Snack Foods
Ice Cream, Philadelphia Water Ice Smarties Sour Apple	1 Cup (4.4oz)	99	25	0	25	10	0	0	0	None indicated	J&J Snack Foods
Ice Cream, Philadelphia Water Ice Smarties Sour Cherry	1 Cup (4.4oz)	99	25	0	25	10	0	0	0	None indicated	J&J Snack Foods
Ice Cream, RF Cotton Candy Push Up	1 Bar (51g)	80	15	0	13	50	2	1	0.5	1	J&J Snack Foods
Ice Cream, RF Fudge Push-up	1 bar (51g)	80	16	0	14	50	2	1	0.5	1	J&J Snack Foods
Ice Cream, Rich's Banana Fudge Rocket Bar	1 bar (88G)	130	26	0	18	95	3	1.5	1	1	J&J Snack Foods
Ice Cream, Rich's Sour Blue Raspberry Cyclone	1 Bar (80g)	100	21	0	17	35	0	1	0.5	1	J&J Snack Foods
Ice Cream, Rich's Sour Swell Bar	1 bar (53g)	70	12	0	11	20	3	1	0.5	1	Rich's/J&J Snack Foods
Ice Cream, Sandwich Vanilla Mighty Mini	1 bar (64g)	170	17	0	14	95	3	3.5	1.5	1,5,7	J&J Snack Foods
Ice Cream, Sandwich Low Fat Vanilla	1 bar (52g)	130	24	1	11	120	2	2.5	1	1,5,7	Rich's/J&J Snack Foods
Ice Cream, Strawberry Shortcake Éclair	2.5 fl oz.	140	23	0	12	50	0	5	2	1,5,7	Rich's /J&J Snack Foods
Ice Cream, Twister Cup No Fat Birthday Cake	1 cup (66g)	80	16	0	15	85	4	0	0	1	J&J Snack Foods
Ice Cream, Twister Cup No Fat Cotton Candy	1 cup (66g)	80	15	0	15	95	4	0	0	1	J&J Snack Foods
Ice Cream, Twister Cup No Fat Sour Apple	1 cup (88g)	80	19	0	14	10	0	0	0	None indicated	J&J Snack Foods
Ice Cream, Twister Cup No Fat Sour Blue Raspberry	1 cup (88g)	80	19	0	14	10	1	0	0	None indicated	J&J Snack Foods
Icy Juicy (juice bar)-all	2.25 oz (66g)	60	15	0	14	10	0	0	0	None indicated	Minute Maid
Juice Bar, Whole Fruit Assorted Flavors	2oz(56.7g)	40	9	2	7	5	0	0	0	None indicated	J&J Snack Foods
Juice Cup Frozen, Lemon Blue Raspberry 100% Juice	4.4 oz (130ml)	90	23	0	21	20	0	0	0	None indicated	Sidekicks
Luigi's Frozen Sorbet-Assorted Flavors	4.4 oz (125g)	70	19	3	15	0	0	0	0	None indicated	Luigis
Popcorn, Smartfood, White Cheddar Cheese Popped Original	.625 oz	100	9	1	1	125	2	6	1	1	
Popcorn, Kettle Style	1 oz	130	22	2	9	170	1	4	0	7	Shearers
Pretzels, Heartzels	1 bag (19.8g)	80	16	2	0	200	2	1	0	5	Rold Gold
Pretzels, Tiny Twists	.5 oz (14g)	60	11	0	1	230	1	0.5	0	5	Frito Lay
Pretzels, Tiny Twists ( HS and Int a la carte only)	1.5 oz	160	35	1	1	340	4	1	0	5	Snyder's of Hanover
Pudding, Chocolate	3.5 oz (99g)	110	23	0	18	125	2	1.5	0	1	Kraft
Pudding, Vanilla	3.5 oz (99g)	110	23	0	18	115	1	1.5	0.5	1	Kraft
Pudding Parfait, Chocolate	2.7 oz (77 g)	91	17	0	10	140	0	2	0.3	1,7	topped w/ non dairy whipped topping
Pudding Parfait, Vanilla	2.7 oz (77 g)	91	17	0	10	140	0	2	0.3	1,7	topped w/ non dairy whipped topping
Pumpkin Crumble w/ Whipped Topping	1/4 c (74g)	190	34	1	36	122	2	5	3	1,2,5,7	
Pumpkin Passion Square	1 Piece (78g)	425	71	2	60	66	5	15	3	2,5,7	
Rice Krispie Treat 1.3 oz	1.3 oz (37 g)	150	29	1	13	180	1	4	1	1,7	Kelloggs
Rice Krispie Treat, Whole Grain 1.41 oz	1.41 oz (40g)	160	30	1	11	140	2	4	1	1,7	Kelloggs
Rice Krispie Treat ( mini )	.39 oz (11 g)	45	8	0	4	50	0	1	0	1,7	Kelloggs
Rice Krispee Chocolately Chip Treat (WG)	1.59 oz (45g)	190	34	0	14	150	2	5	2	1,7	
Rice Cake Snack,Quaker Mini Caramel Corn	.9 oz (30g)	100	23	1	8	270	1	0.5	0	1,7	Quaker
Rice Cakes Snack, Cheddar Cheese (mini)	.7 oz (19g)	80	13	1	1	260	1	3	0.5	1,7	Quaker

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	Portion size	Calories	Carbohydrate	Dietary Fiber	Sugar	Sodium	Protein	Total Fat	Saturated	Allergens	Comments	
	Soups: Cheesy Broccoli (homemade)	1/2 c (119g)	112	8	1	3	378	5	6	4	1,5,7	
	Soups: Chicken Noodle (homemade)	1/2 c (115g)	49	7	0.6	1	453	3	1	0.5	1,2,5	
	Soups: Chicken Rice (homemade)	1/2 c (114g)	29	3	0.3	1	470	3	0.5	0.5	1	
	Soups: Chicken Vegetable (homemade)	1/2 c (133 g)	33	5	1	2	459	3	0.5	0.5	1	
	Soup: Southern White Bean Soup (homemade)	1/2 C (115g)	62	10	2	2	262	3	1.4	0.2	7	
	Soup: Taco with Scoops (homemade)	1/2 c (114g)	82	18	1.2	11	442	2	0	0	1,5	
	Soup: Taco without Scoops (homemade)	1/2 c (114g)	82	18	1	11	442	1.8	0	0	1,5	
	Soup: Thick Vegetable Soup (homemade)	1/2 c (115g)	45	9	0.6	1	553	2	0.3	0	1	
	Soups: Tomato	1/2 c (115g)	90	20	1	12	480	2	0	0	5	Campbells
	Soup: Turkey Noodle (homemade)	1/2 c (114g)	32	4	0.4	1	471	2	0.5	0	1,2,5	
	Soup: Turkey Rice (homemade)	1/2 c (113g)	27	4	0.2	0.5	470	2	0	0	1	
	Soup: Turkey Vegetable (homemade)	1/2 c (133g)	30	4	1	2	462	3	0.4	0	1	
	Soup: Vegetable Rice (homemade)	1/2 c (116g)	48	10	0.7	1	555	2	0.3	0	1	
	Soup: Vegetable Beef	1/2C (115g)	49	9	2	2	335	2	0.5	0	7	
<b>Yogurt</b>												
	Yogurt, Blueberry	8 oz (227g)	180	38	1	30	105	6	0	0	1	Upstate
	Yogurt, Cherry Vanilla	8 oz (227g)	180	37	0	30	105	6	0	0	1	Upstate
	Yogurt, Peach	8 oz (227g)	180	38	2	30	105	6	0	0	1	Upstate
	Yogurt, Strawberry	8 oz (227g)	180	38	2	30	105	6	0	0	1	Upstate
	Yogurt, Strawberry Banana	8 oz (227g)	180	37	1	29	105	6	0	0	1	Upstate
<b>Milk</b>												
	1 % White	8 oz (230 g)	104	12.3	0	11.3	122	7.5	2.4	1.4	1	
	Fat Free Chocolate	8 oz (236 g)	120	20	0	18	180	8	0	0	1	
	Fat Free Strawberry	8 oz (236 g)	125	22.2	0	21.2	120	7.7	0	0	1	
	Fat Free White	8 oz (245 g)	90	13	0	12	130	8	0	0	1	
	Soy	8.3 oz (236 g)	130	18	1	16	115	6	3.5	0.5	7	Silk
	Lactaid	8 oz (236 g)	83	13.5	0	12.5	130	8.3	0	0	1	

Allergen Legend

Description

Code

Dairy (milk, whey, etc)	1
Egg	2
Peanut	3
Tree Nuts	4
Wheat (gluten, etc)	5
Seafood (fish and Shell, etc)	6
Soy (soy flour, nuts, oil, etc)	7
Contains Pork	8
Sesame	9

Allergens listed are in the items itself.

Foods prepared in ESASD kitchens may be exposed to any of the above listed allergens