

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
100% Pure Apple Juice - TR2617 (4 fl. oz.)	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	13.00	1.00	0.00	0.10	77.00	2.00	7.00	(M)	78.00	(M)	(M)
100% Pure Orange Juice - TR2618 (4 fl. oz.) Contains Citrus.	60.00	0.00	0.00	0.00	0.00	0.00	13.00	0.00	13.00	0.00	1.00	0.00	171.00	(M)	(M)	1.00	235.00	(M)	(M)
Apple Balsamic Vinaigrette - TR1654 (1 1/2 oz.) Contains Soy.	146.72	13.63	1.00	0.05(M)	0.00	149.74	5.92	0.04	4.87	0.06(M)	0.02	0.06	10.25	0.48(M)	0.53(M)	0.00(M)	6.13(M)	1.11(M)	0.00(M)
Apple Chicken Salad 6-12 - TR1650 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	432.55	6.34	1.03	0.00	65.81	578.35	71.67	11.46	28.32 (M)	0.00(M)	25.65	7.63	130.89	15217.3 5(M)	18.32 (M)	0.00(M)	148.21 (M)	0.00(M)	0.00(M)
Apple Chicken Salad K-5 - Small - TR2014 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	414.30	6.34	1.03	0.00	65.81	552.35	68.42	9.46	27.32 (M)	0.00(M)	24.50	5.77	91.89	5576.35 (M)	9.47(M)	0.00(M)	148.21 (M)	0.00(M)	0.00(M)
Apple Chips, Homemade - TR1878 (1/4 c.) Contains Cinnamon.	31.13	0.04	0.01	0.00	0.00	0.38	8.41	1.09	6.73	(M)	0.06	0.10	12.73	11.63	1.08	(M)	(M)	(M)	(M)
Apple Cider, Fifer - TR1517 (1 1/2 oz.)	21.26	0.00	0.00	0.00	0.00	4.43	5.32	0.00	5.32	(M)	0.00	0.06	0.00	0.00	0.64	(M)	(M)	(M)	(M)
Apple Cinnamon Muffin (1 oz grain) - TR2750 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	160.00	5.00	0.50	0.00	25.00	100.00	27.00	1.00	13.00	12.00	3.00	1.00	14.00	(M)	(M)	0.00	54.99	(M)	(M)
Apple Cinnamon Muffins - TR1137 (1 ea.) Contains Cinnamon, Egg, Gluten, Milk, Soy, Wheat.	250.00	7.00	1.00	0.00	35.00	150.00	43.00	2.00	19.00	18.00	5.00	2.00	23.00	0.00(M)	0.00(M)	0.00	100.00	(M)	(M)
Apple Cinnamon Nutri-Grain Bar - TR1144 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat.	150.00	3.50	0.50	0.00	0.00	115.00	31.00	3.00	13.00	12.00	2.00	1.90	140.00	0.00(M)	0.00(M)	2.20	110.00	(M)	(M)
Apple Cranberry Coleslaw - TR1705 (1/2 c.)	100.02	4.46	0.35	0.02(M)	0.00	9.76	16.04	2.32	10.02 (M)	(M)	0.71	0.27	21.60	64.51	20.00	(M)	(M)	45.99 (M)	0.32(M)
Apple Crisp - TR2698 (1/2 c.) Contains Cinnamon, Gluten, Soy, Wheat. May contain Gluten, Wheat.	268.07	11.44	3.97	0.00	0.00	112.33	40.91	2.93	18.41 (M)	0.00(M)	2.27	2.25	5.76	485.99	1.26	0.00(M)	0.00(M)	(M)	(M)
Apple Crisp & Yogurt Parfait, Lunch - TR2714 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	780.32	25.50	8.02	0.00	5.00	498.53	124.94	9.82	47.54 (M)	10.22 (M)	15.78	5.15(M)	255.39 (M)	1220.99 (M)	1.48(M)	3.50(M)	320.00 (M)	(M)	1.39(M)
Apple Frudel - TR1105 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	180.00	4.00	0.00	0.00	0.00	240.00	34.00	2.00	7.00	6.00	4.00	2.00	0.00	0.00(M)	0.00(M)	0.00	100.00	(M)	(M)
Apple Sauce & Yogurt Parfait, Breakfast (Leach) - TR2643 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	200.00	3.00	0.25	0.00	2.50	145.00	42.00	2.00	24.00	4.00(M)	5.00	0.72	215.00	580.00 (M)	13.00 (M)	1.75(M)	160.00 (M)	0.00(M)	0.70(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Apples & Yogurt Parfait, Lunch - TR2349 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	548.24	14.06	4.05	0.00	5.00	391.20	93.03	7.89	29.13 (M)	10.22 (M)	13.51	4.34(M)	249.63 (M)	734.99 (M)	1.42(M)	3.50(M)	320.00 (M)	0.00(M)	1.39(M)
Apples and Jello - TR1404 (1 ea.) Contains Gelatin, Red Dye.	58.62	0.12	0.02	0.00	0.00	26.14	14.95	1.76	4.67(M)	(M)	0.61	0.09	4.58	39.08	3.35	(M)	(M)	(M)	(M)
Applesauce - TR1007 (1 c.)	100.00	0.00	0.00	0.00	0.00	20.00	26.00	4.00	16.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Applesauce & Yogurt Parfait, Lunch (Leach) - TR2429 (1 ea.) Contains Gluten, Milk, Wheat.	310.00	3.00	0.50	0.00	5.00	420.00	64.00	5.00	28.00	8.00(M)	12.00	2.16	277.00	160.00 (M)	13.00 (M)	3.50	410.00 (M)	0.00(M)	1.39(M)
Applesauce Cup - TR1009 (1 c.)	125.90	0.00	0.00	0.00	0.00	31.48	29.38	2.10	37.77	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)
Applesauce Cup - TR1010 (1 ea.)	50.00	0.00	0.00	0.00	0.00	0.00	14.00	1.00	12.00	0.00	0.00	0.00	5.00	0.00(M)	13.00	0.00	(M)	(M)	(M)
Applesauce w/ Cinnamon - TR1395 (1/2 c.) Contains Cinnamon.	69.81	0.00	0.00	0.00	0.00	13.67	18.26	3.13	10.85	(M)	0.00	0.06	8.35	0.00	0.06	(M)	(M)	(M)	(M)
Applesauce, Unsweetened, Canned, Commodity - TR2281 (1/2 c.)	60.00	0.00	0.00	0.00	0.00	15.00	15.00	1.00	18.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Apricot Cup - TR1785 (1 ea.)	125.00	0.00	0.00	0.00	0.00	5.00	32.00	2.00	27.00	(M)	1.00	0.28	0.00	1562.50	79.68	(M)	(M)	(M)	(M)
Asian Chicken Honey Dressing - TR1652 (1 1/2 oz.) Contains Egg, Soy. May contain Gluten, Wheat.	197.48	10.34	1.02	0.00	20.00	274.00	27.73	0.00	23.47	(M)	0.00	0.00	0.00	200.00	0.00	(M)	(M)	0.00(M)	0.00(M)
Asian Ginger Dressing - TR1566 (2 tbsp.) Contains Soy.	19.06	0.00	0.00	0.00	0.00	295.11	4.75	0.00	4.00	0.00(M)	0.50	0.01	0.17	0.00(M)	0.00(M)	0.00(M)	0.94(M)	3.70(M)	0.00(M)
Asian Style Green Beans - TR2558 (1/2 c.) Contains Soy.	78.75	3.71	1.33	0.00	0.00	208.84	13.01	2.67	5.04(M)	(M)	1.63	0.79	44.03	663.62	3.74	(M)	(M)	(M)	(M)
Assorted 1 oz Cereal Bars - TR1881 (1 ea.) Contains Cinnamon, Corn/Corn Products, Gluten, Soy, Sunflower Oil, Wheat.	152.50	3.38	0.13	0.00	0.00	107.50	29.75	2.75	9.00	2.25(M)	2.25	1.74	215.00	50.00	0.30	0.00(M)	25.03 (M)	0.00(M)	0.00(M)
Assorted 1 oz Muffins - TR2638 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	162.50	5.00	0.75	0.00	16.25	108.75	27.25	1.00	14.25	13.75	3.00	1.00	12.50	0.00(M)	0.00(M)	0.00	56.03	(M)	(M)
Assorted 100% Fruit Juice - TR1893 (1 ea.) Contains Citrus.	60.00	0.00	0.00	0.00	0.00	3.33	13.67	0.00	12.67	0.33	0.33	0.03	86.00	0.67(M)	16.33 (M)	0.33(M)	184.33	0.00(M)	0.00(M)
Assorted 100% Vegetable Juice - TR2588 (1 serving)	57.50	0.00	0.00	0.00	0.00	17.50	14.00	0.00	13.00	0.00	0.00	0.00	0.00	250.00 (M)	66.00	0.00	0.00	(M)	(M)
Assorted 2 oz Cereal Bars - TR2514 (1 ea.) Contains Gluten, Soy, Wheat.	270.00	5.50	0.50	0.00	0.00	185.00	51.50	5.00	15.50	14.50	4.50	2.55	405.00	0.00(M)	0.00(M)	0.25(M)	114.92	0.00(M)	0.00(M)
Assorted 2 oz Muffins - TR1888 (1 ea.) Contains Cinnamon, Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	257.50	7.75	1.25	0.00	28.75	180.00	44.50	3.25	19.50	18.50	4.75	1.63	17.00	0.00(M)	0.00(M)	0.00	73.75	0.00(M)	0.00(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)	Ash (g)
Assorted 2oz Breakfast Grahams - TR2375 (1 serving) Contains Gluten, Milk, Soy, Wheat.	325.00	10.50	2.75	0.00	0.00	260.00	57.50	2.50	21.00	21.00	4.50	1.90	9.50	(M)	(M)	0.00	122.55	(M)	(M)
Assorted Applesauce - TR1452 (1 ea.) Contains Cinnamon.	57.16	0.00	0.00	0.00	0.00	4.29	14.62	1.18	12.98	0.00(M)	0.00	0.15(M)	13.33 (M)	0.00(M)	9.33(M)	0.08(M)	69.15 (M)	0.00(M)	0.00(M)
Assorted Appleways Breakfast Bars - TR2327 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	275.00	9.00	1.50	0.00	0.00	127.50	46.50	2.50	18.50	15.50	4.00	1.90	19.00	0.00	1.00	0.00	117.50	0.00(M)	0.00(M)
Assorted Breaded Chicken (Salads) - TR2666 (1 serving) Contains Corn/Corn Products, Gluten, Soy, Wheat.	219.07	10.44	2.08	0.00(M)	55.47	445.13	12.36	1.75	0.67	0.00(M)	19.36	1.28	4.08	0.00(M)	0.00(M)	0.00(M)	308.88 (M)	(M)	(M)
Assorted Breakfast Bread - TR1885 (1 ea.) Contains Cinnamon, Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Sesame.	262.00	7.60	1.40	0.00	11.00	234.00	46.60	2.00	23.20	8.60(M)	5.20	1.20	97.60	0.00(M)	0.00(M)	0.00	134.05	0.00(M)	0.00(M)
Assorted Breakfast Burritos - TR2636 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	181.85	7.49	3.38	0.00	30.30	286.57	18.75	2.33	0.70	0.06	9.80	1.57	153.34	120.14	0.32	0.28	175.00	(M)	0.81(M)
Assorted Breakfast Parfaits - TR2332 (1 ea.) Contains Cinnamon, Milk, Soy. May contain Gluten, Wheat.	426.86	12.11	3.81	0.00(M)	2.50	139.71	73.23	7.58	33.01 (M)	6.74(M)	8.93	2.40(M)	143.76 (M)	529.82 (M)	7.53(M)	1.75(M)	176.50 (M)	8.84(M)	0.78(M)
Assorted Breakfast Pastries - TR1887 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	180.00	4.00	0.00	0.00	0.00	240.00	34.00	2.00	7.00	6.00	4.00	2.00	0.00	0.00(M)	0.00(M)	0.00	100.00	0.00(M)	0.00(M)
Assorted Breakfast Pastries - TR2372 (1 ea.) Contains Cinnamon, Corn/Corn Products, Egg, Gluten, Milk, Soy, Sunflower Oil, Wheat. Processed in a facility that also processes Peanuts, Sesame, Tree nuts.	205.21	6.15	1.60	0.00	7.38	178.75	34.96	2.39	13.32	8.71(M)	4.72	1.45	51.36	13.00 (M)	0.15(M)	0.01(M)	89.01 (M)	0.00(M)	0.00(M)
Assorted Breakfast Pastries - TR2373 (1 ea.) Contains Cinnamon, Corn/Corn Products, Egg, Gluten, Milk, Soy, Sunflower Oil, Wheat. Processed in a facility that also processes Peanuts, Sesame, Tree nuts.	218.07	6.11	1.62	0.00	6.71	184.02	38.42	2.72	14.78	10.55 (M)	4.72	1.64	70.33	77.88 (M)	0.14(M)	0.00(M)	93.04 (M)	0.00(M)	0.00(M)
Assorted Breakfast Pastries - TR2374 (1 ea.) Contains Cinnamon, Corn/Corn Products, Egg, Gluten, Milk, Soy, Sunflower Oil, Tree nuts, Wheat. Processed in a facility that also processes Peanuts, Sesame, Tree nuts.	224.15	6.89	1.77	0.00	6.15	190.50	37.80	2.81	14.68	10.64 (M)	5.05	1.58	67.94	71.39 (M)	0.13(M)	0.00(M)	104.28 (M)	0.00(M)	0.00(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)	Ash (g)
Assorted Breakfast Pizza - TR2517 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	200.00	6.00	3.00	0.00	17.50	405.00	25.00	3.50	2.50	(M)	13.00	1.44	175.00	300.00	9.00	(M)	(M)	(M)	(M)
Assorted Breakfast Sandwiches - TR1618 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat. May contain Sesame.	280.56	13.17	4.95	0.00	124.17	653.33	27.78	2.78	3.94	0.56(M)	12.72	2.02	585.61	160.72 (M)	0.00(M)	1.00(M)	86.10 (M)	0.00(M)	0.00(M)
Assorted Cereal - TR1450 (1 ea.) Contains Corn/Corn Products, Gelatin, Gluten, Red Dye, Soy, Wheat.	107.14	1.64	0.00	0.00	0.00	146.43	22.57	2.43	5.29	5.29	2.43	5.49	65.71	128.57 (M)	2.11(M)	2.00	54.29 (M)	0.00(M)	0.00(M)
Assorted Cereal - TR2329 (1 ea.) Contains Cinnamon, Corn/Corn Products, Gelatin, Gluten, Red Dye, Soy, Wheat. May contain Wheat.	218.00	3.80	0.10	0.00	0.00	330.00	45.80	4.20	11.80	11.80	3.40	6.92	142.00	450.00 (M)	1.08(M)	4.80	116.40 (M)	0.00(M)	0.00(M)
Assorted Cereal - TR2371 (1 ea.) Contains Cinnamon, Corn/Corn Products, Gelatin, Gluten, Red Dye, Soy, Wheat.	162.57	2.72	0.05	0.00	0.00	238.22	34.19	3.31	8.54	8.54	2.92	6.20	103.86	289.29 (M)	1.60(M)	3.40	85.34 (M)	0.00(M)	0.00(M)
Assorted Chicken Breakfast Sandwiches - TR2806 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	253.33	9.33	3.00	0.00	18.33	490.00	33.33	3.67	3.33	1.00(M)	12.00	2.32	67.67	0.00(M)	0.00(M)	0.00(M)	190.00 (M)	(M)	(M)
Assorted Cinnamon Rolls - TR1894 (1 ea.) Contains Cinnamon, Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	225.12	7.32	2.21	0.00	4.00	288.53	36.23	2.40	11.99	5.21(M)	5.01	1.39	30.00	80.00 (M)	0.24(M)	0.04(M)	79.64 (M)	0.01(M)	0.00(M)
Assorted Cupped Fruit - TR1451 (1/2 c.)	61.13	0.03	0.00	0.00	0.00	3.10	15.94	1.58	10.00 (M)	0.88(M)	0.43	0.29(M)	5.00(M)	116.38 (M)	9.26(M)	0.00(M)	28.88 (M)	0.00(M)	0.00(M)
Assorted Deli Sandwiches - TR1906 (1 ea.) Contains Corn/Corn Products, Egg, Fish, Gluten, Milk, Pork, Soy, Wheat.	381.40	17.27	5.97	0.00(M)	109.30	1046.85	33.67	4.06	3.23	0.00(M)	23.00	3.44	768.54	503.99 (M)	1.71(M)	0.51(M)	235.07 (M)	17.49 (M)	0.08(M)
Assorted Deli Sandwiches - TR1907 (1 ea.) Contains Corn/Corn Products, Egg, Fish, Gluten, Milk, Pork, Soy, Wheat.	382.46	17.24	5.73	0.00(M)	121.62	1066.20	32.73	4.04	2.94	0.00(M)	24.60	3.55	698.81	416.93 (M)	0.68(M)	0.61(M)	221.92 (M)	2.58(M)	0.02(M)
Assorted Donuts - TR2637 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Peanuts, Tree nuts.	208.00	8.80	3.50	0.00	0.00	180.00	30.00	1.80	12.20	11.80	3.60	0.90	25.40	0.00(M)	0.00(M)	0.00	80.24	(M)	(M)
Assorted Dressings - TR1458 (1 ea.) Contains Corn/Corn Products, Egg, Fish, Milk, Soy.	80.00	5.75	0.75	0.00	3.75	502.50	7.00	0.25	2.25	1.50(M)	0.50	0.00	5.00	0.00(M)	0.00(M)	0.00	0.00	0.00(M)	0.00(M)
Assorted Dried Fruit - TR1453 (1 ea.)	105.03	0.00	0.00	0.00	0.00	1.88	26.21	2.53	23.13	0.00(M)	0.26	0.29	6.54	0.00(M)	0.00(M)	0.00(M)	32.22 (M)	0.00(M)	0.00(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Assorted Egg & Cheese Breakfast Sandwiches - TR2807 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat. May contain Sesame.	269.08	12.78	5.21	0.00	146.01	558.26	27.57	3.00	3.07	0.43(M)	11.20	1.53(M)	442.33 (M)	214.47 (M)	0.00(M)	0.43(M)	103.27 (M)	(M)	(M)
Assorted French Toast - TR1902 (1 ea.) Contains Cinnamon, Egg, Gluten, Milk, Soy, Wheat.	217.50	6.50	1.13	0.00	2.50	215.00	37.25	2.50	11.25	5.75(M)	4.50	1.68	95.25	250.00 (M)	0.00(M)	0.00(M)	40.29 (M)	0.00(M)	0.00(M)
Assorted Fresh Fruit - TR1449 (1 ea.) Contains Citrus.	71.39	0.17	0.03	0.00(M)	0.00(M)	1.45	18.28	2.81	9.41(M)	0.00(M)	0.71	0.14	14.75 (M)	51.54 (M)	19.89	0.00(M)	0.00(M)	26.11 (M)	0.15(M)
Assorted Fresh Fruit Cup - TR1879 (1/2 c.)	23.80	0.06	0.00	(M)	0.00	0.82	6.01	0.37	5.04	(M)	0.46	0.10	4.57	252.30	4.04	(M)	(M)	0.00(M)	0.00(M)
Assorted Fruit Ice - TR1465 (1 ea.) Processed in a facility that also processes Milk.	90.00	0.00	0.00	0.00	0.00	15.63	22.00	0.00	20.38	0.00(M)	0.00	0.25	50.00	6775.00 (M)	73.00	0.00(M)	120.00 (M)	0.00(M)	0.00(M)
Assorted Grab & Go Bags - TR1474 (1 ea.) Contains Cinnamon, Citrus, Corn/Corn Products, Egg, Gluten, Milk, Soy, Sunflower Oil, Tree nuts, Wheat.	424.12	18.66	7.02	0.00(M)	54.66	807.46	45.21	4.97	9.82(M)	1.70(M)	18.02	2.21(M)	399.72 (M)	317.14 (M)	0.86(M)	0.70(M)	194.82 (M)	0.00(M)	0.00(M)
Assorted Graham Crackers - TR1892 (1 ea.) Contains Cinnamon, Gluten, Soy, Wheat.	112.50	3.38	0.75	0.00	0.00	105.00	20.00	1.00	7.25	2.00(M)	2.00	0.81	75.00	375.00 (M)	0.00(M)	0.00(M)	17.50 (M)	0.00(M)	0.00(M)
Assorted Grain Options - TR2325 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Sunflower Oil, Wheat.	91.43	2.57	0.43	0.00	0.71	171.43	14.57	1.43	0.14	0.00(M)	2.29	0.78	28.29	100.00 (M)	0.00(M)	0.00(M)	39.31 (M)	(M)	(M)
Assorted Hoagies 6-12 - TR1476 (1 ea.) Contains Egg, Fish, Gluten, Milk, Pork, Soy, Wheat.	407.37	14.64	5.18	0.00(M)	63.32	1095.95	43.60	5.18	4.10	0.00(M)	27.22	3.91	945.88	891.42 (M)	7.17(M)	0.51(M)	252.82 (M)	93.23 (M)	0.41(M)
Assorted Hoagies K-5 - TR2854 (1 ea.) Contains Egg, Fish, Gluten, Milk, Pork, Soy, Wheat.	371.75	13.62	5.09	0.00(M)	55.77	959.17	38.31	4.18	4.10	0.00(M)	23.57	3.50	952.88	891.42 (M)	7.17(M)	0.51(M)	214.55 (M)	93.23 (M)	0.41(M)
Assorted Homemade Mac & Cheese - TR2563 (1/2 c.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	247.99	11.63	5.93	0.00(M)	28.95	426.68	22.68	1.74	4.94(M)	0.00(M)	12.59	1.15	727.99	471.26 (M)	0.20(M)	0.29(M)	73.38 (M)	27.61 (M)	0.03(M)
Assorted Hot Breakfast Entrees - TR2516 (1 ea.) Contains Cinnamon, Corn/Corn Products, Egg, Gluten, Milk, Soy, Tomatoes, Wheat. May contain Sesame.	210.63	8.04	2.59	0.00	43.00	387.08	26.29	2.45	5.04	2.36(M)	8.94	2.33	188.61	211.51 (M)	1.03(M)	0.23(M)	103.75 (M)	0.00(M)	0.07(M)
Assorted Hummus - TR2406 (1 serving) Contains Cinnamon, Corn/Corn Products, Tree nuts.	78.00	2.40	0.00	0.00(M)	0.00	187.00	10.40	3.80	3.40(M)	0.00	3.00	0.43(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)
Assorted IW Breakfast Sandwiches - TR2639 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	180.00	7.00	1.75	0.00	52.50	355.00	20.50	2.00	3.50	2.50	9.00	1.00	110.50	2.00(M)	0.00(M)	0.00	203.50	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Assorted Jelly - TR1119 (1 ea.)	35.00	0.00	0.00	0.00	0.00	0.00	9.00	0.00	5.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Assorted Lunch Parfaits - TR1909 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat.	609.38	15.74	4.63	0.00(M)	5.00	406.04	104.65	8.88	41.41(M)	10.56(M)	14.23	3.44(M)	254.50(M)	901.45(M)	7.77(M)	3.50(M)	334.95(M)	8.36(M)	1.47(M)
Assorted Lunch Parfaits (Leach) - TR2648 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	582.75	13.95	4.07	0.00(M)	5.00	374.22	102.68	9.00	44.03(M)	11.00(M)	14.36	3.19(M)	261.59(M)	954.81(M)	22.48(M)	3.50(M)	339.50(M)	13.26(M)	1.52(M)
Assorted Mini Bagels - TR2326 (1 ea.) Contains Cinnamon, Gluten, Milk, Wheat.	230.00	6.00	2.00	0.00	10.00	190.00	42.00	2.00	13.00	12.00	6.00	1.60	30.00	0.00(M)	0.00(M)	0.00	140.06	(M)	(M)
Assorted Mozzarella Sticks - TR2485 (1 serving) Contains Gluten, Milk, Soy, Wheat.	220.00	9.50	4.25	0.00	20.00	400.00	21.50	1.50	1.50	0.50(M)	12.50	0.34(M)	186.00	12.50(M)	0.00(M)	0.00(M)	84.00(M)	(M)	(M)
Assorted Nutrigrain Bars - TR2515 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat.	153.33	3.67	0.50	0.00	0.00	130.00	30.67	3.00	13.67	8.33(M)	2.00	1.87	160.00	250.00(M)	0.00(M)	1.47(M)	73.33(M)	0.00(M)	0.00(M)
Assorted Pancakes - TR1896 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	204.00	6.40	1.00	0.00	4.00	230.00	34.40	3.40	10.00	5.20(M)	3.60	2.38	52.00	500.00(M)	0.00(M)	0.00(M)	93.97(M)	0.00(M)	0.00(M)
Assorted Pats Pizza - TR2382 (1 serving) Contains Gluten, Milk, Pork, Soy, Tomatoes, Wheat.	363.85	14.34	2.49	0.00(M)	15.01(M)	231.00(M)	39.90	2.95	0.00(M)	(M)	18.41	0.80(M)	150.17(M)	163.67(M)	1.75(M)	0.00(M)	0.00(M)	0.00(M)	2.20(M)
Assorted Peaches - TR2447 (1 serving)	64.26	0.04	0.00	0.00	0.00	1.59	15.93	1.35	11.38(M)	4.68(M)	0.80	0.10(M)	1.92(M)	89.95(M)	1.01(M)	0.00(M)	27.00(M)	(M)	(M)
Assorted Pizza - TR2486 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Tomatoes, Wheat. May contain Soy.	320.80	13.00	6.40	0.00	31.60	542.00	31.40	3.20	5.20	0.20(M)	20.20	1.70(M)	366.40	220.00(M)	5.40(M)	0.00(M)	124.44(M)	(M)	(M)
Assorted Poptarts - TR1891 (1 ea.) Contains Cinnamon, Gluten, Soy, Wheat.	346.67	5.67	1.83	0.00	0.00	236.67	73.00	6.00	29.33	29.00	4.67	3.60	260.00	726.67	0.00(M)	0.00	133.33	0.00(M)	0.00(M)
Assorted Salads - TR1455 (1 ea.) Contains Citrus, Corn/Corn Products, Egg, Fish, Gluten, Milk, Pork, Soy, Sunflower Oil, Sunflower Seeds, Wheat.	422.00	15.14	5.41	0.00(M)	85.30(M)	1067.32	43.50	6.80(M)	7.08(M)	0.55(M)	29.53	4.66(M)	232.76(M)	6078.11(M)	13.97(M)	0.20(M)	255.88(M)	48.02(M)	0.28(M)
Assorted Salads - TR1459 (1 ea.) Contains Corn/Corn Products, Egg, Fish, Gluten, Milk, Pork, Soy, Sunflower Oil, Sunflower Seeds, Wheat.	453.98	14.96	5.45	0.00(M)	92.44(M)	1107.61	48.42	9.16(M)	9.03(M)	0.34(M)	32.94	6.08(M)	276.05(M)	15513.26(M)	23.74(M)	0.20(M)	270.85(M)	81.23(M)	0.49(M)
Assorted Sausage, Egg & Cheese Breakfast Sandwiches - TR2330 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat. May contain Sesame.	337.00	16.30	6.20	0.00	154.50	806.00	28.00	3.00	3.70	0.60(M)	17.70	2.40	580.50	191.72(M)	0.80(M)	1.30(M)	209.00(M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Assorted Soup - TR2398 (1 serving) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Sunflower Oil, Sunflower Seeds, Wheat.	171.44	7.20	2.81	0.00(M)	22.04(M)	766.98	17.51	3.03(M)	3.70(M)	0.17(M)	9.61	1.23(M)	110.78(M)	1391.94(M)	4.12(M)	0.00(M)	136.86(M)	130.81(M)	0.20(M)
Assorted Vegetables - TR2484 (1 serving) Contains Cinnamon, Corn/Corn Products, Gluten, Soy, Sunflower Oil, Tomatoes, Wheat. May contain Soy, Wheat.	93.77	1.98	0.29	0.00(M)	0.00	88.56	17.34	3.09	3.91(M)	1.49(M)	2.48	0.61(M)	17.99(M)	1992.44(M)	5.00(M)	0.00(M)	81.19(M)	0.00(M)	0.00(M)
Assorted Waffles - TR1903 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	196.00	5.60	1.30	0.00	0.00	192.00	35.00	3.40	9.40	8.80	4.00	2.72	168.00	600.00(M)	0.00(M)	0.00	129.89	0.00(M)	0.00(M)
Assorted Wraps - TR1457 (1 ea.) Contains Citrus, Corn/Corn Products, Egg, Fish, Gluten, Milk, Soy, Sunflower Oil, Sunflower Seeds, Wheat.	331.29	15.53	6.35	0.00(M)	65.83(M)	713.92	26.79	3.90(M)	3.59(M)	0.71(M)	21.77	1.47(M)	579.75(M)	2319.53(M)	6.06(M)	0.00(M)	239.03(M)	40.36(M)	0.22(M)
Assorted Yogurts - TR2331 (1 ea.) Contains Citrus, Corn/Corn Products, Milk.	72.16	0.00	0.00	0.00	2.69	69.28	13.54	0.00	10.39	4.67(M)	3.49	0.00	223.05	0.00(M)	0.00(M)	2.44(M)	148.86(M)	0.00(M)	0.00(M)
Bacon Chicken Ranch Flatbread 6 -12 - TR2731 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	619.67	30.79	10.32	0.00	133.76	1235.22	32.83	4.13	5.69	1.00(M)	48.32	1.91	445.13	0.00(M)	0.00(M)	0.00(M)	170.44(M)	(M)	(M)
Bacon Chicken Ranch Flatbread K-5 - TR2733 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	601.24	30.29	10.25	0.00	123.13	1223.88	32.68	3.99	5.69	1.00(M)	45.35	1.86	445.13	0.00(M)	0.00(M)	0.00(M)	170.44(M)	(M)	(M)
Bacon Egg & Cheese Bagel - TR1614 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	295.00	12.17	4.17	0.00	125.83	620.00	29.67	4.00	6.17	0.00(M)	14.83	1.88	563.50	160.72(M)	0.00(M)	1.00(M)	175.00(M)	(M)	(M)
Bacon Egg & Cheese Biscuit - TR1610 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	325.00	16.67	7.17	0.00	130.83	830.00	30.67	3.00	6.17	0.00(M)	13.83	2.12	573.50	160.72(M)	0.00(M)	1.00(M)	45.00(M)	(M)	(M)
Bacon Egg & Cheese Croissant - TR1406 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	335.00	17.67	7.17	0.00	130.83	650.00	30.67	3.00	5.17	3.00(M)	13.83	2.12	553.50	160.72(M)	0.00(M)	1.00(M)	45.00(M)	(M)	(M)
Bacon Egg & Cheese English Muffin - TR1611 (1 ea.) Contains Egg, Milk, Soy, Wheat.	265.00	12.17	4.17	0.00	125.83	710.00	25.67	2.00	2.17	0.00(M)	13.83	1.76	613.50	160.72(M)	0.00(M)	1.00(M)	45.00(M)	(M)	(M)
Bacon Egg & Cheese on Hamburger Bun - TR1957 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. May contain Sesame.	265.00	11.17	4.17	0.00	125.83	720.00	26.67	3.00	2.17	0.00(M)	13.83	2.12	559.50	160.72(M)	0.00(M)	1.00(M)	125.00(M)	(M)	(M)
Bacon Egg & Cheese on Waffles - TR2581 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	305.00	16.67	4.17	0.00	135.83	690.00	25.67	2.00	5.17	2.00(M)	12.83	2.16	660.50	160.72(M)	0.00(M)	1.00(M)	124.90(M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Bacon Egg & Cheese Pretzel Roll - TR1613 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	325.00	15.67	5.67	0.00	150.83	485.00	31.67	3.00	3.17	(M)	13.83	2.12(M)	532.50 (M)	160.72 (M)	0.00(M)	(M)	(M)	(M)	(M)
Bagel w/ Cream Cheese - TR1884 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	210.00	6.50	3.00	0.00	20.00	280.00	32.00	4.00	17.00	5.00	10.00	1.50	65.00	0.00(M)	0.00(M)	0.00	120.00	0.00(M)	0.00(M)
Baked Apples - TR1394 (1/2 c.) Contains Cinnamon.	92.63	0.00	0.00	0.00	0.00	12.39	23.09	2.48	19.30	(M)	0.00	0.01(M)	1.54(M)	0.74(M)	0.38(M)	(M)	(M)	(M)	(M)
Baked Beans - TR1383 (1/2 c.) Contains Tomatoes.	192.74	0.54	0.00	0.00	0.00	258.55	39.81	6.51	15.17	7.19(M)	8.65	2.14(M)	66.60 (M)	0.18(M)	0.70(M)	0.00(M)	481.74 (M)	0.00(M)	0.00(M)
Baked Sweet Potatoes - TR1382 (1/2 c.) Contains Cinnamon, Soy.	170.58	1.34	0.49	0.00	0.00	18.89	41.38	4.45	28.09	12.13 (M)	0.00	0.01(M)	0.80(M)	60.75 (M)	0.01(M)	(M)	121.25 (M)	(M)	(M)
Baked WG Nacho Tostito Scoops - TR1487 (1 ea.) Contains Corn/Corn Products, Sunflower Oil.	120.00	3.00	0.50	0.00	0.00	140.00	22.00	2.00	0.00	(M)	2.00	0.36	20.00	0.00	0.00	(M)	(M)	(M)	(M)
Baked Ziti - TR2896 (1 serving) Contains Gluten, Milk, Tomatoes, Wheat.	386.79	16.63	8.71	0.00(M)	67.86	989.45	31.36	3.35(M)	8.21(M)	2.60(M)	28.54	2.55	320.21	50.28 (M)	0.39(M)	0.00(M)	662.74 (M)	5.91(M)	0.01(M)
Banana Bread - TR1023 (1 ea.) Contains Cinnamon, Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	260.00	8.00	1.50	0.00	0.00	240.00	45.00	2.00	24.00	(M)	5.00	1.00	161.00	0.00(M)	0.00(M)	0.00	114.00	(M)	(M)
Banana Muffin - TR1138 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	250.00	7.00	1.00	0.00	35.00	150.00	44.00	2.00	22.00	21.00	5.00	2.00	23.00	0.00(M)	0.00(M)	0.00	105.00	(M)	(M)
Bananas & Yogurt Parfait, Breakfast - TR2340 (1 ea.) Contains Cinnamon, Milk, Soy. May contain Gluten, Wheat.	434.33	12.32	3.89	0.00(M)	2.50	137.01	75.54	8.00	32.04	6.22(M)	9.39	2.40(M)	143.68 (M)	506.83 (M)	7.27(M)	1.75(M)	160.00 (M)	60.68 (M)	1.36(M)
Bananas & Yogurt Parfait, Lunch - TR2346 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	584.33	14.32	4.14	0.00(M)	5.00	387.01	102.54	9.00	39.04	10.22 (M)	14.39	3.12(M)	253.68 (M)	786.83 (M)	7.27(M)	3.50(M)	320.00 (M)	60.68 (M)	2.06(M)
Basic Quick Pickle Recipe - TR1736 (1/2 c.)	234.87	0.86	0.18	0.00(M)	0.00	1390.76	57.59	9.79	40.64	(M)	4.00	1.48	137.65	42884.9 7	36.25	(M)	(M)	566.77 (M)	3.69(M)
BBQ Baked Beans - TR1603 (1/2 c.) Contains Corn/Corn Products, Soy, Tomatoes. May contain Gluten, Wheat.	224.76	1.47	0.00	0.00(M)	0.00(M)	685.92	46.37	5.16(M)	25.78	16.71 (M)	8.20	3.05(M)	60.78 (M)	0.16(M)	0.62(M)	0.00(M)	527.57 (M)	(M)	(M)
BBQ Chicken & Dinner Roll - TR2612 (1 ea.) Contains Gluten, Soy, Wheat. May contain Gluten, Wheat.	233.04	5.06	0.50	0.00(M)	75.60 (M)	357.97	21.41	3.01(M)	6.87	5.33(M)	24.17	1.44(M)	28.13	0.00(M)	0.00(M)	0.00(M)	90.87 (M)	(M)	(M)
BBQ Chicken Flatbread 6-12 - TR2729 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	583.42	27.57	13.57	0.00(M)	145.05 (M)	932.72	38.33	4.13(M)	8.60	7.00(M)	43.81	1.91(M)	430.40	0.00(M)	0.00(M)	0.00(M)	212.02 (M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)	Ash (g)
BBQ Chicken Mix 6-12 - TR2662 (1 serving) Contains Soy. May contain Gluten, Wheat.	183.42	4.57	0.57	0.00(M)	85.05 (M)	222.72	8.33	1.13(M)	6.60	6.00(M)	23.81	0.41(M)	2.40	0.00(M)	0.00(M)	0.00(M)	51.60 (M)	(M)	(M)
BBQ Chicken Mix K-5 - TR2661 (1 serving) Contains Soy. May contain Gluten, Wheat.	163.04	4.06	0.50	0.00(M)	75.60 (M)	197.97	7.41	1.01(M)	5.87	5.33(M)	21.17	0.36(M)	2.13	0.00(M)	0.00(M)	0.00(M)	45.87 (M)	(M)	(M)
BBQ Chicken Salad 6-12 - TR1751 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	466.20	12.35	4.57	0.00(M)	89.80 (M)	799.12	51.43	9.71(M)	12.21 (M)	5.08(M)	36.23	6.26(M)	355.12	18271.5 2(M)	26.73 (M)	0.00(M)	191.94 (M)	103.30 (M)	0.58(M)
BBQ Chicken Salad K-5 - Small - TR2016 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	422.49	11.76	3.98	0.00(M)	78.26 (M)	764.23	45.04	6.92(M)	10.07	4.45(M)	32.35	4.13(M)	305.89	7014.34 (M)	12.41 (M)	0.00(M)	211.70 (M)	51.65 (M)	0.29(M)
BBQ Chicken Sandwich (Leach) - TR2613 (1 sandwich) Contains Gluten, Soy, Wheat. May contain Gluten, Wheat.	373.42	6.57	0.57	0.00(M)	85.05 (M)	642.72	45.33	5.13(M)	7.60	6.00(M)	30.81	2.41(M)	73.40	0.00(M)	0.00(M)	0.00(M)	177.60 (M)	(M)	(M)
BBQ Chicken Sandwich 6-12 - TR1840 (1 sandwich) Contains Gluten, Soy, Wheat. May contain Gluten, Wheat.	373.42	6.57	0.57	0.00(M)	85.05 (M)	642.72	45.33	5.13(M)	7.60	6.00(M)	30.81	2.41(M)	73.40	0.00(M)	0.00(M)	0.00(M)	177.60 (M)	(M)	(M)
BBQ Chicken Sandwich K-5 - TR1841 (1 ea.) Contains Gluten, Soy, Wheat. May contain Gluten, Wheat.	291.48	5.20	0.50	0.00(M)	75.60 (M)	469.97	31.59	3.27(M)	6.62	5.33(M)	25.70	1.72(M)	61.07	0.00(M)	0.00(M)	0.00(M)	128.25 (M)	(M)	(M)
BBQ Chicken Wings 6-12 - TR2668 (1 serving) Contains Soy. May contain Gluten, Wheat.	443.56	32.11	8.24	0.00(M)	173.93 (M)	674.34	13.65	0.00(M)	10.83	9.85	25.63	0.00(M)	22.25	0.00(M)	0.00(M)	0.00(M)	706.83	(M)	(M)
BBQ Chicken Wrap 6-12 - TR1309 (1 ea.) Contains Gluten, Soy, Wheat. May contain Gluten, Wheat.	306.65	7.45	1.99	0.00(M)	72.08 (M)	412.76	32.37	4.94(M)	7.90	5.08(M)	24.84	0.68(M)	31.03	2380.20 (M)	6.43(M)	0.00(M)	232.67 (M)	37.81 (M)	0.20(M)
BBQ Chicken Wrap K-5 - TR1310 (1 ea.) Contains Gluten, Soy, Wheat. May contain Gluten, Wheat.	287.22	6.97	1.93	0.00(M)	63.07 (M)	389.17	31.49	4.82(M)	7.20	4.45(M)	22.31	0.64(M)	30.78	2380.20 (M)	6.43(M)	0.00(M)	227.21 (M)	37.81 (M)	0.20(M)
BBQ Sauce Cups - TR1218 (1 ea.) May contain Gluten, Wheat.	45.00	0.00	0.00	0.00	0.00	210.00	10.00	0.00	9.00	(M)	0.00	0.00	20.00	0.00	0.00	(M)	(M)	(M)	(M)
Beef A Roni *New - TR2895 (9 oz.) Contains Gluten, Tomatoes, Wheat.	280.49	8.62	3.57	0.00(M)	47.62	459.18	33.56	3.52	8.51	3.90(M)	18.63	3.26	46.54	0.10(M)	0.39(M)	0.00(M)	978.34 (M)	38.44 (M)	0.04(M)
Beef Crumble, Child Nutrition Cooked Frozen - TR2360 (2 1/2 Ounces) Contains Soy.	123.46	7.41	3.70	0.00	30.86	370.37	1.24	1.24	0.00	0.00	12.35	2.47	24.69	0.00(M)	0.00(M)	(M)	234.57	(M)	(M)
Beef Goulash - P2GF Tasting - TR2900 (1 serving) Contains Gluten, Milk, Soy, Wheat.	72.92	1.26	0.58	0.00	4.83	296.94	11.66	1.52	3.52	0.38(M)	2.61	0.88	15.65	260.00 (M)	1.25(M)	0.00(M)	117.38 (M)	7.10(M)	0.01(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Beef Gravy - TR2705 (1 oz.) Contains Gluten, Milk, Soy, Wheat.	30.46	2.22	0.76	0.00	0.00	42.49	2.57	0.27	0.17	0.15(M)	0.33	0.10	1.86	94.92 (M)	0.00(M)	0.00(M)	62.04 (M)	29.57 (M)	0.03(M)
Beef Stock - TR1331 (1 gal.) Contains Milk, Soy.	106.31	3.54	0.00	0.00	0.00	1106.01	21.26	0.00	7.09	7.09(M)	0.00	0.00	113.76	0.00(M)	0.00(M)	0.00(M)	2978.03 (M)	3788.21 (M)	3.79(M)
Beef Stroganoff - P2GF Tasting - TR2901 (1 serving) Contains Gluten, Milk, Soy, Wheat.	69.20	3.00	1.65	0.00	14.86	83.17	6.32	0.55	1.01	0.09(M)	3.83	0.47	15.38	53.35 (M)	0.05(M)	0.00(M)	84.63 (M)	2.02(M)	0.02(M)
Beef Taco, Mission Tortilla 6-12 (Maid Rite) - TR2903 (1 serving) Contains Corn/Corn Products, Gluten, Soy, Wheat.	329.14	11.95	4.97	0.00	53.00	993.40	32.22	5.11	0.00	0.00(M)	18.57	3.33(M)	152.42 (M)	0.00(M)	0.00(M)	0.00(M)	371.76 (M)	16.46 (M)	0.02(M)
Beef Taco, Mission Tortilla K-5 (Maid Rite) - TR2902 (1 serving) Contains Corn/Corn Products, Gluten, Soy, Wheat.	308.00	10.82	4.41	0.00	45.49	906.43	31.90	4.95	0.00	0.00(M)	16.51	3.14(M)	150.66 (M)	0.00(M)	0.00(M)	0.00(M)	336.06 (M)	14.12 (M)	0.01(M)
Beef, Crumbles, Maid Rite - TR2862 (2 1/2 Ounces)	119.98	7.20	3.60	0.00	47.99	323.94	0.00	0.00	0.00	0.00	13.20	1.20	10.80	(M)	(M)	0.00	227.96	(M)	(M)
BLT & Cheese Wrap - TR1308 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	381.20	20.58	8.51	0.00(M)	65.00	1094.00	29.31	3.98	5.30	0.00(M)	19.65	0.98	1054.00	2701.63 (M)	6.43(M)	0.00(M)	188.94 (M)	37.81 (M)	0.20(M)
Blueberries in the Cloud - TR1528 (1/2 c.) Contains Milk.	130.12	5.03	4.08	0.00	0.00	2.05	23.50	4.51	0.00(M)	(M)	0.66	0.29	12.31	73.88	4.10	(M)	(M)	(M)	(M)
Blueberry Bread - TR1027 (1 ea.) Contains Cinnamon, Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	270.00	8.00	1.50	0.00	0.00	250.00	45.00	2.00	24.00	(M)	5.00	1.00	46.00	0.00(M)	0.00(M)	0.00	173.00	(M)	(M)
Blueberry Mini Pancakes, Eggo - TR1151 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	210.00	7.00	1.00	0.00	0.00	210.00	35.00	4.00	10.00	10.00	4.00	3.60	40.00	1000.00	0.00(M)	0.00	119.85	(M)	(M)
Blueberry Muffin - TR1139 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	240.00	7.00	1.00	0.00	35.00	160.00	41.00	2.00	17.00	16.00	5.00	1.00	22.00	0.00(M)	0.00(M)	0.00	90.00	(M)	(M)
Blueberry Muffin, Bake Crafters (1 oz grain) - TR2753 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	160.00	5.00	0.50	0.00	20.00	95.00	26.00	1.00	14.00	13.00	3.00	1.00	14.00	(M)	(M)	0.00	54.99	(M)	(M)
Blueberry Nutri-Grain Bar - TR1145 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	150.00	3.50	0.50	0.00	0.00	125.00	31.00	3.00	14.00	13.00	2.00	1.90	140.00	0.00(M)	0.00(M)	2.20	110.00	(M)	(M)
Bobbie Sandwich - Thanksgiving - TR2427 (1 sandwich) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	553.91	17.25	3.91	0.00	99.90	1658.58	57.13	5.77	10.32	(M)	39.59	3.73	94.33	126.66 (M)	0.14(M)	0.00(M)	179.79 (M)	28.41 (M)	0.03(M)
Bobbie Sandwich - Thanksgiving - TR2428 (1 sandwich) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	557.83	17.83	4.17	0.00(M)	108.45	1687.40	52.78	4.94	10.69	(M)	41.31	3.65	103.32	248.72 (M)	0.56(M)	0.00(M)	162.83 (M)	33.31 (M)	0.06(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)	Ash (g)
Bologna & Cheese Sandwich 6-12 - TR1267 (1 sandwich) Contains Corn/Corn Products, Gluten, Milk, Pork, Soy, Wheat.	495.00	30.50	11.75	0.00	85.00	1550.00	32.00	4.00	4.50	(M)	23.00	3.72	1091.00	921.43 (M)	1.80(M)	0.00(M)	172.02 (M)	(M)	(M)
Bologna & Cheese Sandwich K-5 - TR1268 (1 sandwich) Contains Corn/Corn Products, Gluten, Milk, Pork, Soy, Wheat.	495.00	30.50	11.75	0.00	85.00	1550.00	32.00	4.00	4.50	(M)	23.00	3.72	1091.00	921.43 (M)	1.80(M)	0.00(M)	172.02 (M)	(M)	(M)
Bread Stuffing - TR1354 (1/2 c.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	149.67	6.04	1.70	0.00	1.13	483.25	20.01	2.73	1.63	(M)	4.04	1.27	46.57	253.31 (M)	0.27(M)	0.00(M)	107.57 (M)	56.82 (M)	0.06(M)
Breaded Chicken Tenders - TR2289 (3 ea.) Contains Gluten, Soy, Wheat.	255.00	12.00	3.00	0.00	60.00	525.00	15.00	1.50	0.00	0.00	24.00	1.50	15.00	0.00(M)	0.00(M)	0.00	525.00	(M)	(M)
Breaded Pollock Fish Sticks - TR2156 (4 ea.) Contains Corn/Corn Products, Fish, Gluten, Milk, Soy, Wheat.	210.00	8.00	1.50	0.00	35.00	330.00	22.00	2.00	1.00	(M)	12.00	1.50	0.00	0.00(M)	0.00(M)	0.00	200.22	(M)	(M)
Breakfast Bar, Apple, Appleways - TR2255 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Soy, Wheat.	270.00	9.00	1.50	0.00	0.00	115.00	47.00	3.00	19.00	16.00	4.00	1.80	20.00	0.00	2.00	0.00	121.00	(M)	(M)
Breakfast Bar, Strawberry, Appleways - TR2256 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	280.00	9.00	1.50	0.00	0.00	140.00	46.00	2.00	18.00	15.00	4.00	2.00	18.00	0.00	0.00	0.00	114.00	(M)	(M)
Breakfast Bites - TR1030 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Peanuts, Tree nuts.	260.00	10.00	4.50	0.00	0.00	140.00	38.00	3.00	14.00	14.00	6.00	1.50	40.00	0.00(M)	0.00(M)	0.00	100.11	(M)	(M)
Breakfast Chicken Patty on a Biscuit - TR1529 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	270.00	10.50	4.00	0.00	20.00	590.00	35.00	4.00	5.00	(M)	12.00	2.44	61.00	0.00(M)	0.00(M)	0.00(M)	190.00 (M)	(M)	(M)
Breakfast Chicken Patty on Croissant - TR2504 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	280.00	11.50	4.00	0.00	20.00	410.00	35.00	4.00	4.00	3.00(M)	12.00	2.44	41.00	0.00(M)	0.00(M)	0.00(M)	190.00 (M)	(M)	(M)
Breakfast Chicken Patty on English Muffin - TR2502 (1 ea.) Contains Gluten, Soy, Wheat.	210.00	6.00	1.00	0.00	15.00	470.00	30.00	3.00	1.00	(M)	12.00	2.08	101.00	0.00(M)	0.00(M)	0.00(M)	190.00 (M)	(M)	(M)
Breakfast Grab & Go (Cheese cubes, Grain, Fruit) - TR2815 (1 ea.) Contains Cinnamon, Citrus, Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	454.17	16.06	6.20	0.00(M)	20.00 (M)	425.61	70.00	5.98	29.46 (M)	12.94 (M)	12.05	2.91	378.41 (M)	553.21 (M)	20.22 (M)	0.49(M)	130.34 (M)	26.11 (M)	0.15(M)
Breakfast Grab & Go (Cheese Stick, Grain, Fruit) - TR2809 (1 ea.) Contains Cinnamon, Citrus, Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	444.17	15.06	5.70	0.00(M)	20.00 (M)	435.61	72.00	5.98	30.46 (M)	12.94 (M)	11.05	2.91	374.41 (M)	468.21 (M)	20.22 (M)	0.49(M)	160.26 (M)	26.11 (M)	0.15(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Breakfast Grab & Go (Hard Boiled Egg, Grain, Fruit) - TR2853 (1 ea.) Contains Cinnamon, Citrus, Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	436.17	14.06	3.20	0.00(M)	186.00 (M)	306.61	70.40	5.98	29.46 (M)	12.94 (M)	11.33	3.71	202.41 (M)	738.21 (M)	20.22 (M)	0.49(M)	100.26 (M)	26.11 (M)	0.15(M)
Breakfast Platter - TR2093 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	325.00	20.50	11.50	0.00	155.00	720.00	17.00	1.00	1.00	0.00(M)	20.00	1.72	307.60	100.00 (M)	0.00(M)	0.80(M)	302.21 (M)	(M)	(M)
Breakfast Protein Grab & Go Bag (Hard Boiled Egg, Cheese, Fruit) - TR2808 (1 ea.) Contains Egg, Milk.	192.00	12.00	6.00	0.00	206.00 (M)	261.00	7.40	1.00	6.00	0.00(M)	13.28	0.80	232.00 (M)	355.00 (M)	39.00 (M)	0.00(M)	30.08 (M)	(M)	(M)
Breakfast Sandwich, Maple Seasoned Beef Sausage & Pancake, 1W - TR2755 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	160.00	7.00	2.00	0.00	25.00	390.00	17.00	2.00	5.00	4.00	9.00	1.00	45.00	4.00	0.00	0.00	167.00	(M)	(M)
Breakfast Wrap, Egg, Turkey Sausage, and Cheese - TR2746 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	207.77	8.48	3.52	0.00	41.59	309.57	22.15	3.04	0.93	0.12	10.66	1.86	127.40	233.50	0.47	0.56	194.58	(M)	1.62
Broccoli & Cauliflower Veggie Bag - TR2716 (1 serving)	27.96	0.31	0.09	(M)	0.00	30.12	5.51	2.18	1.74	(M)	2.24	0.54	32.12	274.12	64.31	(M)	(M)	87.17	0.78
Broccoli with Cheese Sauce - TR1346 (1/2 c.) Contains Milk.	89.03	4.64	0.79	0.00	0.21	437.56	9.89	2.96	2.42(M)	0.75(M)	3.89	0.59	83.22	993.26	38.99 (M)	3.03(M)	65.99 (M)	(M)	(M)
Broccoli, Fresh, Bag - TR2216 (6 flowerets)	3.74	0.04	0.00	(M)	0.00	3.63	0.73	0.29	0.19	(M)	0.31	0.08	5.17	68.53	9.81	(M)	(M)	9.82	0.10
Brown Rice - TR1409 (1/2 c.)	115.20	1.44	0.00	0.00	0.00	1.71	24.48	0.72	0.00	0.00(M)	2.88	0.22	1.71	0.00(M)	0.00(M)	0.00(M)	0.00(M)	56.82 (M)	0.06(M)
Brown Rice Pilaf - TR1757 (1/2 c.) Contains Corn/Corn Products, Milk, Soy.	139.03	1.39	0.41	0.00(M)	3.13	349.25	28.29	2.04(M)	5.26(M)	0.00(M)	3.52	0.51	24.80	398.97 (M)	8.99(M)	0.00(M)	161.21 (M)	77.34 (M)	0.20(M)
Buffalo Chicken Dip - TR2770 (1 serving) Contains Milk, Soy, Sunflower Oil, Sunflower Seeds.	224.18	11.45	4.93	0.00(M)	77.55 (M)	939.29	4.85	0.00(M)	3.37(M)	0.00(M)	24.25	0.00(M)	157.37 (M)	0.00(M)	0.00(M)	0.00(M)	279.24 (M)	(M)	(M)
Buffalo Chicken Flatbread 6-12 - TR2730 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Sunflower Oil, Sunflower Seeds, Wheat.	608.47	31.12	10.26	0.00(M)	120.42 (M)	1299.82	32.76	4.13(M)	5.03(M)	1.00(M)	44.99	1.91(M)	445.13 (M)	0.00(M)	0.00(M)	0.00(M)	170.44 (M)	(M)	(M)
Buffalo Chicken Flatbread K-5 - TR2734 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Sunflower Oil, Sunflower Seeds, Wheat.	588.89	30.34	10.13	0.00(M)	110.97 (M)	1260.34	32.57	4.01(M)	5.03(M)	1.00(M)	42.34	1.86(M)	445.13 (M)	0.00(M)	0.00(M)	0.00(M)	170.44 (M)	(M)	(M)
Buffalo Chicken Meatball Sandwich - TR1952 (1 sandwich) Contains Corn/Corn Products, Gluten, Soy, Sunflower Oil, Sunflower Seeds, Wheat.	403.44	18.05	3.61	0.00(M)	55.15 (M)	1057.17	39.12	4.00(M)	1.00(M)	0.00(M)	22.04	3.24(M)	98.05 (M)	0.00(M)	0.00(M)	0.00(M)	109.04 (M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Buffalo Chicken Meatball Sandwich 6-12 - TR1951 (1 sandwich) Contains Corn/Corn Products, Gluten, Soy, Sunflower Oil, Sunflower Seeds, Wheat.	504.87	24.32	4.87	0.00(M)	74.38 (M)	1360.37	46.60	5.35(M)	1.00(M)	0.00(M)	28.64	3.95(M)	98.05 (M)	0.00(M)	0.00(M)	0.00(M)	126.00 (M)	(M)	(M)
Buffalo Chicken Mix 6-12 - TR2663 (1 serving) Contains Soy, Sunflower Oil, Sunflower Seeds.	176.22	6.97	1.17	0.00(M)	85.05 (M)	355.32	1.73	1.13(M)	0.00(M)	0.00(M)	23.81	0.41(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)
Buffalo Chicken Mix K-5 - TR2664 (1 serving) Contains Soy, Sunflower Oil, Sunflower Seeds.	156.64	6.20	1.04	0.00(M)	75.60 (M)	315.84	1.54	1.01(M)	0.00(M)	0.00(M)	21.17	0.36(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)
Buffalo Chicken Salad 6-12 - TR1371 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Sunflower Oil, Sunflower Seeds, Wheat.	455.32	14.27	4.55	0.00(M)	87.27 (M)	941.62	43.88	9.13(M)	6.04(M)	0.00(M)	35.99	6.04(M)	350.26 (M)	17623.5 9(M)	17.88 (M)	0.00(M)	173.43 (M)	53.34 (M)	0.35(M)
Buffalo Chicken Salad K-5 - Small - TR2017 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Sunflower Oil, Sunflower Seeds, Wheat.	412.23	13.49	4.42	0.00(M)	78.26 (M)	866.86	39.05	6.63(M)	4.38(M)	0.00(M)	32.11	4.06(M)	303.71 (M)	6764.80 (M)	7.99(M)	0.00(M)	173.43 (M)	26.67 (M)	0.18(M)
Buffalo Chicken Sandwich 6-12 - TR2449 (1 sandwich) Contains Gluten, Soy, Sunflower Oil, Sunflower Seeds, Wheat.	366.22	8.97	1.17	0.00(M)	85.05 (M)	775.32	38.73	5.13(M)	1.00(M)	0.00(M)	30.81	2.41(M)	71.00 (M)	0.00(M)	0.00(M)	0.00(M)	126.00 (M)	(M)	(M)
Buffalo Chicken Wings 6-12 - TR2616 (1 serving) Contains Soy, Sunflower Oil, Sunflower Seeds.	431.75	36.05	9.22	0.00(M)	173.93 (M)	891.94	2.82	0.00(M)	0.00(M)	0.00(M)	25.63	0.00(M)	18.31 (M)	0.00(M)	0.00(M)	0.00(M)	622.15 (M)	(M)	(M)
Buffalo Chicken Wrap 6-12 - TR1306 (1 ea.) Contains Gluten, Milk, Soy, Sunflower Oil, Sunflower Seeds, Wheat.	410.55	18.49	8.50	0.00(M)	102.08 (M)	715.15	27.78	4.94(M)	2.30(M)	0.00(M)	31.84	0.68(M)	228.00 (M)	2380.20 (M)	6.43(M)	0.00(M)	209.15 (M)	37.81 (M)	0.20(M)
Buffalo Chicken Wrap K-5 - TR1307 (1 ea.) Contains Gluten, Soy, Sunflower Oil, Sunflower Seeds, Wheat.	281.88	8.75	2.38	0.00(M)	63.07 (M)	487.50	26.59	4.82(M)	2.30(M)	0.00(M)	22.31	0.64(M)	29.00 (M)	2380.20 (M)	6.43(M)	0.00(M)	188.94 (M)	37.81 (M)	0.20(M)
Buffalo Spicy Chicken Sandwich - TR2744 (1 ea.) Contains Gluten, Milk, Soy, Sunflower Oil, Sunflower Seeds, Wheat.	521.15	22.24	6.38	0.00(M)	60.19 (M)	1299.97	47.85	5.00(M)	3.01(M)	0.00(M)	33.09	4.14(M)	311.56 (M)	0.00(M)	0.00(M)	0.00(M)	153.22 (M)	(M)	(M)
Burrito Bowl with Beef Taco Meat 6-12 - TR2908 (1 serving) Contains Corn/Corn Products, Gluten, Sunflower Oil, Wheat.	269.14	10.95	4.47	0.00	53.00	753.40	24.22	3.11	0.00	0.00(M)	16.57	1.69(M)	32.42 (M)	0.00(M)	0.00(M)	0.00(M)	251.76 (M)	16.46 (M)	0.02(M)
Burrito Bowl with Black Beans 6-12 (no meat) - TR2833 (1 serving) Contains Corn/Corn Products, Gluten, Sunflower Oil, Wheat.	287.92	3.60	0.50	0.00	0.00	939.49	52.79	10.79	1.20	0.00(M)	11.60	2.52(M)	68.71 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	23.66 (M)	0.02(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Burrito Bowl with Diced Chicken 6-12 - TR2832 (1 serving) Contains Corn/Corn Products, Gluten, Sunflower Oil, Wheat.	291.34	6.97	1.07	0.00	85.05	598.21	26.32	4.73	0.00	0.00(M)	25.81	0.77(M)	20.71 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	23.66 (M)	0.02(M)
Buttermilk Ranch Dressing - TR1088 (1 ea.) Contains Egg, Milk, Soy.	130.00	11.00	1.50	0.00	10.00	420.00	8.00	0.00	2.00	1.00	1.00	0.00	20.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Butternut Squash, Cider Roasted - TR1501 (1/4 c.) Contains Cinnamon, Soy.	47.78	1.40	0.50	0.00(M)	0.00	63.84	9.20	1.32	3.10	(M)	0.64	0.47	31.57	6811.11	13.55	(M)	(M)	54.87 (M)	0.51(M)
Cajun Honey Mustard Dipping Cup - TR2125 (2 1/2 tbsp.) Contains Egg, Soy.	442.45	44.20	7.80	0.00	26.00	367.70	13.29	0.00	13.00	0.00(M)	0.00	0.00	0.00	0.90	0.45	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Cajun Red Beans and Rice - TR1666 (1/2 c.) Contains Soy.	99.27	1.61	0.17	0.00(M)	0.00	300.22	18.38	2.32	1.84	0.00(M)	3.17	0.59	24.94	128.77 (M)	12.00 (M)	0.00(M)	38.29 (M)	49.59 (M)	0.09(M)
Cajun Sauce, Homemade - TR1818 (2 oz.) Contains Cinnamon, Egg, Soy. May contain Gluten, Wheat.	148.39	13.34	1.33	0.00(M)	26.67	393.73	7.61	0.84	2.50	(M)	0.00	0.21(M)	13.47 (M)	351.04 (M)	1.00(M)	(M)	(M)	0.00(M)	0.00(M)
Cajun Seasoning - TR1565 (3 tbsp.)	1.07	0.00	0.00	0.00	0.00	0.43	13.93	0.21	0.00	(M)	0.11	0.41	10.07	132.00	0.00	(M)	(M)	(M)	(M)
California Blend Vegetables - TR1385 (1/2 c.)	19.57	0.00	0.00	0.00	0.00	16.01	3.56	1.78	0.89	(M)	1.78	0.32	17.79	1022.81	22.41	(M)	(M)	(M)	(M)
Carrots, Baked - TR1499 (1/2 c.) Contains Soy.	101.80	7.54	2.65	0.00	0.00	253.34	8.52	2.40	2.88(M)	(M)	0.42	0.39	26.51	12457.0 0	1.70	(M)	(M)	14.21 (M)	0.01(M)
Cauliflower with Cheese Sauce - TR2414 (1/2 c.) Contains Milk.	118.34	6.10	1.04	0.00(M)	0.18	601.97	11.62	3.55	3.25(M)	1.01(M)	4.71	0.24	67.73	9.26	41.06	4.04(M)	81.59 (M)	0.00(M)	0.00(M)
Cauliflower, Steamed - TR1714 (1/2 c.)	24.65	0.00	0.00	0.00	0.00	30.82	3.70	2.46	1.23	(M)	2.46	0.00	0.00	0.00	29.58	(M)	(M)	(M)	(M)
Celery, Stick, Bag - TR2212 (7 strip (4" long))	0.64	0.01	0.00	(M)	0.00	3.20	0.12	0.06	0.05	(M)	0.03	0.01	1.60	17.96	0.12	(M)	(M)	3.82	0.03
Cereal Bar, Cinnamon Toast Crunch, 1 oz - TR1847 (1 ea.) Contains Cinnamon, Corn/Corn Products, Gluten, Soy, Wheat.	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	(M)	2.00	1.80	200.00	0.00	0.00	(M)	(M)	(M)	(M)
Cereal Bar, Cinnamon Toast Crunch, 2 oz - TR2620 (1 ea.) Contains Gluten, Soy, Wheat.	260.00	5.00	0.50	0.00	0.00	200.00	52.00	5.00	15.00	14.00	4.00	2.70	390.00	(M)	(M)	(M)	119.85	(M)	(M)
Cereal Bar, Cocoa Puffs, 1 oz - TR2619 (1 ea.) Contains Corn/Corn Products, Gluten, Soy, Wheat.	160.00	3.50	0.00	0.00	0.00	105.00	29.00	3.00	9.00	9.00	3.00	1.90	260.00	0.00	0.00	0.00	100.11	(M)	(M)
Cereal Bar, Cocoa Puffs, 2 oz - TR2745 (1 ea.) Contains Corn/Corn Products, Gluten, Soy, Sunflower Oil, Wheat.	280.00	6.00	0.00	0.00	0.00	180.00	52.00	5.00	15.00	14.00	5.00	4.00	460.00	(M)	(M)	1.00	180.00	(M)	(M)
Cereal Bar, Golden Grahams, 1 oz - TR1849 (1 ea.) Contains Corn/Corn Products, Gluten, Soy, Sunflower Oil, Wheat.	150.00	3.00	0.00	0.00	0.00	110.00	30.00	3.00	9.00	(M)	2.00	1.44	200.00	100.00	0.00	(M)	(M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Cereal Bar, Trix, 1 oz - TR1851 (1 ea.) Contains Corn/Corn Products, Gluten, Soy, Wheat.	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	(M)	2.00	1.80	200.00	100.00	1.20	(M)	(M)	(M)	(M)
Cereal, Cheerios, 1 oz - TR1042 (1 ea.)	100.00	2.00	0.00	0.00	0.00	140.00	21.00	3.00	1.00	1.00	4.00	9.00	90.00	0.00(M)	0.00(M)	2.00	180.00	(M)	(M)
Cereal, Cinnamon Chex, 2 oz - TR2288 (1 ea.) Contains Cinnamon.	230.00	5.00	0.00	0.00	0.00	340.00	46.00	3.00	12.00	12.00	3.00	14.40	100.00	500.00	5.40	2.00	0.00(M)	(M)	(M)
Cereal, Cinnamon Toast Crunch, 1 oz, Reduced Sugar - TR2101 (1 ea.) Contains Gluten, Soy, Wheat.	110.00	3.00	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	2.00	1.80	60.00	300.00	4.00	2.00	(M)	(M)	(M)
Cereal, Cinnamon Toast Crunch, 2oz - TR2286 (1 ea.) Contains Cinnamon, Gluten, Soy, Wheat.	210.00	6.00	0.00	0.00	0.00	320.00	44.00	7.00	11.00	11.00	3.00	4.50	100.00	500.00	0.00(M)	5.00	94.00	(M)	(M)
Cereal, Cocoa Puffs, 2oz - TR2287 (1 ea.) Contains Corn/Corn Products. May contain Wheat.	220.00	3.00	0.00	0.00	0.00	230.00	47.00	3.00	12.00	12.00	3.00	5.40	200.00	750.00	0.00(M)	6.00	190.00	(M)	(M)
Cereal, Frosted Mini Wheats, 1 oz - TR1045 (1 ea.) Contains Gluten, Wheat.	100.00	0.50	0.00	0.00	0.00	0.00	24.00	3.00	6.00	6.00	2.00	8.10	0.00	0.00(M)	0.00(M)	0.00	70.00	(M)	(M)
Cereal, Golden Grahams, 1 oz - TR2623 (1 ea.) Contains Gluten, Wheat.	110.00	1.00	0.00	0.00	0.00	240.00	23.00	2.00	6.00	6.00	2.00	1.80	60.00	300.00	3.60	2.00	0.00	(M)	(M)
Cereal, Lucky Charms, 1 oz - TR2111 (1 ea.) Contains Corn/Corn Products, Gelatin, Red Dye.	110.00	2.00	0.00	0.00	0.00	220.00	22.00	2.00	6.00	6.00	3.00	2.70	60.00	0.00(M)	3.60	3.00	0.00	(M)	(M)
Cereal, Lucky Charms, 2oz - TR2285 (1 ea.) Contains Corn/Corn Products, Gelatin, Red Dye.	210.00	2.00	0.00	0.00	0.00	440.00	45.00	5.00	12.00	12.00	5.00	5.40	150.00	0.00(M)	0.00(M)	6.00	188.00	(M)	(M)
Cereal, Multigrain Cheerios, 1 oz - TR1722 (1 ea.) Contains Corn/Corn Products.	110.00	1.00	0.00	0.00	0.00	105.00	23.00	2.00	6.00	6.00	2.00	13.00	100.00	0.00(M)	0.00(M)	3.00	130.00	(M)	(M)
Cereal, Trix, 1 oz - TR2768 (1 ea.)	110.00	2.00	0.00	0.00	0.00	160.00	23.00	2.00	6.00	6.00	2.00	2.00	90.00	300.00	3.60	2.00	0.00	0.00	0.00
Cereal, Trix, 2 oz - TR2518 (1 ea.) Contains Corn/Corn Products.	220.00	3.00	0.50	0.00	0.00	320.00	47.00	3.00	12.00	12.00	3.00	4.90	160.00	500.00	0.00(M)	5.00	109.98	(M)	(M)
Cheese Bites - TR2103 (5 ea.) Contains Gluten, Milk, Wheat.	350.00	15.00	5.00	0.00	25.00	675.00	35.00	5.00	0.00	(M)	20.00	0.45	75.00	62.50	0.00	(M)	(M)	(M)	(M)
Cheese Bites - TR2298 (5 ea.) Contains Gluten, Milk, Wheat.	350.00	15.00	5.00	0.00	25.00	675.00	35.00	5.00	0.00	(M)	20.00	0.45	75.00	62.50	0.00	(M)	(M)	(M)	(M)
Cheese Hoagie 6-12 - TR1277 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	432.36	20.94	10.13	0.00(M)	50.00	967.67	44.24	5.16	5.17	(M)	17.86	3.62	2135.21	1260.69 (M)	7.07(M)	0.00(M)	126.00 (M)	92.03 (M)	0.40(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Cheese Hoagie K-5 - TR1278 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	412.36	20.44	10.13	0.00(M)	50.00	907.67	39.24	4.16	5.17	(M)	16.86	3.42	2142.21	1260.69 (M)	7.07(M)	0.00(M)	109.04 (M)	92.03 (M)	0.40(M)
Cheese Lettuce Tomato Wrap (PKU Student) - TR2738 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	188.70	5.83	2.76	0.00(M)	7.50	369.00	26.31	3.98	2.30(M)	0.00(M)	7.65	0.43	172.50	2425.20 (M)	6.43(M)	0.00(M)	188.94 (M)	37.81 (M)	0.20(M)
Cheese Pizza Quesadilla - TR1181 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	302.05	10.07	3.02	0.00	10.07	674.58	39.27	4.03	3.02	1.01	16.11	2.92	322.19	0.00(M)	0.00(M)	0.00	201.59	(M)	(M)
Cheese Sandwich - TR1266 (1 sandwich) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	380.00	20.00	10.00	0.00	50.00	920.00	34.00	4.00	4.00	(M)	16.00	3.28	2116.00	642.86 (M)	0.00(M)	0.00(M)	172.02 (M)	(M)	(M)
Cheese Sauce Cups - TR1488 (1 ea.) Contains Milk.	190.00	10.00	6.00	0.00	30.00	570.00	14.00	0.00	10.00	(M)	10.00	0.00	350.00	300.00	0.00	(M)	(M)	(M)	(M)
Cheese Wrap 6-12 - TR1302 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	374.80	21.62	11.52	0.00(M)	50.00	765.00	30.08	4.22	4.83	0.00(M)	14.83	1.67	2081.00	3189.66 (M)	9.17(M)	0.00(M)	188.94 (M)	56.71 (M)	0.30(M)
Cheese, Parmesan, Grated, SS Pouch, Roseli - TR1054 (1 ea.) Contains Milk.	15.00	1.00	0.50	0.00	5.00	35.00	0.00	0.00	0.00	(M)	1.00	0.00	40.00	0.00	0.00	(M)	(M)	(M)	(M)
Cheeseburger Flatbread 6-12 Maid Rite - TR2905 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	656.67	43.00	19.50	0.00	131.67	1495.00	31.00	3.00	2.00	1.00(M)	38.33	3.17	443.00	0.00(M)	0.00(M)	0.00(M)	477.09 (M)	(M)	(M)
Cheeseburger K-8 Maid Rite - TR2911 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Sesame.	295.00	13.00	6.00	0.00	57.50	585.00	26.00	3.00	1.50	0.00(M)	21.50	2.76	547.50	160.72 (M)	0.00(M)	0.00(M)	306.00 (M)	(M)	(M)
Cheeseburger on Whole Grain Roll 9-12 - TR1337 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Sesame.	365.00	18.00	7.50	0.00	72.50	655.00	26.00	3.00	1.50	0.00(M)	24.50	3.76	542.50	160.72 (M)	0.00(M)	0.00(M)	80.00 (M)	(M)	(M)
Cheeseburger Salad 6-12 Maid Rite - TR2904 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	492.07	21.33	11.02	0.00(M)	96.67	1243.56	42.99	8.39	5.95	0.00(M)	34.43	5.52	337.41	12754.6 7(M)	14.80 (M)	0.00(M)	485.09 (M)	69.63 (M)	0.35(M)
Cheeseburger Salad K-5 Maid Rite - TR2907 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	448.66	19.89	10.30	0.00(M)	87.14	1170.91	39.15	6.23	4.57	0.00(M)	30.51	4.34	301.20	4566.49 (M)	10.33 (M)	0.00(M)	439.85 (M)	61.61 (M)	0.32(M)
Cheesesteak - TR1430 (1 sandwich) Contains Corn/Corn Products, Gluten, Milk, Sunflower Oil, Wheat.	481.33	21.26	6.23	0.00(M)	58.32	1360.23	48.48	4.00	6.74	3.64(M)	24.90	3.87	112.99	0.00(M)	0.00(M)	4.20	508.94	(M)	(M)
Cheesesteak - TR2599 (1 sandwich) Contains Corn/Corn Products, Gluten, Milk, Sunflower Oil, Wheat.	443.32	18.50	7.30	0.00(M)	68.92	924.29	43.24	4.00	3.59	2.59(M)	26.68	3.87	161.15	0.00(M)	0.00(M)	0.00	641.58	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)	Ash (g)
Cheesesteak Flatbread - TR2572 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Sunflower Oil, Wheat.	749.61	50.11	16.27	0.00(M)	98.69	1327.38	37.21	3.00	6.62	3.59(M)	37.02	3.37	445.13	0.00(M)	0.00(M)	0.00(M)	468.52(M)	(M)	(M)
Cheesesteak K-5 - TR1431 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Sunflower Oil, Wheat.	414.01	17.78	5.08	0.00(M)	45.56	1207.32	42.20	3.00	6.10	3.05(M)	20.19	3.26	119.00	0.00(M)	0.00(M)	4.10	424.78	(M)	(M)
Cheesesteak K-5 (White Cheese Sauce) - TR2611 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Sunflower Oil, Wheat.	375.36	14.96	6.05	0.00(M)	55.57	776.91	37.05	3.00	3.02	2.02(M)	21.83	3.26	163.05	0.00(M)	0.00(M)	0.00	547.11	(M)	(M)
Cheesy Beef Mac & Cheese (Colwyck/Leach) Maid Rite - TR2889 (1 c.) Contains Egg, Gluten, Milk, Wheat.	454.45	18.53	10.36	0.00	75.84	881.03	40.48	2.79	10.67	2.18	28.07	2.22	469.60	0.00(M)	0.00(M)	0.00	1164.73	0.00(M)	0.00(M)
Cheesy Beef Mac K-12 Maid Rite - TR2909 (8 oz.) Contains Egg, Gluten, Milk, Wheat.	384.54	15.68	8.76	0.00	64.17	745.48	34.26	2.36	9.03	1.85	23.75	1.88	397.36	0.00(M)	0.00(M)	0.00	985.54	0.00(M)	0.00(M)
Cheesy Taco Beef Mac - TR2845 (9 oz.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	394.13	15.56	8.71	0.00	52.71	893.62	36.39	4.71	8.55	0.00(M)	22.52	2.45(M)	405.29(M)	0.00(M)	0.00(M)	0.00(M)	1045.54(M)	8.44(M)	0.01(M)
Cheesy Taco Beef Mac P2GF - TR2825 (1/4 c.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	116.45	4.60	2.57	0.00	15.57	264.02	10.75	1.39	2.53	0.00(M)	6.65	0.72(M)	119.74(M)	0.00(M)	0.00(M)	0.00(M)	308.91(M)	2.49(M)	0.00(M)
Cheez It - TR1068 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	100.00	3.50	1.00	0.00	0.00	150.00	14.00	1.00	0.00	(M)	2.00	0.72	100.00	500.00	0.00	(M)	(M)	(M)	(M)
Chef Salad 6-12 - TR1361 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	445.26	15.32	6.79	0.00(M)	85.44	1181.01	46.51	8.75	6.62	0.00(M)	34.46	7.20	342.50	18122.68(M)	26.73(M)	0.00(M)	360.19(M)	103.30(M)	0.58(M)
Chef Salad 6-12 (Jennie-O) - TR2787 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	429.12	14.73	6.79	0.00(M)	79.44	1151.84	45.10	8.75	7.17	0.00(M)	33.21	6.39	342.50	18122.68(M)	27.33(M)	0.00(M)	168.42(M)	103.30(M)	0.58(M)
Chef Salad 6-12 (Jenni-O Turkey Ham) - TR2673 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	444.82	15.30	6.79	0.00(M)	85.17	1178.92	46.50	8.75	6.62	0.00(M)	34.40	7.20	342.50	18122.68(M)	27.33(M)	0.00(M)	168.42(M)	103.30(M)	0.58(M)
Chef Salad K-5 - Small - TR2019 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	382.29	13.54	6.27	0.00(M)	65.26	986.81	40.42	6.07	4.16	0.00(M)	28.15	4.96	295.55	7014.34(M)	12.41(M)	0.00(M)	232.35(M)	51.65(M)	0.29(M)
Chef Salad K-5 - Small (Jennie O) - TR2788 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	367.94	13.50	6.51	0.00(M)	62.74	946.52	39.18	6.07	4.53	0.00(M)	25.89	4.20	295.55	7014.34(M)	12.81(M)	0.00(M)	168.42(M)	51.65(M)	0.29(M)
Cherry Craisins - TR1077 (1 ea.)	110.00	0.00	0.00	0.00	0.00	0.00	28.00	3.00	24.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Chex Mix - TR2037 (1 serving) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	99.39	2.63	0.72	0.00	0.49	168.05	16.74	1.28	1.08	(M)	1.53	3.22	65.10	361.50 (M)	2.16(M)	0.00(M)	19.20 (M)	(M)	(M)
Chicken & Cheese Pizza Quesadilla - TR2405 (1 ea.) Contains Milk, Soy, Wheat.	290.29	8.29	2.07	0.00	15.55	684.26	39.40	4.15	3.11	1.04	16.59	3.01	259.19	(M)	(M)	0.00	186.63	(M)	(M)
Chicken Adobo - P2GF Tasting - TR2314 (2 oz.) Contains Soy.	98.81	2.01	0.29	0.00(M)	42.52	132.33	7.26	0.90	4.36(M)	0.00(M)	12.13	0.31(M)	4.77(M)	15.69 (M)	6.93(M)	0.00(M)	3.75(M)	9.86(M)	0.03(M)
Chicken Alfredo Pasta - TR2571 (1 serving) Contains Gluten, Milk, Wheat.	417.68	17.87	8.87	0.00(M)	96.18	663.65	35.07	3.00(M)	1.50(M)	0.00(M)	30.82	3.08	354.39	0.00(M)	0.00(M)	0.00(M)	787.94 (M)	(M)	(M)
Chicken and Waffles - TR2121 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	250.00	11.00	2.00	0.00	45.00	465.00	22.00	2.00	2.00	1.00	18.00	1.74	73.50	0.00(M)	0.00(M)	0.00	389.95	(M)	(M)
Chicken and Waffles 6-12 - TR2124 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	335.00	15.00	3.00	0.00	65.00	640.00	27.00	2.50	2.00	1.00	26.00	2.24	78.50	0.00(M)	0.00(M)	0.00	564.95	(M)	(M)
Chicken Caesar Salad 6-12 - TR1559 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	314.25	7.25	1.51	0.00	70.81	576.75	38.10	7.40	3.70	0.00(M)	26.61	5.68	153.60	12282.0 0(M)	5.70(M)	0.00(M)	148.21 (M)	0.00(M)	0.00(M)
Chicken Caesar Salad K-5 - Small - TR2012 (1 ea.) Contains Citrus, Corn/Corn Products, Fish, Gluten, Milk, Soy, Wheat.	434.55	20.48	3.40	0.00	80.26	1666.95	41.52	5.90	6.73	3.78(M)	27.60	5.00	129.60	6141.00 (M)	2.85(M)	0.00(M)	148.21 (M)	0.00(M)	0.00(M)
Chicken Caesar Sandwich - TR1824 (1 ea.) Contains Egg, Fish, Gluten, Milk, Soy, Wheat.	328.15	7.88	1.68	0.00(M)	69.13	711.72	41.00	5.24(M)	2.60(M)	0.00(M)	25.80	4.51	110.23	4094.29 (M)	2.96(M)	0.00(M)	126.00 (M)	12.81 (M)	0.05(M)
Chicken Caesar Wrap 6-12 - TR1300 (1 ea.) Contains Citrus, Corn/Corn Products, Fish, Gluten, Milk, Soy, Wheat.	345.25	16.80	5.01	0.00	78.31	1078.75	26.75	3.50	3.25	2.00(M)	25.51	2.25	25.00	2047.00 (M)	0.95(M)	0.00(M)	188.94 (M)	(M)	(M)
Chicken Cheesesteak (Leach) - TR2503 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	384.12	11.26	3.69	0.00	92.42	876.76	39.00	4.00	1.00(M)	0.00(M)	33.25	4.56	358.00	90.00 (M)	0.00(M)	0.00(M)	126.00 (M)	(M)	(M)
Chicken Cheesesteak 6-12 - TR1343 (1 sandwich) Contains Gluten, Milk, Wheat.	406.56	13.86	2.76	0.00	82.91	1529.56	43.86	4.00	3.89(M)	0.96(M)	27.98	3.11	181.06	0.00(M)	17.15 (M)	3.86(M)	204.00 (M)	(M)	(M)
Chicken Cheesesteak K-5 - TR1342 (1 ea.) Contains Gluten, Milk, Wheat.	383.25	13.24	2.71	0.00	80.54	1457.63	38.88	3.00	3.92(M)	0.97(M)	26.41	2.88	186.36	0.00(M)	16.66 (M)	3.89(M)	187.72 (M)	(M)	(M)
Chicken Cheesesteak Mix & Dinner Roll - TR2337 (1 ea.) Contains Gluten, Milk, Wheat.	280.37	12.52	2.68	0.00	80.54	1237.86	20.66	2.00	3.81(M)	0.94(M)	23.38	2.16	132.92	0.00(M)	16.66 (M)	3.75(M)	120.77 (M)	(M)	(M)
Chicken Cheesesteak Mix (Colwyck) - TR2410 (1 ea.) Contains Milk.	189.27	10.20	2.08	0.00	74.29	675.50	5.62	0.00	2.81	0.94(M)	20.37	2.29	37.49	0.00	0.00	3.75(M)	75.77 (M)	(M)	(M)
Chicken Enchilada K-5 - TR1414 (1 piece) Contains Gluten, Milk, Soy, Wheat.	364.61	12.99	5.93	0.00(M)	79.99	1061.99	31.02	5.06	3.47(M)	0.00(M)	28.08	0.35	249.14	548.89 (M)	0.29(M)	0.00(M)	201.87 (M)	2.55(M)	0.01(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)	Ash (g)
Chicken Fajita 6-12 - TR1549 (1 serving) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	358.96	12.40	5.35	0.00	97.75	942.78	30.49	6.28	3.44(M)	0.00(M)	30.93	4.70(M)	144.50 (M)	136.35 (M)	7.18(M)	0.00(M)	204.69 (M)	0.00(M)	0.00(M)
Chicken Fajita K-5 - TR1548 (1 serving) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	288.96	10.40	4.35	0.00	97.75	827.78	18.49	4.28	2.44(M)	0.00(M)	28.93	3.70(M)	135.50 (M)	136.35 (M)	7.18(M)	0.00(M)	108.81 (M)	0.00(M)	0.00(M)
Chicken Gravy - TR1333 (1/8 c.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	27.94	1.99	0.68	0.00	0.74	143.53	2.38	0.28	0.02	(M)	0.49	0.11	1.90	84.37	0.00	(M)	(M)	29.59 (M)	0.03(M)
Chicken Gravy, Monarch - TR2296 (1 serving) Contains Gluten, Milk, Soy, Wheat. May contain Egg.	12.53	0.50	0.00	0.00	0.00	146.19	1.50	0.00	0.00	0.00(M)	0.00	0.00	0.86	0.00	0.00	0.00(M)	0.00(M)	28.67 (M)	0.03(M)
Chicken Jambalaya - TR1563 (1 c.) Contains Corn/Corn Products, Milk.	310.21	3.84	0.37	0.00(M)	54.81	339.31	48.34	3.58	3.30	0.26(M)	19.99	1.17	7.20	67.90 (M)	5.57(M)	0.00(M)	346.33 (M)	36.23 (M)	0.12(M)
Chicken Nuggets - (6-12) - TR1000 (6 ea.) Contains Gluten, Soy, Wheat.	288.00	12.00	2.40	0.00	66.00	684.00	18.00	2.40	1.20	(M)	27.60	1.92	0.00	0.00(M)	0.00(M)	0.00	552.16	(M)	(M)
Chicken Nuggets - TR1776 (5 ea.) Contains Gluten, Soy, Wheat.	240.00	14.00	2.50	0.00	25.00	440.00	16.00	3.00	1.00	0.00	14.00	1.90	30.00	0.00(M)	0.00(M)	0.10	600.19	(M)	(M)
Chicken Parmesan Sandwich on Baby Kaiser - TR2420 (1 sandwich) Contains Gluten, Milk, Soy, Tomatoes, Wheat.	494.84	17.30	5.09	0.00	60.19	924.26	49.30	7.46	3.38	0.46(M)	33.55	4.24	317.96	0.00(M)	0.00(M)	0.00	960.33	(M)	(M)
Chicken Patty Sandwich - TR1322 (1 sandwich) Contains Gluten, Soy, Wheat. May contain Sesame.	360.00	14.50	3.00	0.00	25.00	700.00	41.00	6.00	2.00	0.00(M)	19.00	3.44	56.00	0.00(M)	0.00(M)	0.00	680.00	(M)	(M)
Chicken Patty Sandwich 6-12 - TR1323 (1 sandwich) Contains Gluten, Soy, Wheat. May contain Sesame.	320.00	9.50	1.55	0.00	45.00	550.00	34.00	6.00	1.00	0.00(M)	24.00	2.52	26.00	0.00(M)	0.00(M)	0.00	790.17	(M)	(M)
Chicken Salad - TR1574 (1/2 c.) Contains Egg, Soy. May contain Gluten, Wheat.	202.09	11.19	1.26	0.00(M)	84.04	253.69	3.43	1.14	0.42	(M)	19.18	0.35	4.24	187.10	0.78	(M)	(M)	12.86 (M)	0.07(M)
Chicken Salad Sandwich on Croissant - TR2462 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	384.09	17.39	5.06	0.00(M)	81.04	427.69	32.43	4.14	4.42	3.00(M)	24.18	1.79	24.24	27.10 (M)	0.78(M)	0.00(M)	0.00(M)	12.86 (M)	0.07(M)
Chicken Salad Sandwich with Apples & Grapes - TR1794 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	415.97	18.25	4.27	0.00(M)	89.04	562.30	38.44	4.91	8.28(M)	3.00(M)	24.70	1.92	30.49	748.62 (M)	5.17(M)	(M)	(M)	30.30 (M)	0.19(M)
Chicken Sausage Patty - TR2000 (1 ea.)	80.00	5.00	1.50	0.00	40.00	300.00	0.00	0.00	0.00	(M)	7.00	0.40	7.80	31.00	0.80	0.30	122.00	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)	Ash (g)
Chicken Stock - TR1355 (1 gal.) Contains Corn/Corn Products, Milk.	150.00	7.50	0.00	0.00	75.00	12713.7 6	15.00	0.00	0.00	(M)	15.00	0.00	113.76	0.00	0.00	(M)	(M)	3788.21 (M)	3.79(M)
Chicken Tender Salad 6-12 - TR1363 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	483.75	20.84	8.12	0.00(M)	85.47	924.75	42.96	8.49	6.29	0.00(M)	32.57	6.04	320.58	18122.6 8(M)	26.73 (M)	0.00(M)	432.31 (M)	103.30 (M)	0.58(M)
Chicken Tender Salad K-5 -Small - TR2013 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	454.41	20.74	8.10	0.00(M)	85.47	891.94	37.21	5.82	3.83	0.00(M)	30.96	4.03	273.63	7014.34 (M)	12.41 (M)	0.00(M)	432.31 (M)	51.65 (M)	0.29(M)
Chicken Tender Wrap - TR1298 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	431.20	20.58	9.51	0.00(M)	70.00	764.00	36.31	4.98	2.30	0.00(M)	27.65	1.34	238.00	2380.20 (M)	6.43(M)	0.00(M)	559.15 (M)	37.81 (M)	0.20(M)
Chicken Tenders K-5, Col/Leach - TR2703 (3 ea.) Contains Gluten, Soy, Wheat.	260.00	15.00	3.00	0.00	25.00	390.00	16.00	3.00	1.00	1.00	15.00	2.00	40.00	(M)	(M)	0.00	300.00	(M)	(M)
Chicken Tikka Masala - P2GF - TR2582 (2 oz.) Contains Milk.	80.19	3.00	0.93	0.00	37.56	163.63	2.58	1.16	1.42	0.71(M)	9.58	0.62	9.27	0.00(M)	0.00(M)	0.00(M)	88.45 (M)	(M)	(M)
Chinese Cold Noodle Salad - P2GF - TR2496 (2 oz.) Contains Gluten, Soy, Sunflower Seeds, Wheat.	74.91	2.44	0.23	0.00(M)	0.00	227.44	11.07	1.35	2.83	0.27(M)	2.55	0.54	13.05	480.38 (M)	9.84(M)	0.00(M)	17.78 (M)	34.32 (M)	0.14(M)
Chip, Tostito Rounds, 1.25 oz - TR2784 (1 ea.) Contains Corn/Corn Products, Sunflower Oil.	120.00	4.00	0.50	0.00	0.00	95.00	18.00	2.00	0.00	(M)	2.00	0.30	20.00	(M)	(M)	0.00	39.95	(M)	(M)
Chip, Tostito Rounds, 2 oz - TR1747 (1 ea.) Contains Corn/Corn Products.	190.00	7.00	1.00	0.00	0.00	150.00	30.00	3.00	0.00	(M)	3.00	0.40	40.00	0.00	0.00	(M)	70.00	(M)	(M)
Chipotle Black Bean Salad - TR1375 (1/2 c.) Contains Corn/Corn Products, Egg, Milk, Soy.	131.84	3.97	0.53	0.00(M)	1.96	358.18	19.46	5.00	1.27	0.00(M)	6.64	1.48	34.54	58.26 (M)	3.85(M)	0.00(M)	0.00(M)	12.35 (M)	0.07(M)
Chipotle Black Bean Salad (Small Can) - TR1495 (1/2 c.) Contains Egg, Milk, Soy.	110.89	1.75	0.24	0.00(M)	0.79	318.56	13.42	3.95	1.49	(M)	4.61	5.42	116.34	60.31	4.64	(M)	(M)	12.71 (M)	0.07(M)
Chipotle Chicken Flatbread 6-12 - TR2725 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	689.67	41.12	11.65	0.00	125.42	1055.22	33.16	4.13	4.03	1.00(M)	43.99	1.91	445.13	0.00(M)	0.00(M)	0.00(M)	170.44 (M)	(M)	(M)
Chipotle Chicken Flatbread K-5 - TR2732 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	671.24	40.62	11.58	0.00	114.79	1043.88	33.02	3.99	4.03	1.00(M)	41.01	1.86	445.13	0.00(M)	0.00(M)	0.00(M)	170.44 (M)	(M)	(M)
Chipotle Chicken Wrap - TR1292 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	376.20	18.98	4.36	0.00(M)	92.75	548.00	26.31	3.98	2.30	0.00(M)	27.60	3.04	29.00	2380.20 (M)	6.43(M)	0.00(M)	188.94 (M)	37.81 (M)	0.20(M)
Chipotle Turkey & Bacon Flatbread 6-12 - TR2728 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	710.21	47.77	16.67	0.00	121.10	1628.95	34.77	3.00	2.67	1.00(M)	40.12	3.01	428.00	0.00(M)	0.00(M)	0.00(M)	160.42 (M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Chipotle Turkey & Bacon Flatbread K-5 - TR2736 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	570.14	35.73	14.83	0.00	96.84	1244.30	32.73	3.00	2.33	1.00(M)	32.85	2.51	428.00	0.00(M)	0.00(M)	0.00(M)	160.42 (M)	(M)	(M)
Choc Brownie Batter Hummus Cup - TR2261 (1 ea.) Contains Cinnamon.	90.00	1.00	0.00	0.00	0.00	105.00	20.00	3.00	13.00	0.00	3.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chocolate Chip Cookie; 2 pack; Linden's - TR2277 (1 ea.) Contains Egg, Gluten, Soy.	140.30	5.20	1.55	0.00	5.00	70.00	22.00	2.00	10.90	(M)	1.50	1.44	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Chocolate Chip Cookies with sprinkles, Wilbur Bake Shop - 1oz (using margarine) - TR2501 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	119.41	3.52	1.31	0.00	11.07	153.69	15.33	0.93	11.68	0.00(M)	1.83	0.39	12.20	112.50	0.00	0.00(M)	0.00(M)	1.58(M)	0.00(M)
Chocolate Chip Cookies, Wilbur Bake Shop - 1.5oz (using margarine) - TR2467 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	153.50	4.41	1.75	0.00	14.76	204.92	19.58	1.25	15.57	0.00(M)	2.44	0.52	16.26	150.00	0.00	0.00(M)	0.00(M)	2.11(M)	0.00(M)
Chocolate Chip Cookies, Wilbur Bake Shop - 1oz (using margarine) - TR1494 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	115.12	3.31	1.31	0.00	11.07	153.69	14.68	0.93	11.68	0.00(M)	1.83	0.39	12.20	112.50	0.00	0.00(M)	0.00(M)	1.58(M)	0.00(M)
Chocolate Chip Muffin Top - TR2752 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	170.00	5.00	1.00	0.00	20.00	100.00	29.00	1.00	15.00	15.00	3.00	1.00	15.00	(M)	(M)	0.00	60.16	(M)	(M)
Chocolate Soy Milk - TR1133 (1 ea.) Contains Soy.	140.00	3.50	0.50	0.00	0.00	115.00	19.00	2.00	14.00	(M)	8.00	1.80	300.00	500.00	0.00	(M)	(M)	(M)	(M)
Chorizo Seasoned Beef and Cheese Sunrise Stick - TR2402 (2.4 Ounces) Contains Gluten, Milk, Soy, Wheat.	155.93	6.49	3.25	0.00	19.02	263.58	15.34	1.62	0.48	0.00	8.95	1.28	179.29	6.78	0.16	0.01	155.42	(M)	(M)
Chow Mein Noodle, WG, Yang's - TR1802 (2.8 oz.) Contains Egg, Gluten, Soy, Wheat.	173.00	4.00	0.00	0.00	18.00	554.00	30.00	3.00	2.00	(M)	4.00	3.60	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Chunky Monkey Smoothie - TR2063 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat.	414.92	4.39	1.34	0.00(M)	7.51	388.89	81.06	3.11	53.21	12.03 (M)	14.40	2.11(M)	429.68	1678.72 (M)	7.05(M)	4.00(M)	394.44 (M)	60.68 (M)	0.66(M)
Cider Glazed Squash - TR1669 (1/2 c.)	128.56	1.76	0.15	0.01(M)	0.00	293.64	29.27	2.58	17.05	(M)	1.29	1.04(M)	61.98 (M)	13691.4 4(M)	28.41 (M)	(M)	(M)	111.30 (M)	1.03(M)
Cilantro Lime Rice - TR1753 (1/2 c.)	166.41	7.26	0.48	0.03(M)	0.00	146.42	23.17	0.73	0.00(M)	0.00(M)	2.17	0.27	2.06	22.74	0.57	0.00(M)	79.19 (M)	57.12 (M)	0.06(M)
Cinnamon Bun, Super Bakery - TR2387 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	240.00	8.00	2.00	0.00	20.00	300.00	38.00	3.00	15.00	(M)	5.00	1.08	60.00	400.00	1.20	(M)	188.00	(M)	(M)
Cinnamon filled pretzel, Superpretzel - TR2811 (1 ea.) Contains Gluten, Milk, Wheat.	160.00	2.50	1.00	0.00	0.00	200.00	31.00	2.00	8.00	8.00	4.00	1.50	20.00	(M)	(M)	0.20	80.00	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Cinnamon French Toast Eggo Graham Crackers - TR2651 (1 ea.) Contains Gluten, Soy, Wheat.	210.00	7.00	2.00	0.00	0.00	170.00	38.00	0.00	13.00	13.00	3.00	1.50	10.00	(M)	(M)	0.00	90.00	(M)	(M)
Cinnamon Mini Bagels - TR1014 (1 ea.) Contains Cinnamon, Gluten, Milk, Wheat.	230.00	6.00	2.00	0.00	10.00	190.00	42.00	2.00	13.00	12.00	6.00	1.60	30.00	0.00(M)	0.00(M)	0.00	140.06	(M)	(M)
Cinnamon Mini Eggo Waffles - TR1244 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	190.00	5.00	1.50	0.00	0.00	210.00	34.00	4.00	8.00	8.00	4.00	3.60	260.00	1000.00	0.00(M)	0.00	140.00	(M)	(M)
Cinnamon Mini Loaf - TR2622 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Sesame.	290.00	6.00	1.00	0.00	55.00	190.00	55.00	2.00	29.00	28.00	6.00	2.00	21.00	(M)	(M)	0.00	180.01	(M)	(M)
Cinnamon Pop Tart - TR1189 (1 ea.) Contains Cinnamon, Gluten, Soy, Wheat.	350.00	6.00	2.00	0.00	0.00	240.00	73.00	6.00	30.00	30.00	5.00	3.60	260.00	1000.00	0.00(M)	0.00	140.00	(M)	(M)
Cinnamon Roll Overnight Oats - TR1934 (1 ea.) Contains Cinnamon, Milk, Soy. May contain Gluten, Wheat.	243.99	4.67	1.56	0.00	2.50	76.56	44.35	2.89	22.13	2.22(M)	6.60	1.17(M)	108.24 (M)	593.75 (M)	0.06(M)	2.00(M)	(M)	(M)	(M)
Cinnamon Roll, Hadley Farms - TR2747 (1 ea.) Contains Cinnamon, Gluten, Soy, Wheat.	240.00	7.00	1.50	0.00	0.00	240.00	38.00	3.00	12.00	5.00	5.00	1.80	40.00	2000.00	0.00	0.00	0.00	(M)	(M)
Cinnamon Roll, Mini Cinnis, Caramel, IW, Pillsbury - TR2748 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	210.00	6.00	1.00	0.00	0.00	280.00	35.00	2.00	10.00	8.00	5.00	1.50	30.00	(M)	(M)	0.00	130.19	(M)	(M)
Cinnamon Toast Crunch Muffin (2 oz Grain) - TR2839 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	300.00	11.00	3.00	0.00	10.00	260.00	50.00	7.00	21.00	20.00	4.00	2.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cinnamon Triangles, Panini Bread - TR1733 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat.	113.82	1.59	0.23	0.00	0.00	91.50	23.68	2.70	8.91	(M)	2.73	0.84	35.78	0.00	0.20	(M)	(M)	(M)	(M)
Classic Succotash - TR1972 (1/2 c.)	58.98	0.66	0.04	0.00(M)	0.00	41.33	11.82	2.67	1.42	(M)	2.55	0.43	2.94	207.50	9.96	(M)	(M)	12.44 (M)	0.06(M)
Clementines - TR1143 (1 medium)	62.92	0.46	0.04	(M)	0.00	0.00	15.09	2.43	11.28	(M)	1.52	0.40	8.58	474.76	7.72	(M)	(M)	125.25	0.69
Cloverland 1% Low Fat Milk - TR2354 (1 c.) Contains Milk.	110.00	2.50	1.50	0.00	15.00	135.00	13.00	0.00	12.00	0.00	9.00	0.00	250.00	750.00	(M)	2.00	376.00	(M)	(M)
Cloverland Fat Free Chocolate Milk - TR2355 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	230.00	23.00	0.00	22.00	10.00	8.00	1.08	250.00	750.00	(M)	2.00	376.00	(M)	(M)
Cloverland Fat Free Skim Milk - TR2356 (1 c.) Contains Milk.	90.00	0.00	0.00	0.00	5.00	135.00	13.00	0.00	12.00	0.00	9.00	0.00	250.00	750.00	(M)	2.00	376.00	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Cloverland Fat Free Strawberry Milk - TR2357 (1 c.) Contains Milk.	130.00	0.00	0.00	0.00	5.00	130.00	22.00	0.00	22.00	10.00	8.00	0.00	250.00	750.00	(M)	2.00	376.00	(M)	(M)
Cloverland Lactose Free Milk - TR2377 (1 serving) Contains Milk.	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	312.00	155.00	(M)	2.00	331.00	(M)	(M)
Coffee Creamer - TR1083 (1 tsp.) Contains Milk, Soy.	25.00	1.50	0.00	0.00	0.00	0.00	3.00	0.00	3.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Colcannon P2GF - TR2816 (1/4 c.) Contains Milk, Sunflower Oil.	30.42	0.29	0.02	0.00(M)	0.00	83.79	6.53	1.61	1.73	0.00(M)	1.19	0.36	25.95	78.65 (M)	19.55 (M)	0.00(M)	75.56 (M)	76.71 (M)	0.38(M)
Coleslaw, Homemade - TR1812 (1/4 c.) Contains Egg, Milk, Soy. May contain Gluten, Wheat.	26.65	1.31	0.15	0.00(M)	2.73	51.31	3.61	0.47	2.80	(M)	0.36	0.09	12.06	196.62	6.71	(M)	(M)	17.18 (M)	0.12(M)
Colonial Breakfast Sandwich - TR1904 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	197.88	10.39	3.83	0.00	100.06	363.80	19.11	1.67	2.00	1.00(M)	8.57	1.13(M)	375.00 (M)	107.14 (M)	0.00(M)	0.00(M)	42.62 (M)	(M)	(M)
Colonial Cornbread - TR2187 (1 piece) Contains Egg, Gluten, Milk, Soy, Wheat.	84.70	2.63	0.41	0.00	12.28	193.72	11.57	0.31	2.71	(M)	3.26	0.24	137.41	128.20	0.27	(M)	(M)	(M)	(M)
Colonial Cristo - TR1272 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	318.47	13.53	6.50	0.00	51.39	545.30	31.68	3.00	3.00	0.00(M)	17.47	2.92	1045.00	321.43 (M)	0.00(M)	0.00(M)	127.85 (M)	(M)	(M)
Colonial Cristo Sandwich (Jennie O turkey) - TR2779 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	318.43	13.46	6.50	0.00	51.65	562.10	31.34	3.00	3.19	0.00(M)	18.04	2.74	1045.00	321.43 (M)	0.00(M)	0.00(M)	127.85 (M)	(M)	(M)
Colonial Cristo Sandwich (Jennie O) - TR2781 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	318.14	13.44	6.50	0.00	51.48	560.71	31.33	3.00	3.19	0.00(M)	18.00	2.74	1045.00	321.43	0.40	0.00(M)	0.00(M)	(M)	(M)
Colonial Cristo Sandwich (No Cheese) - TR2580 (1 sandwich) Contains Gluten, Wheat.	240.13	5.71	1.76	0.00	42.69	429.89	30.20	3.00	2.00	0.00(M)	17.59	2.65	20.00	0.00(M)	0.00(M)	0.00(M)	191.77 (M)	(M)	(M)
Colwyck Grab & Go Bag - TR2548 (1 ea.) Contains Citrus, Corn/Corn Products, Egg, Gluten, Milk, Soy, Sunflower Oil, Wheat.	337.42	12.83	5.50	0.00	28.54	828.85	42.26	2.33(M)	19.43	6.68(M)	11.67	0.73	472.51	4116.67 (M)	4.80(M)	2.45(M)	247.75 (M)	0.00(M)	0.00(M)
Confetti Rice Pilaf - TR1758 (3/4 c.) Contains Corn/Corn Products, Milk, Soy.	80.97	0.61	0.00	0.00(M)	0.94	170.00	17.20	0.97	0.75	0.00(M)	1.78	0.30	8.63	2673.64 (M)	0.95(M)	0.00(M)	53.99 (M)	47.35 (M)	0.05(M)
Corn & Black Bean Salad - TR1373 (1/2 c.) Contains Citrus, Corn/Corn Products, Soy.	284.23	20.43	2.79	0.00(M)	0.00	559.25	20.47	3.31	4.89(M)	3.66(M)	3.47	2.95	61.07	425.99 (M)	21.34 (M)	0.00(M)	0.00(M)	25.62 (M)	0.13(M)
Corn & Black Bean Salad (smaller can) - TR1496 (1/2 c.) Contains Citrus, Corn/Corn Products, Soy.	620.29	54.46	7.43	0.00(M)	0.00	1260.61	29.00	3.20	11.31 (M)	9.85(M)	3.28	2.77	57.35	524.95 (M)	28.01 (M)	0.00(M)	0.00(M)	31.55 (M)	0.16(M)
Corn Maque Choux P2GF - TR2810 (1/4 c.) Contains Soy.	55.61	2.17	0.50	0.00(M)	1.11	27.09	8.93	1.29	1.68	0.00(M)	1.43	0.28	4.21	116.16 (M)	12.83 (M)	0.00(M)	1.25(M)	14.70 (M)	0.08(M)
Corn on the Cob - TR1685 (1 ea.) Contains Milk, Soy.	155.00	3.40	1.60	0.00	6.00	29.00	32.00	0.00(M)	0.00(M)	(M)	4.50	0.72	0.00	350.00	6.60	(M)	(M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Corn, Roasted - TR1524 (1/2 c.) Contains Milk, Soy.	68.46	0.57	0.09	0.00	0.00	1.04	16.41	2.08	0.00(M)	(M)	2.17	0.41	2.08	169.06	3.01	(M)	(M)	(M)	(M)
Cottage Cheese with Fruit - TR2047 (1 ea.) Contains Milk.	190.39	5.02	3.01	0.00	25.09	421.49	27.02	1.00	24.01	0.00(M)	13.04	0.70	100.35 (M)	200.71 (M)	0.00(M)	0.00(M)	150.00 (M)	(M)	(M)
Cowboy Burger (No Cheese) 9-12 - TR2681 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. May contain Sesame.	386.00	16.30	5.40	0.00	60.00	588.00	37.80	4.20	3.80	2.80(M)	23.20	3.84	42.00	0.00(M)	0.00(M)	0.00(M)	128.00 (M)	0.00(M)	0.00(M)
Cowboy Burger (No Cheese) K-8 Maid Rite - TR2915 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. May contain Sesame.	278.00	9.90	3.70	0.00	45.00	484.00	31.40	3.60	2.40	1.40(M)	19.60	2.64	41.00	0.00(M)	0.00(M)	0.00	330.00	(M)	(M)
Cowboy Burger 9-12 - TR2552 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat. May contain Sesame, Soy.	455.00	21.50	8.00	0.00	72.50	705.00	40.00	4.50	3.00	0.50(M)	26.00	4.30	542.50	160.72 (M)	0.00(M)	0.00(M)	150.00 (M)	(M)	(M)
Cowboy Burger K-8 Maid Rite - TR2912 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat. May contain Sesame, Soy.	340.00	14.75	6.25	0.00	57.50	610.00	33.00	3.75	2.25	0.25(M)	22.25	3.03	547.50	160.72 (M)	0.00(M)	0.00(M)	341.00 (M)	(M)	(M)
Cracker, Graham, Cinnamon, Bug Bites, Kelloggs - TR2757 (1 ea.) Contains Cinnamon, Gluten, Soy, Wheat.	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	(M)	2.00	0.72	100.00	500.00	0.00	(M)	(M)	(M)	(M)
Cranberries, Dried, Individual Portion, Commodity - TR2282 (1/4 c.)	100.35	0.00	0.00	0.00	0.00	0.00	25.54	2.74	21.89	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Cranberry Mayo - TR1833 (1 oz.) Contains Egg, Soy. May contain Gluten, Wheat.	56.88	5.00	0.50	0.00	10.00	112.19	2.56	0.06	1.31	(M)	0.00	0.00	0.00	100.00	0.00	(M)	(M)	(M)	(M)
Cranberry Sauce - TR1075 (1/4 c.)	0.54	0.00	0.00	0.00	0.00	0.17	0.12	0.01	0.10	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Croissant Cristo - TR2482 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	348.47	18.03	8.50	0.00	56.39	695.30	31.68	3.00	5.00	3.00(M)	17.47	2.56	1045.00	321.43 (M)	0.00(M)	0.00(M)	127.85 (M)	(M)	(M)
Croissant Cristo Sandwich (Jennie O turkey) - TR2780 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	348.43	17.96	8.50	0.00	56.65	712.10	31.34	3.00	5.18	3.00(M)	18.04	2.38	1045.00	321.43 (M)	0.00(M)	0.00(M)	127.85 (M)	(M)	(M)
Croissant Cristo Sandwich (Jennie O) - TR2782 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	348.14	17.94	8.50	0.00	56.48	710.71	31.33	3.00	5.18	3.00(M)	18.00	2.38	1045.00	321.43 (M)	0.40(M)	0.00(M)	0.00(M)	(M)	(M)
Croissant Cristo Sandwich (No Cheese) - TR2579 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	270.13	10.21	3.76	0.00	47.69	579.89	30.20	3.00	4.00	3.00(M)	17.59	2.29	20.00	0.00(M)	0.00(M)	0.00(M)	191.77 (M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)	Ash (g)
Croissant, Sliced, Hadley Farms, 2.2oz - TR1777 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	190.00	7.00	3.00	0.00	5.00	190.00	29.00	3.00	4.00	3.00	5.00	1.44	20.00	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Croutons, Homemade - TR2660 (1 serving) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	104.00	1.20	0.00	0.00	0.00	228.00	19.60	2.40	1.20	0.00(M)	3.60	1.20	39.60	0.00(M)	0.00(M)	0.00(M)	103.21 (M)	0.00(M)	0.00(M)
Crust-less Apple Pie Yogurt Parfait, Breakfast - TR2141 (1 ea.) Contains Cinnamon, Milk, Soy. May contain Gluten, Wheat.	429.20	12.06	3.80	0.00	2.50	148.41	73.29	8.41	34.60	6.22(M)	8.51	2.20(M)	141.30 (M)	454.99 (M)	0.23(M)	1.75(M)	160.00 (M)	(M)	0.70(M)
Crust-less Apple Pie Yogurt Parfait, Lunch - TR2419 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	646.16	14.06	4.05	0.00	5.00	410.62	116.54	11.93	54.07	10.22 (M)	13.51	2.93(M)	252.96 (M)	734.99 (M)	0.25(M)	3.50(M)	320.00 (M)	(M)	1.39(M)
Cucumber Coins - TR2589 (1 serving)	8.40	0.06	0.02	(M)	0.00	1.12	2.03	0.28	0.94	(M)	0.36	0.16	8.96	58.80	1.57	(M)	(M)	53.33	0.21
Cucumbers with Greek Dressing P2GF - TR2803 (1/4 c.) Contains Corn/Corn Products, Egg, Seeds (any kind), Soy.	38.93	3.90	0.55	0.00(M)	0.15	1.78	1.12	0.14	0.53	0.06(M)	0.18	0.10(M)	4.56(M)	29.40 (M)	0.78(M)	0.00(M)	0.68(M)	26.66 (M)	0.11(M)
Daily Special Overnight Oats - TR1836 (1 ea.) Contains Cinnamon, Milk, Soy. May contain Gluten, Wheat.	371.73	5.76	1.73	0.00(M)	2.50	80.26	74.10	7.21	37.49	4.06(M)	9.19	2.58(M)	125.59 (M)	643.47 (M)	75.58 (M)	2.00(M)	40.50 (M)	99.42 (M)	0.41(M)
Deli Turkey - TR1257 (1 slice)	14.81	0.28	0.00	0.00	6.48	90.71	0.00	0.00	0.18	(M)	3.33	0.07	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Diced Peaches - TR1153 (1/2 c.)	60.00	0.00	0.00	0.00	0.00	0.00	16.00	1.00	15.00	7.00	1.00	0.00	1.00	0.00(M)	0.00(M)	0.00	81.00	(M)	(M)
Diced Peaches - TR1156 (1 c.)	110.00	0.00	0.00	0.00	0.00	10.00	28.92	3.20	25.68	(M)	1.50	0.60	15.00	952.00	9.00	(M)	(M)	(M)	(M)
Diced Pears - TR1158 (1/2 c.)	60.00	0.00	0.00	0.00	0.00	5.00	16.00	2.00	12.00	(M)	0.00	0.21	7.26	0.00	2.02	(M)	(M)	(M)	(M)
Diced Pears - TR1159 (1/2 c.)	90.00	0.00	0.00	0.00	0.00	5.00	22.00	2.00	18.00	(M)	0.00	0.00	0.00	0.00	13.50	(M)	(M)	(M)	(M)
Dill Nuggets K-5 - TR2762 (3.2 oz.) Contains Gluten, Milk, Soy, Wheat.	170.00	5.86	1.00	0.00	45.00	500.00	14.00	1.00	2.00	2.00	17.00	2.00	21.00	(M)	(M)	0.00	263.00	(M)	(M)
Dill Pickle Chip - TR1164 (1 oz.)	0.00	0.00	0.00	0.00	0.00	200.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Donut Stick - TR2076 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	300.00	10.00	4.00	0.00	0.00	360.00	48.00	3.00	23.00	22.00	5.00	2.00	41.00	0.00(M)	0.00(M)	0.00	139.12	(M)	(M)
Doritos Walking Taco with Beef Taco Meat 6-12 Maid Rite - TR2887 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Wheat. May contain Soy, Sunflower Oil.	339.14	14.95	4.97	0.00	53.00	893.40	30.22	3.11	0.00	0.00(M)	17.57	1.69(M)	52.42 (M)	0.00(M)	0.00(M)	0.00(M)	251.76 (M)	16.46 (M)	0.02(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Doritos Walking Taco with Beef Taco Meat K-5 Maid Rite - TR2890 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Wheat. May contain Soy, Sunflower Oil.	318.00	13.82	4.41	0.00	45.49	806.43	29.90	2.95	0.00	0.00(M)	15.51	1.50(M)	50.66 (M)	0.00(M)	0.00(M)	0.00(M)	216.06 (M)	14.12 (M)	0.01(M)
Dressing, Caesar, Fat Free, SS Pouch, Ken's - TR1933 (1 ea.) Contains Corn/Corn Products, Egg, Fish, Milk, Soy.	130.00	12.00	1.50	0.00	5.00	400.00	5.00	1.00	1.00	(M)	1.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Drumstick, Chicken, Breaded, WG, Bone-In, Skin-On - TR1775 (2 ea.) Contains Corn/Corn Products, Gluten, Wheat.	380.00	22.00	5.00	0.00	100.00	900.00	10.00	2.00	0.00	(M)	32.00	2.16	40.00	200.00	0.00	(M)	(M)	(M)	(M)
Egg & Cheese Bagel - TR2538 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	275.00	12.00	4.00	0.00	137.50	405.00	30.00	4.00	5.50	(M)	11.50	1.52(M)	542.50 (M)	160.72 (M)	0.00(M)	0.00(M)	130.00 (M)	(M)	(M)
Egg & Cheese Biscuit - TR1412 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	285.00	14.00	6.50	0.00	117.50	630.00	30.00	3.00	5.50	0.00(M)	10.50	2.12	573.50	160.72 (M)	0.00(M)	1.00(M)	45.00 (M)	(M)	(M)
Egg & Cheese Croissant - TR2458 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	315.00	17.50	7.00	0.00	142.50	435.00	31.00	3.00	4.50	3.00(M)	10.50	1.76(M)	532.50 (M)	160.72 (M)	0.00(M)	(M)	(M)	(M)	(M)
Egg & Cheese on English Muffin - TR1413 (1 ea.) Contains Egg, Milk, Soy, Wheat.	225.00	9.50	3.50	0.00	112.50	510.00	25.00	2.00	1.50	0.00(M)	10.50	1.76	613.50	160.72 (M)	0.00(M)	1.00(M)	45.00 (M)	(M)	(M)
Egg & Cheese on Hamburger Bun - TR2113 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. May contain Sesame.	225.00	8.50	3.50	0.00	112.50	520.00	26.00	3.00	1.50	0.00(M)	10.50	2.12	559.50	160.72 (M)	0.00(M)	1.00(M)	125.00 (M)	(M)	(M)
Egg & Sausage Bowl 9-12 - TR2043 (3 1/2 oz.) Contains Egg, Milk, Soy.	185.20	11.68	3.56	0.00	273.20	512.79	4.56	0.00	0.00	0.00(M)	15.68	1.92	59.80	256.00	0.00	0.80(M)	282.00 (M)	(M)	(M)
Egg & Sausage Bowl K-8 - TR2042 (3 1/2 oz.) Contains Egg, Milk, Soy.	185.20	11.68	3.56	0.00	273.20	512.79	4.56	0.00	0.00	0.00(M)	15.68	1.92	59.80	256.00	0.00	0.80(M)	282.00 (M)	(M)	(M)
Egg Patty and Cheese on English Muffin, IW - TR2756 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	200.00	7.00	1.50	0.00	80.00	320.00	24.00	2.00	2.00	1.00	9.00	1.00	176.00	(M)	(M)	0.00	240.00	(M)	(M)
Egg Salad - TR1291 (1/2 c.) Contains Egg, Soy.	195.36	15.71	4.15	0.00(M)	324.20	285.50	2.46	0.10	0.08	0.00(M)	10.72	1.37	50.00	485.94 (M)	0.19(M)	0.00(M)	0.00(M)	5.73(M)	0.04(M)
Egg Salad Platter - TR2657 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	408.36	21.14	5.21	0.00(M)	324.20	663.81	37.45	5.52	5.83	1.00(M)	18.58	3.32	107.92	1966.20 (M)	38.47 (M)	0.00(M)	120.00 (M)	92.90 (M)	0.69(M)
Egg Salad Sandwich - TR1254 (1 sandwich) Contains Corn/Corn Products, Egg, Gluten, Soy, Wheat.	355.36	17.71	4.15	0.00(M)	324.20	665.50	32.46	4.10	2.08	0.00(M)	16.72	3.37	116.00	485.94 (M)	0.19(M)	0.00(M)	172.02 (M)	5.73(M)	0.04(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Egg, Cheese & Potato Bowl 9-12 - TR1335 (3 1/2 oz.) Contains Corn/Corn Products, Egg, Milk, Soy.	346.80	20.73	8.32	0.00	272.00	647.49	23.68	1.26	0.00	(M)	15.66	0.92	242.24	256.00 (M)	4.54(M)	0.00(M)	19.40 (M)	(M)	(M)
Egg, Cheese & Potato Bowl K-8 - TR1336 (3 1/2 oz.) Contains Egg, Milk, Soy.	361.55	20.60	8.79	2.39	262.40	789.84	25.00	2.39	0.00(M)	(M)	16.79	1.30	294.08	425.91	1.26	0.00(M)	24.82 (M)	(M)	(M)
Egg, Sausage & Cheese on Kaiser Roll - TR2505 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	395.00	17.50	5.50	0.00	177.50	965.00	39.00	4.00	1.50	(M)	19.50	3.42(M)	624.30 (M)	191.72 (M)	0.80(M)	0.30(M)	250.00 (M)	(M)	(M)
Eggo Waffle Graham Crackers - TR2650 (1 ea.) Contains Gluten, Soy, Wheat.	210.00	7.00	2.00	0.00	0.00	170.00	37.00	2.00	13.00	13.00	3.00	1.30	0.00	(M)	(M)	0.00	70.03	(M)	(M)
Elote - Mexican Street Corn Passport to Global Flavors - TR2306 (1/2 c.) Contains Egg, Milk, Soy.	245.87	15.86	4.08	0.00(M)	13.98	153.87	24.07	2.99(M)	0.79(M)	0.00(M)	4.96	0.61	52.42	351.80 (M)	6.27(M)	0.00(M)	1.88(M)	6.93(M)	0.03(M)
Emoji Fries - TR1939 (1/2 c.) Contains Corn/Corn Products, Soy.	120.00	4.00	0.50	0.00	0.00	80.00	18.00	2.00	0.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Entree Salad 6-12 (NO MEAT) PKU STUDENT ONLY - TR2522 (1 ea.) Contains Milk.	105.68	4.70	3.04	0.00(M)	15.00	156.62	10.50	4.35	4.42	0.00(M)	6.11	3.56	177.40	18122.6 8(M)	26.73 (M)	0.00(M)	10.11 (M)	103.30 (M)	0.58(M)
Entree Salad Small (NO MEAT) PKU STUDENT ONLY - TR2592 (1 ea.) Contains Milk.	76.34	4.60	3.02	0.00(M)	15.00	123.81	4.75	1.67	1.96	0.00(M)	4.50	1.55	130.45	7014.34 (M)	12.41 (M)	0.00(M)	10.11 (M)	51.65 (M)	0.29(M)
Entree Salad Small with Diced Chicken (Allergen Free) - TR2675 (1 ea.)	139.28	3.27	0.47	0.00(M)	68.04	101.39	5.16	2.58	1.96	0.00(M)	20.06	1.88	30.95	7014.34	12.41	0.00(M)	0.00(M)	51.65 (M)	0.29(M)
Fajita Chicken - TR2529 (4 oz.) Contains Corn/Corn Products, Gluten, Wheat.	81.00	2.70	0.68	0.00	43.87	301.50	1.80	0.90	0.00	(M)	11.47	1.35(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)
Fat Free Ranch Dressing - TR1096 (1 ea.) Contains Milk.	40.00	0.00	0.00	0.00	0.00	520.00	11.00	0.00	4.00	3.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Fifer Fresh Watermelon - TR1462 (1 slice)	64.00	0.32	0.00	(M)	0.00	2.13	16.05	0.85	13.18	(M)	1.30	0.51	14.87	1209.49	17.23	(M)	(M)	0.00(M)	0.00(M)
Fire Cracker Cauliflower - TR1531 (1/2 c.) Contains Gluten, Milk, Soy, Wheat.	91.62	3.36	1.23	0.00(M)	0.94	433.32	12.22	2.85	2.82	(M)	3.45	0.73(M)	44.60 (M)	156.25 (M)	50.61 (M)	(M)	(M)	96.67 (M)	0.80(M)
Fish Nuggets - USDA - TR2384 (4 Ounces) Contains Corn/Corn Products, Fish, Gluten, Wheat.	230.00	13.00	1.00	0.00	45.00	360.00	20.00	2.00	1.00	0.00	16.00	2.00	17.00	(M)	(M)	0.00	310.20	(M)	(M)
Fish Po'Boy with Cajun Sauce - TR1819 (1 ea.) Contains Cinnamon, Corn/Corn Products, Egg, Fish, Gluten, Soy, Tomatoes, Wheat. May contain Gluten, Wheat.	374.95	11.69	1.85	0.00(M)	36.67	695.76	50.50	4.50	3.67	(M)	17.35	2.77(M)	112.17 (M)	2584.90 (M)	10.23 (M)	0.00(M)	109.04 (M)	55.34 (M)	0.28(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Fish Sandwich w/ Boom Boom Sauce 6-12 - TR1809 (1 ea.) Contains Corn/Corn Products, Egg, Fish, Gluten, Milk, Soy, Tomatoes, Wheat.	590.00	31.50	7.00	0.00	67.50	1195.00	56.50	4.00	3.50	2.00(M)	23.50	2.72	171.00	250.00 (M)	2.40(M)	0.00(M)	126.00 (M)	(M)	(M)
Fish Stick, USDA Commodity - TR1708 (4 ea.) Contains Corn/Corn Products, Fish, Soy, Tomatoes, Wheat.	200.00	9.00	2.00	0.00	40.00	310.00	17.00	0.00	0.00	(M)	14.00	0.72	20.00	100.00	2.40	(M)	(M)	(M)	(M)
Fish Sticks - TR2297 (3 ea.) Contains Corn/Corn Products, Fish, Soy, Tomatoes, Wheat.	150.00	6.75	1.50	0.00	30.00	232.50	12.75	0.00	0.00	(M)	10.50	0.54	15.00	75.00	1.80	(M)	(M)	(M)	(M)
French Bread Cheese Pizza - TR1178 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	310.00	11.00	6.00	0.00	30.00	380.00	33.00	3.00	4.00	(M)	23.00	1.80	500.00	500.00	15.00	(M)	(M)	(M)	(M)
French Fries - Commodity - TR2260 (1/2 c.) Contains Soy. May contain Wheat.	130.00	4.00	1.00	(M)	0.00	30.00	22.00	2.00	0.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
French Fries - TR2224 (1/2 c.)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
French Fry, Straight Cut, Monarch - TR2805 (1/2 c.) Contains Corn/Corn Products, Soy. May contain Sunflower Oil.	130.08	4.50	1.00	0.00	0.00	280.17	21.01	2.00	1.00	0.00	2.00	0.72	17.01	(M)	(M)	(M)	290.17	(M)	(M)
French Fry, Waffle Cut - TR2785 (1/2 c.) Contains Corn/Corn Products, Gluten, Sunflower Oil, Wheat. May contain Soy.	170.00	10.00	1.50	0.00	0.00	340.00	20.00	1.00	1.00	0.00	2.00	0.40	10.00	(M)	(M)	0.00	250.00	(M)	(M)
French Toast Sticks, Bake Crafter IW - TR1843 (1 pkg.) Contains Cinnamon, Egg, Gluten, Milk, Soy, Wheat.	240.00	7.00	1.00	0.00	10.00	260.00	38.00	2.00	12.00	12.00	6.00	0.60	21.00	0.00(M)	0.00(M)	0.00	21.15	(M)	(M)
French Toast Sticks, Bake Crafters - TR2422 (2 Sticks) Contains Cinnamon, Egg, Gluten, Milk, Soy, Wheat.	240.00	7.00	1.00	0.00	10.00	260.00	38.00	2.00	12.00	12.00	6.00	0.60	21.00	(M)	(M)	0.00	49.82	(M)	(M)
French Toast, Cinnamon, Pillsbury - TR1900 (1 ea.) Contains Cinnamon, Egg, Gluten, Milk, Soy, Wheat.	220.00	7.00	1.00	0.00	0.00	200.00	37.00	2.00	11.00	(M)	4.00	1.44	60.00	0.00	0.00	(M)	(M)	(M)	(M)
French Toast, Triple Berry, Pillsbury - TR1901 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	220.00	7.00	1.00	0.00	0.00	190.00	37.00	2.00	11.00	(M)	4.00	1.08	40.00	0.00	0.00	(M)	(M)	(M)	(M)
French Vanilla Creamer - TR1081 (1 tsp.) Contains Milk, Soy.	25.00	1.50	0.00	0.00	0.00	0.00	3.00	0.00	3.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fresh Apple Slices - TR1003 (1 ea.)	30.00	0.00	0.00	0.00	0.00(M)	0.00	7.00	1.00	6.00	(M)	0.00	0.00	0.00(M)	0.00(M)	39.00	(M)	(M)	(M)	(M)
Fresh Apples - TR1005 (1 large (3-1/4" dia))	116.41	0.38	0.07	0.00	0.00	2.45	30.80	5.40	(M)	(M)	0.58	0.27	13.47	120.09	10.30	(M)	(M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Fresh Apples - TR1006 (1 large (3-1/4" dia))	116.41	0.38	0.07	0.00	0.00	2.45	30.80	5.40	(M)	(M)	0.58	0.27	13.47	120.09	10.30	(M)	(M)	(M)	(M)
Fresh Apples w/ Cinnamon & Honey - TR1679 (1/2 c.) Contains Cinnamon.	53.06	0.15	0.03	0.00	0.00	1.04	14.17	2.36	1.28(M)	(M)	0.24	0.13	8.70	49.00	4.23	(M)	(M)	(M)	(M)
Fresh Banana - TR1024 (1 small (6" to 6-7/8" long))	89.89	0.33	0.11	(M)	0.00	1.01	23.07	2.63	12.35	(M)	1.10	0.26	5.05	64.64	8.79	(M)	(M)	75.66	0.83
Fresh Blackberries - TR1025 (1 c.)	61.92	0.71	0.02	(M)	0.00	1.44	13.84	7.63	7.03	(M)	2.00	0.89	41.76	308.16	30.24	(M)	(M)	126.94	0.53
Fresh Blueberries - TR1026 (1/2 c.)	42.18	0.24	0.02	(M)	0.00	0.74	10.72	1.78	7.37	(M)	0.55	0.21	4.44	39.96	7.18	(M)	(M)	62.31	0.18
Fresh Cantaloupe - TR1038 (1/2 cup, diced)	26.52	0.15	0.04	(M)	0.00	12.48	6.37	0.70	6.13	(M)	0.66	0.16	7.02	2637.96	28.63	(M)	(M)	70.32	0.51
Fresh Carroteenies - TR1039 (1 ea.)	30.00	0.00	0.00	0.00	0.00	16.00	5.00	1.00	5.00	(M)	0.00	0.00	20.00	4000.00	4.80	(M)	(M)	(M)	(M)
Fresh Cucumber - TR1086 (1 cucumber (8-1/4"))	45.15	0.33	0.11	(M)	0.00	6.02	10.93	1.50	5.03	(M)	1.96	0.84	48.16	316.05	8.43	(M)	(M)	286.64	1.14
Fresh Oranges - TR1150 (1 ea.) Contains Citrus.	46.00	0.14	0.02	(M)	0.00	0.67	10.47	2.07	0.00(M)	(M)	0.85	0.12	40.00	11.33	55.13	(M)	(M)	0.00(M)	0.00(M)
Fresh Peaches - TR1157 (1 medium (2-2/3" dia))	60.06	0.39	0.03	0.00	0.00	0.00	14.69	2.31	12.92	(M)	1.40	0.39	9.24	502.04	10.16	(M)	(M)	136.86	0.66
Fresh Pears - TR1160 (1 medium)	91.77	0.23	0.04	(M)	0.00	1.61	24.52	4.99	15.70	(M)	0.58	0.29	14.49	40.25	6.92	(M)	(M)	135.18	0.52
Fresh Pineapple - TR1172 (1 cup, chunks)	82.50	0.20	0.01	(M)	0.00	1.65	21.65	2.31	16.25	(M)	0.89	0.48	21.45	95.70	78.87	(M)	(M)	141.90	0.36
Fresh Plum - TR1187 (1 fruit (2-1/8" dia))	75.90	0.46	0.03	(M)	0.00	0.00	18.84	2.31	16.37	(M)	1.16	0.28	9.90	569.25	15.68	(M)	(M)	143.93	0.61
Fresh Raspberries - TR1204 (1 c.)	63.96	0.80	0.02	(M)	0.00	1.23	14.69	8.00	5.44	(M)	1.48	0.85	30.75	40.59	32.23	(M)	(M)	105.47	0.57
Fresh Seasoned Green Beans - TR1521 (1/2 c.) Contains Soy.	44.10	2.40	0.36	0.00(M)	0.00	97.37	5.22	1.96	2.37	(M)	1.33	0.75	26.91	500.77	8.85	(M)	(M)	65.55 (M)	0.48(M)
Fresh Strawberry & Blueberry Cup - TR1779 (1/2 c.)	140.62	0.36	0.02	0.00(M)	0.00	23.81	35.62	2.50	24.74	(M)	1.37	0.39	13.61	37.42	38.84	(M)	(M)	99.32 (M)	0.36(M)
Fresh Tomatoes - TR1270 (1 slice)	3.06	0.03	0.01	(M)	0.00	0.85	0.66	0.20	0.45	(M)	0.15	0.05	1.70	141.61	2.33	(M)	(M)	16.07	0.09
Fresh Veggie Bag - TR1377 (5/8 c.)	33.00	0.43	0.06	0.00(M)	0.00	48.31	6.99	2.42	3.75	0.00(M)	1.87	0.45	27.92	1480.26	38.28	(M)	(M)	87.17 (M)	0.65(M)
Fresh Watermelon - TR1246 (1/2 c.)	22.80	0.11	0.01	(M)	0.00	0.76	5.74	0.30	4.71	(M)	0.46	0.18	5.32	432.44	6.16	(M)	(M)	69.50	0.19
Fried Rice - TR1432 (1/2 c.) Contains Egg, Milk, Soy.	183.15	5.07	1.19	0.00	30.40	228.17	31.88	1.27	0.80(M)	0.00(M)	4.94	0.47	11.14	876.91 (M)	0.59(M)	0.00(M)	0.00(M)	75.76 (M)	0.08(M)
Fritos Walking Taco with Beef Taco Meat 6-12 Maid Rite - TR2893 (1 ea.) Contains Corn/Corn Products, Gluten, Soy, Wheat.	389.14	22.95	5.97	0.00	53.00	863.40	26.22	3.11	0.00	0.00(M)	16.57	1.73(M)	52.42 (M)	0.00(M)	0.00(M)	0.00(M)	301.58 (M)	16.46 (M)	0.02(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)	Ash (g)
Fritos Walking Taco with Beef Taco Meat K-5 Maid Rite - TR2894 (1 ea.) Contains Corn/Corn Products, Gluten, Wheat.	368.00	21.82	5.41	0.00	45.49	776.43	25.90	2.95	0.00	0.00(M)	14.51	1.54(M)	50.66 (M)	0.00(M)	0.00(M)	0.00(M)	265.88 (M)	14.12 (M)	0.01(M)
Frozen Peach Cup - TR1155 (1 4.4 OZ UNIT)	90.73	0.00	0.00	0.00	0.00	0.00	21.17	2.02	19.15	7.06	1.01	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)
Frozen Strawberry Cups - TR1240 (1/2 c.)	90.00	0.00	0.00	0.00	0.00	0.00	22.00	2.00	18.00	(M)	1.00	0.59	10.94	24.22	41.25	(M)	(M)	(M)	(M)
Fruit Ice, Kiwi Strawberry, Sidekick - TR1769 (1 ea.)	90.00	0.00	0.00	0.00	0.00	35.00	22.00	0.00	19.00	(M)	0.00	0.00	80.00	50450.0 0	60.00	(M)	(M)	(M)	(M)
Fruit Mix & Yogurt Parfait, Breakfast - TR2341 (1 ea.) Contains Cinnamon, Milk, Soy. May contain Gluten, Wheat.	423.44	12.15	3.82	0.00	2.50	143.40	73.13	7.33	22.13 (M)	6.22(M)	8.98	2.51(M)	145.03 (M)	465.79 (M)	3.65(M)	1.75(M)	160.00 (M)	(M)	0.70(M)
Fruit Mix & Yogurt Parfait, Lunch - TR2350 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	580.25	14.16	4.08	0.00	5.00	394.20	101.92	8.49	29.13 (M)	10.22 (M)	14.03	3.27(M)	255.63 (M)	746.99 (M)	4.03(M)	3.50(M)	320.00 (M)	(M)	1.39(M)
Fruity Smoothie - TR2064 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat.	403.71	4.76	1.60	0.00(M)	9.51	310.13	76.58	3.05	51.23	6.01(M)	15.05	1.43(M)	445.29	1544.98 (M)	24.15 (M)	4.00(M)	385.05 (M)	30.34 (M)	0.33(M)
Fry, Sweet Potato, Crinkle Cut, Commodity - TR1749 (1/2 c.) Contains Soy.	150.00	8.00	2.00	0.00	0.00	125.00	19.00	3.00	3.00	(M)	1.00	1.08	20.00	12000.0 0	2.40	(M)	(M)	(M)	(M)
Fudge Pop Tart - TR1190 (1 ea.) Contains Gluten, Soy, Wheat.	350.00	6.00	2.00	0.00	0.00	240.00	73.00	6.00	29.00	29.00	5.00	3.60	260.00	180.00	0.00(M)	0.00	150.00	(M)	(M)
Garlic Parmesan Boneless Wings 6-12 - TR2614 (1 serving) Contains Gluten, Milk, Soy, Wheat.	373.60	20.20	4.15	0.00	67.43	982.28	20.66	2.45	2.36	1.13(M)	29.33	1.96	0.00	0.00(M)	0.00(M)	0.00(M)	564.09 (M)	(M)	(M)
Garlic Parmesan Boneless Wings K-5 - TR2615 (1 serving) Contains Gluten, Milk, Soy, Wheat.	308.76	16.69	3.43	0.00	55.72	811.80	17.07	2.03	1.95	0.94(M)	24.24	1.62	0.00	0.00(M)	0.00(M)	0.00(M)	466.19 (M)	(M)	(M)
General Tso Popcorn Chicken K-5 - TR1340 (1 serving) Contains Corn/Corn Products, Gluten, Soy, Wheat.	323.33	15.53	3.00	0.00(M)	90.00	813.77	28.94	1.50	10.67	0.00(M)	19.50	1.50	15.00	0.00(M)	0.00(M)	0.00(M)	344.99 (M)	(M)	(M)
General Tso's Popcorn Chicken 6- 12 - TR1341 (1 serving) Contains Corn/Corn Products, Gluten, Soy, Wheat.	388.00	18.64	3.60	0.00(M)	108.00	976.52	34.73	1.80	12.80	0.00(M)	23.40	1.80	18.00	0.00(M)	0.00(M)	0.00(M)	413.99 (M)	(M)	(M)
Ginger Cookie - TR1956 (1 ea.) Contains Cinnamon, Egg, Gluten, Soy, Wheat.	117.92	5.54	1.97	0.00(M)	7.80	153.15	15.45	0.38	6.56	(M)	1.38	0.31	27.39	249.23	0.01	(M)	(M)	0.77(M)	0.12(M)
Glazed Butternut Squash - Tasting Tuesday - TR2543 (2 oz.) Contains Cinnamon, Soy.	44.58	1.40	0.50	0.00(M)	0.00	15.92	8.46	1.32	2.36	(M)	0.64	0.45(M)	31.55 (M)	6811.11 (M)	13.34 (M)	(M)	(M)	54.87 (M)	0.51(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Glazed Butternut Squash - TR1801 (1/2 c.) Contains Cinnamon, Soy.	89.16	2.80	1.00	0.00(M)	0.00	31.84	16.93	2.65	4.71	(M)	1.27	0.90(M)	63.10(M)	13622.22(M)	26.69(M)	(M)	(M)	109.75(M)	1.02(M)
Glazed Carrots - TR1387 (1/2 c.) Contains Cinnamon, Soy.	88.50	2.94	0.95	0.00	0.00	192.95	16.45	3.05	8.93(M)	(M)	0.53	0.49	33.71	15188.48	2.12	(M)	(M)	(M)	(M)
Glazed Donut Pull Apart Ring - TR2627 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	240.00	11.00	4.50	0.00	0.00	300.00	31.00	2.00	8.00	8.00	4.00	1.00	24.00	(M)	(M)	0.00	83.00	(M)	(M)
Glazed Fresh Sweet Potatoes - TR1381 (1/2 c.) Contains Soy.	145.75	2.83	1.01	0.00(M)	0.00	63.96	29.13	3.72	4.29	(M)	1.39	0.49(M)	15.44(M)	246.69(M)	15.51(M)	(M)	(M)	63.14(M)	0.74(M)
Gluten Free Chicken Nugget - TR2102 (5 ea.) Contains Corn/Corn Products, Soy.	8099.86	216.00	27.00	0.00	1889.97	14579.75	809.99	0.00	0.00	(M)	647.99	19.44	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Goldfish - TR1066 (1 ea.) Contains Gluten, Milk, Soy, Sunflower Oil, Wheat.	100.00	4.00	0.50	0.00	0.00	170.00	14.00	1.00	0.00	(M)	2.00	0.72	20.00	0.00	0.00	(M)	(M)	(M)	(M)
Goldfish Graham Cracker, Cinnamon - TR2649 (1 ea.) Contains Gluten, Wheat.	120.00	4.00	1.00	0.00	0.00	140.00	19.00	1.00	7.00	7.00	1.00	2.00	100.00	(M)	(M)	0.00	39.95	(M)	(M)
Grab & Go Bag (Pizza Bento Box) - TR2054 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	434.24	19.75	8.62	0.00	43.70	1070.46	37.56	5.00	8.56	2.53	24.37	2.59	465.13	300.00(M)	6.00(M)	0.00(M)	480.22	(M)	(M)
Grab & Go Bag (Rounds, Cheese, Cheese Stick, Salsa) - TR2857 (1 ea.) Contains Corn/Corn Products, Milk.	485.00	23.00	11.00	0.00	50.00	1115.00	51.00	4.00	14.00	0.00(M)	20.00	1.12	610.00	300.00(M)	0.00(M)	0.00(M)	130.00(M)	(M)	(M)
Grab & Go Bag (Scoops, Cheese, Cheese Stick, Salsa, Grain) - TR1470 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Sunflower Oil, Wheat.	510.00	21.83	11.00	0.00	50.83	1278.33	57.67	4.33	14.00	0.00(M)	21.17	1.81	618.67	416.67(M)	0.00(M)	0.00(M)	98.36(M)	(M)	(M)
Grab & Go Bag (Soft Pretzel, Wow Butter, Cheese Cup) - TR1872 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	530.00	26.00	9.00	0.00	30.00	820.00	52.00	7.00	15.00	(M)	22.00	2.88	390.00	300.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Grab & Go Bag (Sun Butter & Jelly 2.4 oz, Cheese Stick, Grain) - TR2667 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Sunflower Oil, Sunflower Seeds, Wheat.	485.00	23.83	6.50	0.00	20.83	673.33	49.67	5.33	12.00	11.00(M)	17.17	5.73	255.67	116.67(M)	0.00(M)	0.00(M)	128.36(M)	(M)	(M)
Grab & Go Bag (Wow Butter, Cheese Stick, 2 Grain) - TR1468 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Sunflower Oil, Wheat.	470.00	26.67	8.00	0.00	21.67	646.67	39.33	6.67	5.00	0.00(M)	17.33	2.54	277.33	233.33(M)	0.00(M)	0.00(M)	136.72(M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)	Ash (g)
Grab & Go Bag (Yogurt, Cheese Stick, 2 Grain) - TR1466 (1 ea.) Contains Citrus, Corn/Corn Products, Gluten, Milk, Soy, Sunflower Oil, Wheat.	342.42	11.67	5.00	0.00	24.37	616.19	44.93	2.67	11.43	4.68(M)	13.84	1.46	481.17	233.33 (M)	0.00(M)	2.45(M)	286.11 (M)	0.00(M)	0.00(M)
Grab & Go Bag (Yogurt, Cheese Stick, 2 Grain) (Leach) - TR2642 (1 ea.) Contains Citrus, Corn/Corn Products, Gluten, Milk, Soy, Sunflower Oil, Wheat.	342.42	11.67	5.00	0.00	24.37	616.19	44.93	2.67	11.43	4.68(M)	13.84	1.46	481.17	233.33 (M)	0.00(M)	2.45(M)	286.11 (M)	0.00(M)	0.00(M)
Grab & Go Bag (Yogurt, Hummus, 2 Grain) - TR2238 (1 ea.) Contains Cinnamon, Citrus, Corn/Corn Products, Gluten, Milk, Soy, Sunflower Oil, Tree nuts, Wheat.	340.16	8.07	1.00	0.00(M)	4.36	602.94	53.28	6.47	13.79 (M)	4.67(M)	10.82	1.89(M)	280.38 (M)	233.33 (M)	0.00(M)	2.44(M)	225.58 (M)	0.00(M)	0.00(M)
Graham Cracker - TR1073 (1 ea.) Contains Gluten, Soy, Wheat.	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	5.00	(M)	2.00	0.72	100.00	500.00	0.00	(M)	(M)	(M)	(M)
Granny Smith Apple - TR1002 (1 medium (3 dia"))	95.00	0.31	0.06	0.00	0.00	2.00	25.13	4.40	18.20	(M)	0.47	0.22	10.99	98.01	8.41	(M)	(M)	(M)	(M)
Grapes and Jello - TR1571 (1/2 c.) Contains Gelatin, Red Dye.	167.99	0.00	0.00	0.00(M)	0.00	44.53	42.21	2.46	36.88	(M)	3.13	0.00	20.02	128.19	7.40	(M)	(M)	0.00(M)	0.00(M)
Grapes, Red or Green, Seedless - TR2584 (1 serving)	55.00	0.00	0.00	(M)	0.00	2.00	14.00	1.00	12.00	(M)	1.00	0.00	8.00	52.00	3.00	(M)	(M)	(M)	(M)
Greek Chicken Salad 6-12 - TR2821 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	454.89	14.50	6.08	0.00(M)	90.81	870.79	50.77	9.85	9.19	0.00(M)	33.02	9.86	293.88	18735.9 6(M)	56.92 (M)	0.00(M)	148.21 (M)	150.78 (M)	0.69(M)
Greek Chicken Salad K-5 - TR2822 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	408.82	14.37	6.04	0.00(M)	90.81	805.27	41.69	6.62	5.45	0.00(M)	31.17	5.91	227.74	5867.98 (M)	22.46 (M)	0.00(M)	148.21 (M)	75.39 (M)	0.35(M)
Greek Gyro - TR1725 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	320.81	10.18	3.41	0.00(M)	52.55	896.46	31.71	3.65	5.53	1.00(M)	27.32	2.23	71.31	2102.29 (M)	5.76(M)	0.00(M)	121.35 (M)	61.14 (M)	0.33(M)
Green Bell Pepper Veggie Bag - TR2654 (6 stick.)	3.24	0.03	0.01	(M)	0.00	0.49	0.75	0.28	0.39	(M)	0.14	0.06	1.62	59.94	13.03	(M)	(M)	15.21	0.07
Grilled Cheese & Tomato Sandwich (PKU Student) - TR2739 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	124.70	3.33	1.26	0.00(M)	7.50	337.00	17.56	2.48	2.05(M)	(M)	6.35	1.20	180.50	378.20 (M)	5.48(M)	0.00(M)	86.01 (M)	37.81 (M)	0.20(M)
Grilled Chicken Patty Sandwich - TR1658 (1 sandwich) Contains Gluten, Wheat. May contain Sesame.	230.00	4.00	1.00	0.00	45.00	609.99	27.00	3.00	2.00	(M)	21.00	2.16	26.00	0.00(M)	0.00(M)	0.00(M)	80.00 (M)	(M)	(M)
Grilled Mac & Cheese Sandwich - TR1845 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	466.83	19.02	9.32	0.00	46.06	1006.84	53.64	5.74	8.76	(M)	21.39	3.21	1056.63	626.23 (M)	0.48(M)	0.00(M)	195.56 (M)	0.00(M)	0.00(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)	Ash (g)
Hamburger K-8 Maid Rite - TR2913 (1 ea.) Contains Gluten, Wheat. May contain Sesame.	240.00	8.50	3.50	0.00	45.00	450.00	25.00	3.00	1.00	0.00(M)	19.00	2.44	35.00	0.00(M)	0.00(M)	0.00	306.00	(M)	(M)
Hamburger on Whole Grain Roll 9 -12 - TR2677 (1 ea.) Contains Gluten, Wheat. May contain Sesame.	310.00	13.50	5.00	0.00	60.00	520.00	25.00	3.00	1.00	0.00(M)	22.00	3.44	30.00	0.00(M)	0.00(M)	0.00(M)	80.00 (M)	(M)	(M)
Hard Boiled Egg - TR1365 (1 ea.) Contains Egg.	72.00	5.00	1.50	0.00	186.00	71.00	0.40	0.00	0.00	(M)	6.28	0.80	28.00	270.00	0.00	(M)	(M)	(M)	(M)
Hash Brown Potato Rounds - TR1950 (1 serving) Contains Corn/Corn Products, Soy.	100.00	3.50	0.00	0.00	0.00	105.00	16.00	1.00	0.00	(M)	1.00	0.00	0.00	0.00	3.60	(M)	(M)	(M)	(M)
Hawaiian Chicken - P2GF Tasting - TR2711 (1 serving) Contains Corn/Corn Products, Milk, Soy.	88.47	1.64	0.23	0.00(M)	34.32	228.92	7.81	0.85	6.12	0.00(M)	10.12	0.33(M)	2.21(M)	186.74 (M)	8.09(M)	0.00(M)	26.70 (M)	15.93 (M)	0.06(M)
Hawaiian Chicken Wrap - TR2710 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	440.55	14.15	5.62	0.00(M)	100.24 (M)	626.37	39.16	4.80(M)	14.16	6.00(M)	35.41	0.72(M)	233.26 (M)	1023.70 (M)	1.22(M)	0.00(M)	303.26 (M)	8.91(M)	0.04(M)
Hazelnut Creamer - TR1082 (1 tsp.) Contains Milk, Soy.	25.00	1.50	0.00	0.00	0.00	0.00	3.00	0.00	3.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Heartzels - TR1202 (1 ea.) Contains Corn/Corn Products, Gluten, Wheat.	80.00	1.00	0.00	0.00	0.00	200.00	16.00	2.00	0.00	(M)	2.00	0.80	30.00	0.00(M)	0.00(M)	0.00	120.00	(M)	(M)
Hershey Juice Rush, Variety - TR2544 (1 ea.) Contains Red Dye.	50.00	0.00	0.00	0.00	0.00	0.00	12.00	0.00	12.00	0.00	0.00	1.00	18.00	(M)	(M)	0.00	103.87	(M)	(M)
Homemade Black Bean Brownie - TR1429 (1 ea.) Contains Egg, Soy, Wheat. Processed in a facility that also processes Milk.	151.50	3.16	1.01	0.00	0.00	206.79	28.02	2.51	15.44	15.19 (M)	3.01	1.54	10.35	0.00	0.00	0.00(M)	50.44 (M)	11.80 (M)	0.01(M)
Homemade Breadstick - TR1422 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	103.21	2.95	0.41	0.00	0.43	137.65	15.11	1.38	2.55	0.00(M)	2.80	0.48	33.53	28.66 (M)	0.07(M)	0.00(M)	0.00(M)	10.10 (M)	0.01(M)
Homemade Cheese Pizza - TR1443 (1 slice) Contains Gluten, Milk, Soy, Tomatoes, Wheat.	464.90	19.96	8.06	0.00	31.11	755.99	43.52	4.17	10.41	0.60(M)	21.85	1.84	510.04	73.96 (M)	0.18(M)	0.00(M)	177.64 (M)	26.04 (M)	0.03(M)
Homemade Chicken Vegetable Soup - TR1398 (1 c.) Contains Corn/Corn Products, Milk.	78.89	0.77	0.08	0.00(M)	13.24	504.21	12.40	3.47	3.94	0.52(M)	5.78	0.87	23.34	2516.52 (M)	2.70(M)	0.00(M)	97.76 (M)	155.55 (M)	0.22(M)
Homemade Chili Maid Rite - TR2899 (1 serving)	171.54	6.86	3.43	0.00	45.71	512.27	10.89	3.12	3.18	0.26(M)	15.18	2.25	22.74	0.06(M)	0.23(M)	0.00(M)	549.61 (M)	42.58 (M)	0.04(M)
Homemade Cream of Chicken Soup - TR1399 (1 c.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	224.94	11.99	4.37	0.00	30.77	784.80	18.73	1.36	8.23	(M)	12.32	0.52	208.86	743.79	0.00	(M)	(M)	47.35 (M)	0.05(M)
Homemade Cream of Potato Soup - TR1400 (1 c.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	228.51	10.83	3.96	0.00	11.97	965.99	27.12	2.26	7.61	(M)	6.96	0.45(M)	152.51 (M)	1379.21 (M)	0.26(M)	(M)	(M)	117.53 (M)	0.16(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Homemade Dinner Roll - TR1420 (1 roll.) Contains Gluten, Milk, Soy, Wheat.	163.58	4.62	0.60	0.00	0.46	215.74	23.75	2.10	4.06	0.00(M)	4.33	0.72	55.02	45.65	0.11	(M)	(M)	16.08 (M)	0.02(M)
Homemade Dinner Roll - TR1421 (1 roll.) Contains Gluten, Milk, Soy, Wheat.	126.19	3.56	0.46	0.00	0.35	166.43	18.32	1.62	3.13	0.00(M)	3.34	0.56	42.45	35.22	0.09	(M)	(M)	12.40 (M)	0.01(M)
Homemade Granola - TR1329 (1 c.) Contains Cinnamon, Soy. May contain Gluten, Wheat.	604.49	23.11	7.10	0.00	0.00	172.41	92.08	11.78	30.26	4.44(M)	11.03	4.37(M)	59.26 (M)	749.99 (M)	0.44(M)	(M)	(M)	(M)	(M)
Homemade Kale Chips - TR1522 (1/2 c.) Contains Soy.	59.65	1.96	0.24	0.00(M)	0.00	34.47	8.90	3.27	2.05	(M)	3.88	1.33	136.08	9062.78	108.86	(M)	(M)	76.24 (M)	1.82(M)
Homemade Pepperoni Pizza - TR1444 (1 slice) Contains Corn/Corn Products, Gluten, Milk, Soy, Tomatoes, Wheat.	480.89	20.76	8.32	0.00	37.78	843.97	43.78	4.17	10.68	0.87(M)	23.45	2.03	510.04	73.96 (M)	0.18(M)	0.00(M)	201.64 (M)	26.04 (M)	0.03(M)
Homemade Pizza Shell - TR1442 (1 slice) Contains Gluten, Milk, Soy, Wheat.	264.65	7.51	0.97	0.00	0.74	349.50	38.49	3.57	6.59	0.00(M)	7.08	1.24	86.52	73.96	0.18	(M)	(M)	26.04 (M)	0.03(M)
Homemade Vegetable Soup - TR1402 (1 c.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	106.01	0.98	0.01	0.00(M)	4.80	1154.70	22.24	4.82	5.97	0.48(M)	4.05	1.77	26.94	2960.36 (M)	8.87(M)	0.00(M)	201.69 (M)	205.69 (M)	0.30(M)
Homemade Wedding Soup - TR1403 (1 c.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	108.18	4.50	1.45	0.00(M)	17.63	809.06	11.57	2.50(M)	0.72(M)	0.00(M)	7.37	1.40	45.17	3592.90	1.77	0.00(M)	0.00(M)	234.55 (M)	0.52(M)
Honey Dijon Dressing - TR1093 (1 ea.) Contains Egg, Milk.	60.00	0.00	0.00	0.00	0.00	400.00	13.00	1.00	8.00	(M)	1.00	0.00	0.00	0.00	0.60	(M)	(M)	(M)	(M)
Honey Glazed Brussels Sprouts - TR1502 (1/4 c.) Contains Cinnamon.	51.35	1.81	0.26	0.00(M)	0.00	62.42	8.44	2.44	3.96	(M)	2.15	0.90	27.25	478.81	53.98	(M)	(M)	54.61 (M)	0.87(M)
Honey Glazed Turnips - TR1791 (1/2 c.) Contains Cinnamon, Soy.	38.65	0.00	0.00	0.00(M)	0.00	93.10	10.96	0.05	10.24	(M)	0.00	0.01	1.19	0.00	0.01	(M)	(M)	2.37(M)	0.00(M)
Honey Mustard Cup - TR1223 (1 ea.)	40.00	0.00	0.00	0.00	0.00	160.00	9.00	0.00	5.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Honey Mustard Dressing Cup - TR1222 (1 ea.) Contains Egg, Soy.	120.00	12.00	2.00	0.00	10.00	210.00	4.00	0.00	4.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Honey Mustard Turkey Ham & Cheese on Pretzel Bun 6-12 - TR2817 (1 sandwich) Contains Corn/Corn Products, Egg, Gluten, Milk, Seeds (any kind), Soy, Wheat.	446.67	23.83	8.50	0.00(M)	80.00	745.00	37.67	3.00	9.00	6.00(M)	19.33	2.91(M)	1045.00 (M)	321.43 (M)	0.80(M)	0.00(M)	0.00(M)	(M)	(M)
Honeydew - TR1116 (1 cup, balls)	63.72	0.25	0.07	(M)	0.00	31.86	16.09	1.42	14.37	(M)	0.96	0.30	10.62	88.50	31.86	(M)	(M)	158.98	0.73
Hot Dog No Bun - TR2361 (1 ea.) Contains Corn/Corn Products.	130.00	11.00	5.00	0.00	30.00	330.00	1.00	0.00	0.00	(M)	6.00	1.08	0.00	100.00	0.00	(M)	(M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Hot Dog on Bun - TR1460 (1 ea.) Contains Corn/Corn Products, Gluten, Wheat.	240.00	11.50	5.00	0.00	30.00	560.00	23.00	2.00	1.00	0.00(M)	10.00	2.52	26.00	100.00 (M)	0.00(M)	0.00(M)	70.03 (M)	(M)	(M)
Hot Oatmeal - TR1437 (1 c.) May contain Gluten, Wheat.	150.00	3.00	0.50	0.00	0.00	4.98	27.00	4.00	1.00	0.00(M)	5.00	1.80	4.98	0.00	0.00	0.00(M)	0.00(M)	165.73 (M)	0.17(M)
Hot Sauce, Texas Pete, SS - TR2559 (1 ea.)	1.24	0.01	0.00	0.00	0.00	91.61	0.17	0.02	0.06	(M)	0.04	0.02	0.30	0.00	0.01	(M)	(M)	(M)	(M)
Hummus Panini - TR1732 (1 ea.) Contains Citrus, Corn/Corn Products, Gluten, Milk, Soy, Wheat.	324.07	17.59	2.48	0.00	0.00	934.83	32.47	8.00	6.19	1.00(M)	12.27	4.29	20.78	1406.61 (M)	9.67(M)	0.00(M)	0.00(M)	(M)	(M)
Hummus Platter - TR1861 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Tree nuts, Wheat.	413.00	15.43	1.06	0.00(M)	0.00	1138.31	58.99	13.42	9.76	1.00(M)	15.87	6.27	57.92	1480.26 (M)	38.28 (M)	0.00(M)	120.00 (M)	87.17 (M)	0.65(M)
Italian Chopped Salad 6-12 - TR2075 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Pork, Soy, Wheat.	477.98	15.85	5.82	0.00(M)	60.45	1919.50	58.97	9.95	15.96	0.00(M)	26.93	4.48	327.62	12351.2 2(M)	22.13 (M)	0.00(M)	365.21 (M)	35.29 (M)	0.15(M)
Italian Chopped Salad K-5 -Small - TR2021 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Pork, Soy, Wheat.	392.77	13.32	5.06	0.00(M)	52.95	1363.92	46.29	6.67	9.34	0.00(M)	23.54	3.33	292.39	4128.61 (M)	10.12 (M)	0.00(M)	365.21 (M)	17.64 (M)	0.07(M)
Italian Dressing - TR1095 (1 ea.)	20.00	0.00	0.00	0.00	0.00	670.00	4.00	0.00	2.00	2.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Italian Hoagie 6-12 (Commodity) - TR2313 (1 sandwich) Contains Gluten, Milk, Pork, Soy, Wheat.	459.61	20.30	7.64	0.00(M)	80.35	1320.46	44.41	5.16	4.67	0.00(M)	26.28	3.81	1110.21	939.26 (M)	7.07(M)	0.00(M)	381.70 (M)	92.03 (M)	0.40(M)
Italian Hoagie 6-12 (Jennie O) - TR2792 (1 sandwich) Contains Gluten, Milk, Pork, Soy, Wheat.	459.03	20.27	7.63	0.00(M)	80.00	1317.67	44.41	5.16	4.67	0.00(M)	26.20	3.81	1110.21	939.26 (M)	7.87(M)	0.00(M)	126.00 (M)	92.03 (M)	0.40(M)
Italian Hoagie K-5 - TR1281 (1 sandwich) Contains Gluten, Milk, Pork, Soy, Wheat.	422.80	18.96	7.39	0.00(M)	70.26	1179.76	39.24	4.16	4.67	0.00(M)	22.92	3.49	1117.21	939.26 (M)	7.07(M)	0.00(M)	300.81 (M)	92.03 (M)	0.40(M)
Italian Hoagie K-5 (Jennie O) - TR2793 (1 sandwich) Contains Gluten, Milk, Pork, Soy, Wheat.	422.36	18.94	7.38	0.00(M)	70.00	1177.67	39.24	4.16	4.67	0.00(M)	22.86	3.49	1117.21	939.26 (M)	7.67(M)	0.00(M)	109.04 (M)	92.03 (M)	0.40(M)
Italian Roasted Vegetables - TR1825 (1/4 c.) Contains Citrus, Corn/Corn Products, Soy.	240.62	22.11	3.02	0.00(M)	0.00	464.60	10.48	1.17	6.45	4.00(M)	0.69	0.28	10.27	777.46 (M)	43.24 (M)	0.00(M)	0.00(M)	52.48 (M)	0.24(M)
Jalapeno Cheese Bites - TR2508 (4 ea.) Contains Gluten, Milk, Wheat.	290.00	11.00	6.00	0.00	35.00	460.00	28.00	2.00	2.00	1.00	19.00	2.00	455.00	73.00	(M)	0.00	78.96	(M)	(M)
Jalapeno Cheese Bites - TR2510 (5 ea.) Contains Gluten, Milk, Wheat.	362.50	13.75	7.50	0.00	43.75	575.00	35.00	2.50	2.50	1.25	23.75	2.50	568.75	91.25	(M)	0.00	98.70	(M)	(M)
Jamaican Jerk Bone In Chicken Wings - TR2769 (1 serving)	463.26	34.08	8.24	0.00	173.93	1009.11	15.62	0.00	11.81	11.81	25.63	0.00	18.31	0.00(M)	0.00(M)	0.00	622.15	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Jamaican Jerk Chicken - P2GF - TR2596 (2 oz.) Contains Cinnamon.	78.43	1.98	0.28	0.00	42.52	132.65	2.55	0.68	0.60	0.00(M)	11.91	0.23	3.80	56.17	0.12	0.00(M)	0.00(M)	(M)	(M)
Jerk Chicken Wrap 6-12 - TR2819 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	425.35	17.43	7.99	0.00(M)	101.44	772.45	34.31	4.93	8.35	6.05(M)	31.66	0.68	228.00	2380.20 (M)	6.43(M)	0.00(M)	209.15 (M)	37.81 (M)	0.20(M)
Jicama, Cucumber, Mango Cup - TR1954 (1/2 c.)	61.10	0.35	0.07	0.00(M)	0.00	113.57	17.05	4.26	7.79	(M)	1.21	0.74	34.71	513.95	41.80	(M)	(M)	147.59 (M)	0.55(M)
Kale Pesto - TR1739 (1 tbsp.) Contains Milk, Soy.	56.71	5.60	0.53	0.02(M)	0.65	130.43	1.35	0.53(M)	0.33(M)	0.00(M)	0.88	0.22	27.22	1461.93 (M)	17.66 (M)	0.00(M)	0.73(M)	12.30 (M)	0.29(M)
Kale, Bean & Chicken Soup - TR1534 (1 c.) Contains Corn/Corn Products, Milk, Soy.	221.66	4.95	0.67	0.00(M)	39.13	838.06	24.09	7.97	2.50	0.00(M)	17.90	2.24	61.30	502.00 (M)	12.08 (M)	0.00(M)	437.50 (M)	177.91 (M)	0.44(M)
Ketchup - TR1122 (1 ea.)	10.00	0.00	0.00	0.00	0.00	85.00	3.00	0.00	2.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Ketchup Packet - TR2250 (1 ea.)	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Kiwifruit - TR1125 (1 cup, sliced)	109.80	0.94	0.05	(M)	0.00	5.40	26.39	5.40	16.18	(M)	2.05	0.56	61.20	156.60	166.86	(M)	(M)	149.53	1.10
Korean BBQ Chicken, P2GF Tasting - TR2540 (2 oz.) Contains Gluten, Sesame, Soy, Wheat.	116.48	2.96	0.27	0.00(M)	40.02	461.42	9.39	0.88	6.22	4.98(M)	12.06	0.24	4.70	1216.34	2.54	(M)	(M)	11.71 (M)	0.11(M)
Korean Slaw w/ Dressing - TR1568 (1/4 c.) Contains Soy.	22.92	0.74	0.11	0.00(M)	0.00	199.44	3.52	0.67	2.15	(M)	0.55	0.10	9.38	1905.39	6.74	(M)	(M)	22.92 (M)	0.20(M)
Lemon Raspberry Sidekick - TR1108 (1 ea.)	90.00	0.00	0.00	0.00	0.00	30.00	22.00	0.00	18.00	(M)	0.00	0.00	80.00	1000.00	60.00	(M)	(M)	(M)	(M)
Lettuce and Tomato Cup - TR2577 (1 ea.)	5.31	0.06	0.01	(M)	0.00	2.02	1.14	0.38	0.77	(M)	0.28	0.10	3.87	232.60	3.33	(M)	(M)	29.88	0.14
Light Caesar Dressing - TR1091 (1 tbsp.) Contains Citrus, Corn/Corn Products, Fish, Milk, Soy.	35.00	3.50	0.50	0.00	2.50	290.00	1.50	0.00	1.00	1.00	0.50	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Light Cream Cheese - TR1079 (1 ea.) Contains Milk.	60.00	5.00	3.00	0.00	20.00	110.00	2.00	0.00	12.00	0.00	3.00	0.00	30.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Light Ranch Dressing Cup - TR1097 (1 ea.) Contains Egg, Milk, Soy.	60.00	4.00	1.00	0.00	5.00	370.00	7.00	0.00(M)	3.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mac & Cheese, Reduced Fat & Sodium, JTM - TR2844 (6 oz.) Contains Egg, Gluten, Milk, Wheat.	22.54	0.85	0.49	0.00	2.62	33.92	2.38	0.15	0.54	0.00	1.15	0.08	29.31	(M)	(M)	0.00	60.02	(M)	(M)
Macaroni & Cheese - TR1126 (1/2 c.) Contains Egg, Gluten, Milk, Wheat.	193.33	7.33	4.00	0.00	20.00	653.33	20.67	1.33	4.00	(M)	11.33	0.67	279.33	0.00(M)	0.00(M)	0.00	140.06	(M)	(M)
Mandarin Orange & Yogurt Parfait, Breakfast - TR2343 (1 ea.) Contains Cinnamon, Milk, Soy. May contain Gluten, Wheat.	402.74	12.06	3.80	0.00	2.50	140.25	66.76	6.70	31.04	6.22(M)	8.92	2.33(M)	147.73 (M)	961.24 (M)	19.66 (M)	1.75(M)	160.00 (M)	(M)	0.70(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
Mandarin Orange & Yogurt Parfait, Lunch - TR2347 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	562.24	14.06	4.05	0.00	5.00	391.20	96.04	7.89	40.13	10.22 (M)	14.01	3.08(M)	259.63 (M)	1359.99 (M)	24.22 (M)	3.50(M)	320.00 (M)	(M)	1.39(M)
Mandarin Oranges - TR1149 (1/2 c.)	100.00	0.00	0.00	0.00	0.00	10.00	24.00	2.00	22.00	(M)	1.00	0.36	20.00	1250.00	48.00	(M)	(M)	(M)	(M)
Mandarin Oranges and Pineapple Mix - TR2115 (4 oz)	62.99	0.00	0.00	0.00	0.00	2.60	16.41	0.98	14.97	0.00(M)	0.72	0.42	5.20(M)	325.00 (M)	12.48 (M)	0.00(M)	69.36 (M)	(M)	(M)
Mandarin Oranges with Whipped Topping - TR1527 (1/2 c.) Contains Milk.	135.05	7.09	7.09	0.00	0.00	5.00	19.09	1.00	11.00	(M)	0.50	0.18	10.00	625.00	24.00	(M)	(M)	(M)	(M)
Mandarin Oranges/Pineapple with Whipped Topping - TR2549 (1/2 c.) Contains Milk.	150.05	7.09	7.09	0.00	0.00	2.50	24.09	1.00	15.50	0.00(M)	0.75	0.44	5.00(M)	312.50 (M)	12.00 (M)	0.00(M)	75.00 (M)	(M)	(M)
Mango Wango 100% Vegetable Juice - TR2264 (1 ea.)	55.00	0.00	0.00	0.00	0.00	30.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	500.00	42.00	0.00	0.00	(M)	(M)
Maple Mini Eggo Waffles - TR1245 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	190.00	5.00	1.50	0.00	0.00	200.00	35.00	5.00	9.00	8.00	5.00	3.60	260.00	1000.00	0.00(M)	0.00	180.00	(M)	(M)
Maple Mini Pancakes, Eggo - TR1152 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	210.00	6.00	1.00	0.00	10.00	320.00	35.00	4.00	11.00	(M)	4.00	2.70	60.00	500.00	0.00	(M)	(M)	(M)	(M)
Margarine Packets - TR1127 (1 ea.) Contains Soy.	25.00	2.50	0.50	0.00	0.00	40.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	200.00	0.00	(M)	(M)	(M)	(M)
Marinara Sauce - TR1226 (1 ea.)	40.00	1.00	0.00	0.00	0.00	200.00	7.00	2.00	4.00	1.00	1.00	0.72	20.00	300.00	6.00	0.00	261.79	(M)	(M)
Marinara Sauce (2 oz) - TR2473 (2 oz.) Contains Soy, Tomatoes.	30.00	0.75	0.00	0.00	0.00	67.50	5.00	1.00	3.00	0.50	1.00	0.50	27.50	0.00(M)	0.00(M)	0.00	176.96	(M)	(M)
Mashed Potatoes new - TR2919 (1/2 c.) Contains Milk, Sunflower Oil.	85.00	1.42	0.00	0.00	0.00	182.60	16.06	1.89	0.00	0.00(M)	1.89	0.28	12.60	0.00(M)	0.00(M)	0.00(M)	387.22 (M)	105.23 (M)	0.10(M)
Mashed Potatoes old - TR1332 (1/2 c.) Contains Milk, Sunflower Oil.	66.11	0.94	0.00	0.00	0.00	295.94	13.22	0.94	0.00	0.00(M)	1.89	0.28	12.60	0.00(M)	0.00(M)	0.00(M)	302.22 (M)	105.23 (M)	0.10(M)
Mayonnaise - TR1129 (1 ea.) Contains Egg, Soy.	70.00	7.00	1.00	0.00	5.00	50.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Meatball Hoagie - TR1327 (1 sandwich) Contains Gluten, Soy, Tomatoes, Wheat.	349.49	12.21	4.00	0.60	48.02	755.10	38.74	4.95	4.84	0.47(M)	18.95	3.27	127.08	0.00(M)	0.00(M)	0.00	276.78	(M)	(M)
Meatball Hoagie 6-12 (JTM) - TR1326 (1 sandwich) Contains Gluten, Soy, Tomatoes, Wheat.	405.39	14.86	4.80	0.72	57.62	894.12	45.09	6.34	5.61	0.57(M)	22.54	3.77	129.89	0.00(M)	0.00(M)	0.00	327.29	(M)	(M)
Meatball Hoagie 6-12 (Maidrite Meatballs) - TR2566 (1 sandwich) Contains Gluten, Soy, Tomatoes, Wheat.	363.57	10.38	3.73	0.00	49.70	863.33	44.39	5.23	4.69	0.61(M)	23.14	3.86	119.73	0.00(M)	0.00(M)	0.00	804.57	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Meatball Hoagie 6-12 (Tyson Meatballs) - TR2527 (1 sandwich) Contains Gluten, Milk, Soy, Tomatoes, Wheat.	404.12	13.65	4.20	0.00	42.00	796.78	47.49	6.34	5.61	1.77(M)	24.94	4.73	150.28	0.00(M)	0.00(M)	0.00	711.28	(M)	(M)
Meatball Hoagie K-5 (Maidrite Meatballs) - TR2565 (1 sandwich) Contains Gluten, Soy, Tomatoes, Wheat.	308.85	8.20	2.98	0.00	39.76	714.66	37.91	3.98	3.95	0.49(M)	18.91	3.29	116.98	0.00(M)	0.00(M)	0.00	651.90	(M)	(M)
Meatball Hoagie K-5 (Tyson Meatballs) - TR2525 (1 sandwich) Contains Gluten, Milk, Soy, Tomatoes, Wheat.	348.44	11.21	3.50	0.00	35.00	673.98	40.74	4.95	4.84	1.47(M)	20.95	4.07	144.07	0.00(M)	0.00(M)	0.00	596.77	(M)	(M)
Meatballs w/ Dinner Roll - TR1723 (1 serving) Contains Gluten, Soy, Tomatoes, Wheat.	249.49	11.71	4.00	0.60	48.02	555.10	20.74	3.95	4.84	0.47(M)	15.95	2.55	75.08	0.00(M)	0.00(M)	0.00	212.74	(M)	(M)
Meatballs, Tyson - TR2526 (1 ea.) Contains Milk, Soy, Wheat.	30.00	1.80	0.70	0.00	7.00	50.00	0.80	0.20	0.20	0.20	2.80	0.36	8.00	(M)	(M)	0.00	64.00	(M)	(M)
Mexi Rice - NEW - TR1536 (1/2 c.) Contains Corn/Corn Products, Gluten, Soy, Wheat.	103.28	1.13	0.22	0.00(M)	0.00	244.03	20.21	1.64	0.78(M)	0.00(M)	1.79	0.74(M)	2.43(M)	251.22 (M)	1.30(M)	0.00(M)	56.69 (M)	14.28 (M)	0.01(M)
Milk Variety - TR1905 (1 ea.) Contains Milk.	110.00	0.50	0.30	0.00	7.00	152.00	16.80	0.00	16.00	4.00	8.60	0.22	262.40	631.00	0.00(M)	2.00	367.00	0.00(M)	0.00(M)
Mini Blueberry Glazed Donut Holes in a Cup - TR2625 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	260.00	11.00	4.00	0.00	0.00	230.00	39.00	2.00	18.00	17.00	4.00	1.00	37.00	(M)	(M)	0.00	111.86	(M)	(M)
Mini Cinnis, Original - TR1062 (1 ea.) Contains Cinnamon, Gluten, Milk, Wheat.	240.00	8.00	2.00	0.00	0.00	300.00	40.00	2.00	15.00	(M)	5.00	1.44	40.00	0.00	0.00	(M)	(M)	(M)	(M)
Mini Confetti Pancakes, Eggo - TR1953 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	220.00	7.00	1.00	0.00	10.00	300.00	36.00	4.00	11.00	(M)	4.00	3.60	40.00	1000.00	0.00	(M)	(M)	(M)	(M)
Mini Eggo French Toast - TR1103 (1 ea.) Contains Cinnamon, Egg, Gluten, Milk, Soy, Wheat.	190.00	5.00	1.50	0.00	0.00	210.00	37.00	4.00	11.00	11.00	4.00	3.60	260.00	1000.00	0.00(M)	0.00	140.00	(M)	(M)
Mini Powdered Donut Holes in a Cup - TR2626 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	280.00	12.00	4.50	0.00	0.00	230.00	42.00	2.00	21.00	20.00	4.00	1.00	26.00	(M)	(M)	0.00	106.22	(M)	(M)
Mini Rice Krispies Treat - TR1207 (1 ea.) Contains Gelatin, Milk, Pork, Soy.	50.00	1.00	0.00	0.00	0.00	45.00	9.00	0.00	3.00	(M)	0.00	0.36	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Mixed Berries & Yogurt Parfait, Breakfast - TR2338 (1 ea.) Contains Cinnamon, Milk, Soy. May contain Gluten, Wheat.	452.56	12.06	3.80	0.00	2.50	136.20	77.11	7.90	38.19	6.22(M)	8.51	2.19(M)	139.63 (M)	454.99 (M)	0.22(M)	1.75(M)	160.00 (M)	0.00(M)	0.70(M)
Mixed Berries & Yogurt Parfait, Lunch - TR2344 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	602.56	14.06	4.05	0.00	5.00	386.20	104.11	8.90	45.19	10.22 (M)	13.51	2.90(M)	249.63 (M)	734.99 (M)	0.22(M)	3.50(M)	320.00 (M)	(M)	1.39(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Mixed Berry Cup - TR1985 (1/2 c.)	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Fruit - TR1113 (1/2 c.)	68.00	0.10	0.03	0.00	0.00	8.00	17.88	1.60	(M)	(M)	0.52	0.36	6.00	11.99	3.81	(M)	(M)	(M)	(M)
Mixed Fruit, #10 Can, Monarch - TR1112 (1 c.)	120.00	0.00	0.00	0.00	0.00	10.00	26.00	2.00	26.00	(M)	2.00	0.00	0.00	200.00	1.20	(M)	(M)	(M)	(M)
Mixed Vegetable Blend - TR2029 (1/2 c.)	60.00	0.00	0.00	0.00	0.00	39.00	12.00	3.00	3.00	(M)	2.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mozzarella Stick, Tasty Brands - TR1918 (5 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	301.42	12.06	6.03	0.00	35.16	442.08	33.16	3.01	2.01	(M)	16.08	14.47	401.89	0.00	0.00	(M)	(M)	(M)	(M)
Mozzarella Sticks, Breaded, Rich's (6-12) - TR2291 (6 ea.) Contains Gluten, Milk, Soy, Wheat.	456.00	21.60	8.40	0.00	36.00	492.00	42.00	3.60	1.20	(M)	22.80	2.40	549.60	513.60	0.62	(M)	(M)	(M)	(M)
Muffin, Banana, Super Bakery (1 oz grain) - TR2751 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	160.00	5.00	1.00	0.00	0.00	140.00	27.00	1.00	15.00	15.00	3.00	1.00	7.00	0.00(M)	0.00(M)	0.00	54.00	(M)	(M)
Mushrooms, White, Raw - TR1922 (1/2 cup pieces)	7.70	0.12	0.02	0.00	0.00	1.75	1.14	0.35	0.69	(M)	1.08	0.17	1.05	0.00	0.73	(M)	(M)	32.36	0.30
Mustard Packets - TR1142 (1 ea.)	5.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Nachos with Beef Taco Meat 6-12 Maid Rite - TR2898 (1 serving) Contains Corn/Corn Products, Gluten, Sunflower Oil, Wheat.	269.14	10.95	4.47	0.00	53.00	753.40	24.22	3.11	0.00	0.00(M)	16.57	1.69(M)	32.42 (M)	0.00(M)	0.00(M)	0.00(M)	251.76 (M)	16.46 (M)	0.02(M)
Nachos with Beef Taco Meat K-5 Maid Rite - TR2897 (1 serving) Contains Corn/Corn Products, Gluten, Sunflower Oil, Wheat.	248.00	9.82	3.91	0.00	45.49	666.43	23.90	2.95	0.00	0.00(M)	14.51	1.50(M)	30.66 (M)	0.00(M)	0.00(M)	0.00(M)	216.06 (M)	14.12 (M)	0.01(M)
O'Brien Potatoes - TR2045 (1/2 c.) Contains Soy.	106.72	2.18	0.16	0.01	0.00	56.69	20.30	1.95	2.97	0.00(M)	1.95	0.05(M)	10.67 (M)	0.00(M)	4.58(M)	0.00(M)	7.20(M)	0.00(M)	0.00(M)
Onion Rings - TR1147 (5 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	190.00	7.00	1.00	0.00	0.00	170.00	32.00	3.00	7.00	7.00	3.00	1.00	30.00	0.00(M)	0.00(M)	0.00	120.00	(M)	(M)
Orange Juice - TR1148 (4 fl. oz.)	56.01	0.07	0.01	0.00	0.00	0.99	13.41	0.20	(M)	(M)	0.85	0.12	11.00	133.00	48.40	(M)	(M)	(M)	(M)
Oven Baked French Fries - TR1192 (1/2 c.) Contains Corn/Corn Products, Seeds (any kind), Soy, Sunflower Oil, Sunflower Seeds.	60.00	2.00	0.00	0.00	1.00	1.00	12.00	1.00	0.00	0.00	1.00	0.20	10.00	0.00(M)	0.00(M)	0.00	180.01	(M)	(M)
Oven Baked Potato Rounds - TR1195 (4 pcs.)	67.00	3.00	1.00	1.00	0.00	107.00	9.00	1.00	(M)	(M)	1.00	0.16	0.00	0.00	0.53	(M)	(M)	(M)	(M)
Oven Fresh Cinnamon Rolls with Icing - TR2460 (1 ea.) Contains Cinnamon, Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	275.60	12.09	5.04	0.00	0.00	362.66	37.17	3.02	11.95	10.07 (M)	6.04	1.45	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.05(M)	0.00(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
P2GF Tasting - Moroccan Roasted Chickpeas - TR2724 (1/4 c.) Contains Cinnamon, Soy.	126.37	2.27	0.20	0.00	0.00	425.10	17.67	3.51	0.87	0.00(M)	4.33	1.30	18.24	0.00	1.05	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Pancake, Mini Puff, Maple - TR2837 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	190.00	6.00	1.00	0.00	0.00	160.00	33.00	2.00	10.00	9.00	3.00	1.00	60.00	(M)	(M)	0.00	180.00	(M)	(M)
Pancake, Mini Puff, Strawberry - TR2838 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	190.00	6.00	1.00	0.00	0.00	160.00	33.00	3.00	8.00	7.00	3.00	1.00	60.00	(M)	(M)	0.00	170.00	(M)	(M)
Paradise Punch 100% Vegetable Juice - TR2499 (1 ea.)	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	(M)	90.00	0.00	0.00	(M)	(M)
Parmesan Noodles - TR1627 (1/2 c.) Contains Gluten, Milk, Wheat.	130.08	10.01	6.00	0.00	30.02	560.33	3.00	0.00	0.00	(M)	8.01	0.00	250.15	0.00	0.00	(M)	(M)	(M)	(M)
Pasta, WG Penne, Roseli - TR2226 (1 Case) Contains Gluten, Wheat.	33599.43	240.00	0.00	0.00	0.00	0.00	6559.89	639.99	320.00	(M)	1119.98	288.00	3199.95	0.00	0.00	(M)	(M)	(M)	(M)
Pat's Cheese Pizza - TR1478 (1 slice) Contains Gluten, Milk, Soy, Tomatoes, Wheat.	363.28	13.84	0.00	0.00(M)	0.00(M)	0.00(M)	42.34	3.67	0.00(M)	(M)	17.70	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	2.20
Pat's Pepperoni Pizza - TR2379 (1 slice) Contains Gluten, Milk, Pork, Soy, Tomatoes, Wheat.	398.28	17.09	1.50	0.00(M)	8.75(M)	122.50(M)	42.34	3.67	0.00(M)	(M)	18.95	0.09(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	2.20(M)
Pat's Veggie Pizza - TR2380 (1 slice) Contains Gluten, Milk, Soy, Tomatoes, Wheat.	330.00	12.09	5.97	0.00	36.29	570.51	35.02	1.52	(M)	(M)	18.57	2.32	450.50	491.00	5.24	(M)	(M)	(M)	2.20
PB Uncrustable 2.6 oz Sandwich, Peanut Butter & Apple Cinnamon, Crustless, Smuckers; IW - TR2860 (2.6 Ounces) Contains Soy, Tree nuts, Wheat.	300.00	18.00	3.50	0.00	0.00	220.00	31.00	4.00	12.00	10.00	10.00	1.08	40.00	(M)	(M)	0.00	282.00	(M)	(M)
PB Uncrustable 2.6 oz Sandwich, Peanut Butter & Chocolate, Crustless, Smuckers; IW - TR2858 (2.6 Ounces) Contains Soy, Tree nuts, Wheat.	300.00	16.00	3.50	0.00	0.00	270.00	32.00	4.00	11.00	9.00	9.00	1.10	50.00	(M)	(M)	0.00	240.00	(M)	(M)
PB Uncrustable 2.6 oz Sandwich, Peanut Butter & Honey, Crustless, Smuckers; IW - TR2859 (2.6 Ounces) Contains Soy, Tree nuts, Wheat.	300.00	18.00	3.50	0.00	0.00	270.00	32.00	4.00	15.00	13.00	9.00	1.44	40.00	(M)	(M)	0.00	188.00	(M)	(M)
PBJ Uncrustable 2.6 oz - TR2353 (2.6 Ounces) Contains Soy, Tree nuts, Wheat.	300.00	16.00	3.50	0.00	0.00	270.00	32.00	4.00	14.00	12.00	9.00	1.00	43.00	(M)	(M)	0.00	235.00	(M)	(M)
PBJ Uncrustable 5.3 oz - TR2225 (1 ea.) Contains Gluten, Peanuts, Wheat.	630.00	33.00	7.00	0.00	0.00	630.00	64.00	6.00	28.00	0.00	19.00	1.80	60.00	0.00	0.00	0.00	470.00	0.00	0.00
Peach Crisp - TR1441 (1/2 c.) Contains Cinnamon, Gluten, Soy, Wheat. May contain Gluten, Wheat.	274.38	11.55	3.97	0.00	0.00	112.08	42.60	2.97	18.41(M)	0.00(M)	2.68	1.06	10.71	766.63	3.15	0.00(M)	0.00(M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)	Ash (g)
Peach Crisp & Yogurt Parfait, Lunch - TR2595 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	786.62	25.61	8.02	0.00	5.00	498.28	126.64	9.86	47.54 (M)	10.22 (M)	16.20	3.97(M)	260.34 (M)	1501.62 (M)	3.38(M)	3.50(M)	320.00 (M)	(M)	1.39(M)
Peaches & Yogurt Parfait, Breakfast - TR1816 (1 ea.) Contains Cinnamon, Milk, Soy. May contain Gluten, Wheat.	426.51	12.10	3.80	0.00	2.50	137.79	72.97	7.24	33.52 (M)	10.91 (M)	9.32	2.29(M)	141.55 (M)	544.94 (M)	1.23(M)	1.75(M)	187.00 (M)	(M)	0.70(M)
Peaches & Yogurt Parfait, Lunch - TR1439 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	576.51	14.10	4.05	0.00	5.00	387.79	99.97	8.24	40.52 (M)	14.91 (M)	14.32	3.00(M)	251.55 (M)	824.94 (M)	1.23(M)	3.50(M)	347.00 (M)	(M)	1.39(M)
Pears & Yogurt Parfait, Breakfast - TR2741 (1 ea.) Contains Cinnamon, Milk, Soy. May contain Gluten, Wheat.	422.24	12.06	3.80	0.00	2.50	141.20	73.04	7.89	34.13	6.22(M)	8.51	2.40(M)	146.89 (M)	454.99 (M)	2.24(M)	1.75(M)	160.00 (M)	(M)	0.70(M)
Pears & Yogurt Parfait, Lunch - TR2742 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	572.24	14.06	4.05	0.00	5.00	391.20	100.04	8.89	41.13	10.22 (M)	13.51	3.12(M)	256.89 (M)	734.99 (M)	2.24(M)	3.50(M)	320.00 (M)	(M)	1.39(M)
Personal Pizza - TR1176 (1 ea.) Contains Gluten, Milk, Wheat. May contain Soy.	328.00	15.00	5.00	0.00	17.00	655.00	30.00	3.00	4.00	1.00	18.00	2.00	422.00	0.00(M)	0.00(M)	0.00	302.00	(M)	(M)
Personal Round Cheese Pizza - TR2058 (1 ea.) Contains Gluten, Milk, Soy, Tomatoes, Wheat.	330.00	12.00	7.00	0.00	30.00	680.00	33.00	3.00	2.00	(M)	21.00	0.00	400.00	500.00	12.00	(M)	(M)	(M)	(M)
Philly Hot Dog on Bun - TR2363 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Wheat.	298.92	14.66	6.68	0.00	39.47	793.55	28.63	3.00	3.10	0.00(M)	14.16	2.52	124.36	100.00 (M)	0.00(M)	0.00(M)	255.17 (M)	(M)	(M)
Pico de Gallo - Passport to Global Flavors - TR2383 (1/4 c.)	20.00	0.00	0.00	0.00(M)	0.00	35.00	4.00	1.00	2.00	0.00	1.00	0.00	11.00	0.00(M)	0.00(M)	0.00	128.00	0.00(M)	0.00(M)
Pico de Gallo, Homemade - TR1793 (2 tbsp.)	7.83	0.02	0.01	0.00(M)	0.00	120.05	1.69	0.36	0.88	(M)	0.28	0.15	5.80	215.16	6.82	(M)	(M)	10.88 (M)	0.05(M)
Pigglestick - TR1171 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	160.00	6.00	2.00	0.00	25.00	400.00	18.00	1.00	6.00	(M)	8.00	1.44	40.00	0.00	0.00	(M)	(M)	(M)	(M)
Pineapple - TR1173 (1/2 c.)	80.00	0.00	0.00	0.00	0.00	0.00	22.00	1.00	20.00	0.00	1.00	0.70	0.00(M)	0.00(M)	0.00(M)	0.00	150.00	(M)	(M)
Pineapple & Yogurt Parfait, Breakfast - TR2342 (1 ea.) Contains Cinnamon, Milk, Soy. May contain Gluten, Wheat.	427.04	12.06	3.80	0.00	2.50	136.20	74.86	6.70	38.33	6.22(M)	9.32	2.75(M)	139.63 (M)	454.99 (M)	0.22(M)	1.75(M)	281.50 (M)	(M)	0.70(M)
Pineapple & Yogurt Parfait, Lunch - TR2348 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	577.04	14.06	4.05	0.00	5.00	386.20	101.86	7.70	45.33	10.22 (M)	14.32	3.47(M)	249.63 (M)	734.99 (M)	0.22(M)	3.50(M)	441.50 (M)	(M)	1.39(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Pineapple, Mandarin Orange, & Yogurt Parfait, Lunch (Candy Corn Parfait) - TR2554 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	564.89	14.06	4.05	0.00	5.00	388.23	97.81	7.70	41.69	10.22 (M)	14.12	3.26(M)	253.68 (M)	988.12 (M)	9.94(M)	3.50(M)	380.75 (M)	(M)	1.39(M)
Pizza Grilled Cheese Sandwich - TR2452 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Tomatoes, Wheat.	379.42	15.63	7.22	0.00	44.74	1015.65	37.73	4.91	6.29	1.01(M)	21.50	2.84	431.09	0.00(M)	0.00(M)	0.00(M)	727.88 (M)	(M)	(M)
Pizza, Cheese Kit, Anytimers - TR2243 (1 ea.) Contains Milk, Soy, Wheat.	360.00	17.00	9.00	0.00	30.00	750.00	34.00	0.00	7.00	0.00	13.00	2.00	587.00	0.00(M)	0.00(M)	0.00	115.15	(M)	(M)
Pizza, Cheese, Bagel, Nardone, IW, Breakfast - TR1177 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	220.00	6.00	3.00	0.00	15.00	430.00	30.00	4.00	3.00	(M)	14.00	1.44	200.00	300.00	9.00	(M)	(M)	(M)	(M)
Pizza, Wedge, Nardone - TR1975 (1 ea.) Contains Gluten, Milk, Soy, Tomatoes, Wheat.	336.00	16.00	10.00	0.00	41.00	435.00	27.00	3.00	6.00	(M)	20.00	2.00	310.00	0.00(M)	0.00(M)	0.00	20.21	(M)	(M)
Plantain, Sliced - TR1804 (1 ea.) Contains Soy.	65.00	1.25	0.25	0.00	0.00	0.00	13.00	0.50	11.00	0.00	0.50	0.15	1.75	0.00(M)	0.00(M)	0.00	185.18	(M)	(M)
Popcorn Chicken and Waffles 6-12 - TR2393 (1 serving) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	392.00	17.40	3.00	0.00	71.00	703.00	28.80	3.40	3.20	1.00(M)	29.60	2.47	63.50	0.00(M)	0.00(M)	0.00(M)	39.95 (M)	(M)	(M)
Popcorn Chicken and Waffles K-5 - TR2390 (1 serving) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	340.00	15.00	2.50	0.00	60.00	604.99	26.00	3.00	3.00	1.00(M)	25.00	2.18	63.50	0.00(M)	0.00(M)	0.00(M)	39.95 (M)	(M)	(M)
Popcorn Chicken, Homestyle Mega Minis, Tyson - TR2776 (10 ea.)	180.00	10.00	2.00	(M)	60.00	360.00	11.00	1.00	0.00	0.00	13.00	1.00	10.00	(M)	(M)	0.00	230.00	(M)	(M)
Popcorn Chicken, Homestyle Mega Minis, Tyson (6-12) - TR2777 (12 ea.)	312.74	17.38	3.48	0.00(M)	104.25	625.49	19.11	1.74	0.00	0.00	22.59	1.74	17.38	0.00(M)	0.00(M)	0.00	399.62	(M)	(M)
Potato Skin with Egg, Breakfast - TR1575 (1 ea.) Contains Egg, Milk, Soy.	90.00	6.00	3.00	0.00	105.00	235.00	1.50	0.00	0.00(M)	(M)	6.50	0.36	146.50	188.50	0.00	0.00(M)	12.93 (M)	(M)	(M)
Potato, Smile, McCain - TR1944 (1/2 c.) Contains Corn/Corn Products, Soy.	130.00	4.50	0.50	0.00	0.00	180.00	20.00	2.00	0.00	(M)	2.00	0.36	0.00	0.00	2.40	(M)	(M)	(M)	(M)
Poutine - P2GF Tasting - TR2699 (1 serving) Contains Corn/Corn Products, Gluten, Milk, Seeds (any kind), Soy, Sunflower Oil, Sunflower Seeds, Wheat.	72.75	3.29	0.80	0.00	3.21	43.21	10.70	0.90	0.21	0.05(M)	2.04	0.20	41.50	30.37 (M)	0.00(M)	0.00(M)	169.65 (M)	9.46(M)	0.01(M)
Pretzel Goldfish - TR1074 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	90.00	1.50	0.00	0.00	0.00	200.00	16.00	1.00	0.00	(M)	2.00	0.72	0.00	200.00	0.00	(M)	(M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Pretzel, Heart Shaped - TR1943 (1 ea.) Contains Corn/Corn Products, Gluten, Wheat.	140.00	0.50	0.00	0.00	0.00	150.00	30.00	3.00	1.00	(M)	5.00	1.80	20.00	0.00	1.20	(M)	(M)	(M)	(M)
Pudding, Chocolate - TR1538 (1 ea.) Contains Corn/Corn Products, Milk.	110.00	2.50	1.50	0.00	0.00	135.00	20.00	1.00	14.00	13.00	1.00	0.80	0.00	0.00(M)	0.00(M)	0.00	109.98	(M)	(M)
Pudding, Vanilla - TR1537 (1 ea.) Contains Corn/Corn Products, Milk.	100.00	3.00	1.50	0.00	0.00	125.00	18.00	1.00	13.00	12.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Pumpkin Bread - TR1987 (1 ea.) Contains Cinnamon, Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	260.00	8.00	1.50	0.00	0.00	240.00	44.00	2.00	24.00	(M)	5.00	1.00	114.00	0.00(M)	0.00(M)	0.00	105.00	(M)	(M)
Pumpkin Pie - Thanksgiving - TR2400 (1 slice) Contains Cinnamon, Corn/Corn Products, Egg, Milk, Soy, Wheat.	380.00	14.00	6.00	0.00	55.00	480.00	60.00	1.00	39.00	36.00	6.00	2.00	99.00	(M)	(M)	0.00	219.02	(M)	(M)
Pureed French Toast - TR2231 (1 ea.) Contains Cinnamon, Egg, Gluten, Milk, Soy, Wheat.	110.00	3.00	1.50	0.00	70.00	140.00	13.00	1.00	8.00	0.00	8.00	0.72	20.00	82.50	0.08	0.00	0.00	(M)	(M)
Pureed Waffle - TR2230 (1 ea.) Contains Egg, Gluten, Milk, Wheat.	100.00	3.00	1.00	0.00	30.00	210.00	13.00	0.00	7.00	0.00	5.00	0.36	80.00	0.00	0.00	0.00	0.00	(M)	(M)
Radish Salsa - TR1853 (1/4 c.) Contains Soy.	13.57	0.08	0.03	0.00(M)	0.00	52.18	2.97	1.05	1.45	0.00(M)	0.54	0.27	17.91	48.24 (M)	10.25 (M)	0.00(M)	1.41(M)	74.31 (M)	0.40(M)
Raisin - Sour Strawberry - TR1767 (1 ea.)	120.00	0.00	0.00	0.00	0.00	5.00	29.00	2.00	27.00	(M)	1.00	1.08	20.00	0.00	0.00	(M)	(M)	(M)	(M)
Raisins - Sour Watermelon - TR2378 (1 Box)	120.00	0.00	0.00	0.00	0.00	10.00	29.00	2.00	27.00	0.00	1.00	1.00	19.00	(M)	(M)	0.00	289.99	(M)	(M)
Raisins - TR2321 (1 ea.)	45.60	0.00	0.00	0.00	0.00	1.90	11.02	0.76	10.26	(M)	0.38	0.54	20.00	0.00	0.00	(M)	(M)	(M)	(M)
Ranch Packet, Kraft - TR2576 (1 serving) Contains Egg, Milk, Soy.	45.00	4.50	0.50	0.00	5.00	105.00	1.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Ranchero Beans - TR2151 (1/2 c.) Contains Corn/Corn Products, Tomatoes.	110.00	0.50	0.00	0.00	0.00	490.00	20.00	5.00	1.00	(M)	6.00	1.80	40.00	0.00	0.00	(M)	(M)	(M)	(M)
Ranchero Steak and Cheese Tornado - TR2511 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Tomatoes, Wheat.	180.00	7.00	2.00	0.00	10.00	360.00	24.00	1.00	1.00	0.00	7.00	8.00	4.00	200.00	1.20	(M)	(M)	(M)	(M)
Ratatouille - P2GF Tasting - TR2555 (2 oz.) Contains Soy.	33.69	1.44	0.21	0.00	0.00	26.70	4.74	1.22	2.31	0.20(M)	0.74	0.27	3.81	67.12 (M)	5.50(M)	0.00(M)	96.79 (M)	21.47 (M)	0.16(M)
Ravioli, Jumbo w/ Sauce - TR2300 (4 ea.) Contains Milk, Tomatoes, Wheat.	338.89	3.87	1.33	0.00	6.67	421.85	53.11	6.41	13.63	4.82	22.41	3.17	193.70	0.00(M)	0.00(M)	0.00	1094.85	(M)	(M)
Red Pepper Veggie Bag - TR2533 (6 stick.)	26.36	0.26	0.02	(M)	0.00	3.40	5.13	1.79	3.57	(M)	0.84	0.37	5.95	2662.87	108.61	(M)	(M)	78.42	0.40
Refried Beans - TR2394 (1 serving)	140.00	1.50	0.00	0.00	0.00	510.00	24.00	8.00	0.00	(M)	8.00	1.80	40.00	0.00	1.20	(M)	400.00	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Regular Popcorn Chicken - TR2290 (12 ea.) Contains Corn/Corn Products, Gluten, Soy, Wheat.	312.00	14.40	3.00	0.00	66.00	588.00	16.80	2.40	1.20	(M)	27.60	1.73	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Rice Kripies Treat - TR1208 (1 ea.) Contains Gelatin, Milk, Pork, Soy.	160.00	4.00	1.00	0.00	0.00	140.00	30.00	0.00	11.00	(M)	2.00	1.80	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Roasted Asparagus - TR1405 (1/2 c.) Contains Soy.	51.39	2.63	0.41	0.00(M)	0.00	2.67	5.53	2.80	2.51	(M)	2.94	2.85	32.02	1008.58	7.47	(M)	(M)	124.36 (M)	0.77(M)
Roasted Broccoli & Cauliflower - TR1503 (1/4 c.)	40.50	2.40	0.36	0.00(M)	0.00	115.91	4.21	1.67	1.31	(M)	1.72	0.43	25.11	226.07	49.86	(M)	(M)	65.81 (M)	0.59(M)
Roasted Brussels Sprouts with Bacon - TR1647 (1/2 c.) Contains Soy.	74.31	1.66	0.40	0.00(M)	6.40	174.28	11.79	4.83	3.13	0.00(M)	5.90	1.78	53.54	957.63 (M)	107.99 (M)	0.00(M)	0.90(M)	109.67 (M)	1.74(M)
Roasted Cauliflower - TR1920 (1/2 c.)	46.31	1.54	0.27	0.00(M)	0.00	43.55	7.21	2.90	2.77	(M)	2.79	0.61	31.93	0.00	69.96	(M)	(M)	133.64	1.10
Roasted Chickpeas - TR1635 (1/2 c.)	279.04	4.15	0.16	0.01	0.00	969.44	40.00	8.00	2.00	(M)	10.00	2.88	40.05	0.00	2.40	(M)	(M)	0.00(M)	0.00(M)
Roasted Delicata Squash- Tasting Tuesday - TR2773 (1/4 c.)	50.89	2.39	0.19	0.01	0.00	3.63	7.87	1.36	2.00	0.00(M)	0.86	0.53	25.40	1240.12	11.16	0.00(M)	0.00(M)	81.43 (M)	0.52(M)
Roasted Okra - P2GF Tasting - TR2665 (1 serving) Contains Milk, Soy.	1.96	0.01	0.00	0.00	0.00	0.42	0.49	0.19	0.09	(M)	0.11	0.04	4.87	42.50	1.36	0.00(M)	17.75 (M)	(M)	(M)
Roasted Red Pepper Hummus - TR1118 (1 oz.) Contains Corn/Corn Products, Tree nuts.	50.00	2.50	0.00	0.00	0.00	190.00	6.00	2.00	1.00	0.00	2.00	1.08	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Roasted Rosemary Winter Vegetables - TR1670 (2/3 c.) Contains Soy.	34.86	3.34	0.26	0.01(M)	0.00	97.25	1.37	0.46	0.74(M)	0.00(M)	0.22	0.10	3.37	236.50 (M)	14.73 (M)	0.00(M)	0.90(M)	16.94 (M)	0.08(M)
Roasted Summer Squash & Zucchini - TR2669 (1/2 c.)	99.11	6.47	0.66	0.02	0.00	13.61	9.91	2.72	7.32	0.00(M)	3.02	1.10	50.35	476.27	50.62	0.00(M)	0.00(M)	257.28 (M)	1.55(M)
Roasted Turkey and Cheese Sandwich - TR2700 (1 sandwich) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	474.02	21.11	7.53	0.00(M)	106.99	1464.42	32.50	4.13	3.28	(M)	36.30	3.56	1092.55	414.20 (M)	0.33(M)	0.00(M)	172.02 (M)	3.72(M)	0.02(M)
Roasted Turkey BLT Salad 6-12 - TR2436 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	484.20	16.51	3.56	0.00(M)	101.99	1528.04	44.60	8.88	7.90	0.00(M)	39.61	4.89	131.04	15309.4 5(M)	16.95 (M)	0.00(M)	148.21 (M)	107.02 (M)	0.60(M)
Roasted Turkey BLT Salad K-5 - Small - TR2569 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	439.36	15.08	3.21	0.00(M)	95.33	1431.23	39.02	6.20	5.11	0.00(M)	36.24	4.75	98.09	7107.11 (M)	12.74 (M)	0.00(M)	148.21 (M)	55.37 (M)	0.31(M)
Roasted Turkey Garden Salad 6-12 - TR2437 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	538.70	21.51	8.56	0.00(M)	111.99	1454.04	45.10	8.88	6.90	0.00(M)	41.51	6.77	344.05	18215.4 5(M)	27.05 (M)	0.00(M)	168.42 (M)	107.02 (M)	0.60(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)	Ash (g)
Roasted Turkey Garden Salad K-5 - Small - TR2570 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	509.36	21.41	8.54	0.00(M)	111.99	1421.23	39.35	6.20	4.44	0.00(M)	39.90	4.75	297.10	7107.11 (M)	12.74 (M)	0.00(M)	168.42 (M)	55.37 (M)	0.31(M)
Roasted Turkey Hoagie - 6-12 - TR2434 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	526.38	22.05	7.66	0.00(M)	106.99	1512.09	42.74	5.29	4.45	(M)	38.16	3.90	1111.75	1032.03 (M)	7.39(M)	0.00(M)	126.00 (M)	95.76 (M)	0.42(M)
Roasted Turkey Hoagie - K-5 - TR2435 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	484.02	20.61	7.53	0.00(M)	106.99	1444.42	34.50	3.13	2.28	(M)	36.30	3.36	1104.55	414.20 (M)	0.33(M)	0.00(M)	109.04 (M)	3.72(M)	0.02(M)
Salsa - TR1211 (1/2 c.)	45.00	0.25	0.04	0.00	0.00	140.00	8.72	1.70	(M)	(M)	1.88	2.79	15.00	686.00	5.00	(M)	(M)	(M)	(M)
Salsa - TR1212 (1 c.)	89.31	0.00	0.00	0.00	0.00	625.17	17.86	8.93	8.93	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	713.59	(M)	(M)
Salsa, Cup, Red Gold - TR2583 (1 ea.)	25.00	0.00	0.00	0.00	0.00	195.00	5.00	1.00	3.00	(M)	1.00	0.72	20.00	0.00	0.00	(M)	(M)	(M)	(M)
Sauce, BBQ, SS Pouch, Heinz - TR1219 (1 ea.) Contains Gluten, Soy, Wheat.	15.00	0.00	0.00	0.00	0.00	160.00	3.00	0.00	1.00	(M)	0.00	0.36	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Sauerkraut - TR1230 (1 c.)	27.00	0.00	0.00	0.00	0.00	939.00	6.00	4.00	2.50	(M)	1.30	0.36	430.00	1300.00	12.60	(M)	(M)	(M)	(M)
Sausage Egg & Cheese Bagel - TR1609 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	335.00	14.50	5.00	0.00	152.50	720.00	29.00	4.00	5.50	0.00(M)	18.50	2.28	571.30	191.72 (M)	0.80(M)	1.30(M)	297.00 (M)	(M)	(M)
Sausage Egg & Cheese Biscuit - TR1411 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	365.00	19.00	8.00	0.00	157.50	930.00	30.00	3.00	5.50	0.00(M)	17.50	2.52	581.30	191.72 (M)	0.80(M)	1.30(M)	167.00 (M)	(M)	(M)
Sausage Egg & Cheese Croissant - TR1410 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	375.00	20.00	8.00	0.00	157.50	750.00	30.00	3.00	4.50	3.00(M)	17.50	2.52	561.30	191.72 (M)	0.80(M)	1.30(M)	167.00 (M)	(M)	(M)
Sausage Egg & Cheese English Muffin - TR1606 (1 ea.) Contains Egg, Milk, Soy, Wheat.	305.00	14.50	5.00	0.00	152.50	810.00	25.00	2.00	1.50	0.00(M)	17.50	2.16	621.30	191.72 (M)	0.80(M)	1.30(M)	167.00 (M)	(M)	(M)
Sausage Egg & Cheese Hamburger Bun - TR1962 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. May contain Sesame.	305.00	13.50	5.00	0.00	152.50	820.00	26.00	3.00	1.50	0.00(M)	17.50	2.52	567.30	191.72 (M)	0.80(M)	1.30(M)	247.00 (M)	(M)	(M)
Sausage Egg & Cheese on Waffles - TR2824 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	345.00	19.00	5.00	0.00	162.50	790.00	25.00	2.00	4.50	2.00(M)	16.50	2.56	668.30	191.72 (M)	0.80(M)	1.30(M)	246.90 (M)	(M)	(M)
Scalloped Potatoes - TR1349 (3/4 c.) Contains Corn/Corn Products, Milk, Soy, Sunflower Oil.	210.10	4.50	1.03	0.00	0.00	353.54	36.88	1.68	6.71	3.35(M)	3.35	0.50	57.06	128.57 (M)	0.00(M)	0.00(M)	771.29 (M)	225.49 (M)	0.23(M)
Seasoned Diced Potatoes - TR2057 (1/2 c.) Contains Soy.	96.55	2.18	0.16	0.01	0.00	52.62	17.76	1.44	1.44	0.00(M)	1.44	0.05(M)	0.50(M)	0.00(M)	0.00(M)	0.00(M)	7.20(M)	0.00(M)	0.00(M)
Seasoned Taco Meat K-5 Maid Rite - TR2884 (1 serving) Contains Corn/Corn Products, Gluten, Wheat.	128.00	6.82	3.41	0.00	45.49	526.43	1.90	0.95	0.00	0.00(M)	12.51	1.14(M)	10.66 (M)	0.00(M)	0.00(M)	0.00(M)	216.06 (M)	14.12 (M)	0.01(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Shredded Cheddar Cheese - TR2715 (1 oz.) Contains Milk.	110.00	9.00	6.00	0.00	30.00	190.00	1.00	0.00	0.00	(M)	7.00	0.00	199.00	(M)	(M)	0.00	20.21	(M)	(M)
Sichuan Chicken Poppers 6-12 - TR1324 (1/2 c.) Contains Gluten, Soy, Wheat.	53.24	0.86	0.03	0.00	0.20	614.46	10.32	0.03	8.74	(M)	1.60	0.02	0.41	1.01	0.00	(M)	(M)	(M)	(M)
Sichuan Chicken Poppers K-5 - TR1325 (1/2 c.) Contains Gluten, Soy, Wheat.	45.06	0.72	0.02	0.00	0.15	522.85	8.78	0.02	7.44	(M)	1.34	0.01	0.30	0.74	0.00	(M)	(M)	(M)	(M)
Side Caesar Salad - TR1369 (1 c.) Contains Citrus, Corn/Corn Products, Fish, Milk, Soy.	43.93	2.96	1.05	0.00	5.26	223.31	2.69	1.29	1.15	0.50(M)	2.62	0.59	20.59	5268.10 (M)	2.44(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Side Garden Salad (1.5 C) - TR2317 (1 1/2 c.) Contains Citrus, Corn/Corn Products, Soy.	67.11	4.32	0.59	0.00(M)	0.00	140.39	5.47	2.21	2.15	0.78(M)	1.20	2.97	50.11	12346.3 0(M)	15.11 (M)	0.00(M)	0.00(M)	9.81(M)	0.07(M)
Side Garden Salad (9 oz cup) - TR2448 (1 c.)	16.06	0.01	0.00	0.00(M)	0.00	33.63	2.87	1.48	0.91	(M)	0.80	1.98	33.40	8230.87	10.07	(M)	(M)	6.54(M)	0.05(M)
Side Garden Salad w/ Italian (Line Salad) - TR1311 (1 serving) Contains Citrus, Corn/Corn Products, Soy.	46.46	2.88	0.39	0.00(M)	0.00	94.45	3.97	1.69	1.54	0.52(M)	0.93	2.08	36.84	9108.89 (M)	10.48 (M)	0.00(M)	0.00(M)	6.54(M)	0.05(M)
Side Garden Salad w/ Ranch - TR1792 (1 serving) Contains Corn/Corn Products, Egg, Milk, Soy.	35.42	1.78	0.26	0.00(M)	1.26	97.49	3.44	1.69	1.27	0.00(M)	1.18	2.08	36.84	9108.89 (M)	10.48 (M)	0.00(M)	0.00(M)	6.54(M)	0.05(M)
Side Greek Salad (Line Salad) - TR2801 (1 serving) Contains Corn/Corn Products, Egg, Milk, Seeds (any kind), Soy.	68.45	5.40	1.27	0.00(M)	3.50	66.66	3.09	1.59	0.91	0.07(M)	1.69	2.10(M)	52.52 (M)	8496.33 (M)	10.27 (M)	0.00(M)	0.76(M)	3.30(M)	0.01(M)
Side Kale & Apple Salad - TR2424 (1 serving)	102.22	6.98	0.52	0.03(M)	0.00	107.45	9.58	2.27	5.59(M)	(M)	1.64	0.76	53.50	5884.06	35.30	(M)	(M)	22.87 (M)	0.55(M)
Sliced Peaches - TR1154 (1/2 c.)	42.06	0.11	0.00	0.00	0.00	4.76	10.63	1.03	(M)	(M)	0.40	0.30	4.76	269.84	3.02	(M)	(M)	(M)	(M)
Sloppy Joe Mix & Dinner Roll Maid Rite - TR2892 (1 ea.) Contains Gluten, Wheat.	199.71	8.14	3.57	0.00	47.62	575.88	16.44	2.31	2.83	1.83(M)	16.40	2.39	36.71	0.00(M)	0.00(M)	0.00	316.89	(M)	(M)
Sloppy Joe Sandwich Maid Rite - TR2888 (1 ea.) Contains Gluten, Wheat. May contain Sesame.	249.71	7.64	3.57	0.00	47.62	675.88	27.44	3.31	2.83	1.83(M)	18.40	2.75	36.71	0.00(M)	0.00(M)	0.00	351.89	(M)	(M)
Soft Pretzel - TR1949 (1 ea.) Contains Corn/Corn Products, Gluten, Soy, Wheat.	150.00	1.00	0.00	0.00	0.00	140.00	30.00	3.00	0.00	0.00	5.00	1.80	10.00	0.00(M)	0.00(M)	0.00	100.00	(M)	(M)
Soup, Broccoli & Cheese Cheese - TR1539 (1 c.) Contains Corn/Corn Products, Gluten, Milk, Soy, Sunflower Oil, Sunflower Seeds, Wheat.	224.31	14.16	6.42	0.00(M)	18.00 (M)	545.79	15.70	3.47(M)	1.78(M)	0.00(M)	9.79	0.88(M)	259.77 (M)	2729.72 (M)	26.16 (M)	0.00(M)	19.65 (M)	81.40 (M)	0.10(M)
Soup, Homemade Chicken Rice - TR1759 (1 c.) Contains Corn/Corn Products, Milk.	93.94	1.57	0.08	0.00(M)	16.89	1047.88	14.76	0.97	0.51	0.00(M)	5.54	0.25	14.26	1226.15	0.62	0.00(M)	42.52 (M)	239.80 (M)	0.32(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Soup, Homemade Cream of Broccoli - TR1401 (1 c.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	183.66	10.72	3.96	0.00	10.78	749.70	17.68	1.68	6.10	(M)	6.53	0.55	157.08	827.56	7.20	(M)	(M)	113.65 (M)	0.11(M)
Soup, Homemade Cream of Chicken Pot Pie - TR2564 (1 c.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	256.96	11.99	4.37	0.00	30.77	805.61	25.14	2.96	9.83	(M)	13.39	0.52(M)	208.86 (M)	743.79 (M)	0.00(M)	(M)	(M)	47.35 (M)	0.05(M)
Soup, Homemade Cream of Turkey (Thanksgiving Leftovers) - TR2560 (1 c.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	249.15	13.86	4.92	0.00(M)	35.34	980.98	18.64	1.17	8.30	(M)	14.22	0.68	209.27	768.21	0.09	(M)	(M)	48.33 (M)	0.05(M)
Soup, Homemade Creamy Chicken Rice - TR1763 (1 c.) Contains Corn/Corn Products, Milk.	170.03	7.17	3.34	0.00(M)	37.30	393.41	15.56	1.08	0.63	0.00(M)	11.73	0.27	144.15	1553.95 (M)	0.67(M)	0.00(M)	328.32 (M)	80.81 (M)	0.12(M)
Soup, Homemade Southwestern White Bean - TR1545 (1 c.) Contains Corn/Corn Products, Milk.	147.08	0.97	0.37	0.00(M)	3.14	672.90	26.00	7.73(M)	2.84(M)	0.68(M)	8.29	2.40	70.11	3864.54 (M)	1.60(M)	0.00(M)	509.17 (M)	128.24 (M)	0.28(M)
Soup, Homemade Squash It - TR1764 (1 c.) Contains Corn/Corn Products, Milk.	148.98	7.57	4.41	0.00(M)	23.45	677.97	15.53	2.25	2.98	(M)	7.33	0.77	234.97	10045.6 1	21.42	(M)	(M)	179.52 (M)	0.91(M)
Soup, Homemade Taco Soup Maid Rite - TR2885 (1 c.) Contains Corn/Corn Products, Gluten, Wheat.	268.76	8.92	4.29	0.00(M)	57.14	967.46	24.45	5.17	6.22	0.82(M)	19.48	4.36(M)	55.43 (M)	250.18 (M)	3.70(M)	0.00(M)	425.59 (M)	65.27 (M)	0.08(M)
Soup, Homemade Turkey Noodle - TR2480 (1 c.) Contains Corn/Corn Products, Gluten, Milk, Wheat.	74.10	2.01	0.26	0.00(M)	14.44	1115.38	10.17	1.60	1.10	0.00(M)	5.58	0.86	12.79	313.43	0.76	0.00(M)	0.00(M)	239.80 (M)	0.32(M)
Soup, Homemade Butternut Squash Bisque - TR1668 (1 c.) Contains Cinnamon, Corn/Corn Products, Milk, Soy.	105.54	1.13	0.51	0.00(M)	3.89	155.72	23.38	3.38	7.20	(M)	3.65	1.18(M)	153.30 (M)	17974.8 2(M)	35.25 (M)	(M)	(M)	159.23 (M)	1.36(M)
Sour Cream, SS Packet, Daisy - TR2659 (1 ea.) Contains Milk.	60.00	5.00	4.00	0.00	20.00	15.00	1.00	0.00	1.00	0.00	1.00	0.00	20.00	(M)	0.00	0.00	0.00	(M)	(M)
Spaghetti & Meat Sauce *New - TR2891 (1 serving) Contains Gluten, Tomatoes, Wheat.	279.24	8.62	3.57	0.00(M)	47.62	459.18	33.30	3.50	8.50	3.90(M)	18.59	3.24	46.47	0.10(M)	0.39(M)	0.00(M)	977.60 (M)	38.44 (M)	0.04(M)
Spaghetti Squash Bake Tasting - TR1533 (1/4 c.) Contains Milk, Soy, Tomatoes.	65.02	2.68	1.39	0.00	5.60	87.86	8.61	1.70	3.46(M)	0.16(M)	3.07	0.50	96.85	156.22 (M)	1.91(M)	0.00(M)	154.60 (M)	83.10 (M)	0.25(M)
Spiced Candy Roaster Squash - TR2774 (1/2 c.)	235.57	9.54	0.77	0.04	0.00	19.32	39.17	5.44	15.66	3.20(M)	3.45	2.16	101.61	4960.49	44.63	0.00(M)	0.00(M)	325.72 (M)	2.07(M)
Spicy Chicken Patty Sandwich 6-12 - TR2461 (1 sandwich) Contains Gluten, Soy, Wheat. May contain Sesame.	320.00	10.50	2.00	0.00	45.00	590.00	34.00	4.00	2.00	(M)	24.00	2.88	26.00	0.00(M)	0.00(M)	0.00(M)	80.00 (M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
Spicy Chicken Patty Sandwich K-5 - TR2701 (1 sandwich) Contains Gluten, Soy, Wheat. May contain Sesame.	350.00	13.50	3.00	0.00	20.00	600.00	40.00	5.00	2.00	1.00(M)	18.00	3.44	56.00	0.00(M)	0.00(M)	0.00	770.00	(M)	(M)
Spicy Hawaiian Chicken Sandwich - TR2078 (1 ea.) Contains Gluten, Soy, Wheat.	395.57	12.70	3.00	0.00(M)	45.00	527.78	46.65	4.38	10.54	0.00(M)	24.70	3.44	21.01 (M)	115.46 (M)	4.95(M)	0.00(M)	37.50 (M)	6.30(M)	0.03(M)
Spicy Popcorn Chicken - TR2106 (10 ea.) Contains Corn/Corn Products, Gluten, Wheat.	243.81	11.18	2.03	0.00	60.95	609.52	15.24	2.03	2.03	(M)	20.32	1.10	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Spicy Sicilian Sliders - TR1831 (1 serving) Contains Citrus, Corn/Corn Products, Gluten, Milk, Soy, Wheat.	447.13	24.82	12.14	0.00(M)	49.45	1258.32	29.40	2.06(M)	5.35(M)	1.60(M)	26.69	1.17	384.65	93.63 (M)	0.17(M)	0.00(M)	49.22 (M)	(M)	(M)
Spicy Sriracha Mayo - TR2126 (1 tbsp.) Contains Egg, Soy. May contain Gluten, Wheat.	40.50	4.00	0.40	0.00	8.00	88.25	1.09	0.03	0.00	(M)	0.00	0.00	1.50	117.85	0.27	(M)	(M)	(M)	(M)
Squash, Acorn, Roasted - TR1500 (1/4 c.) Contains Soy.	34.62	1.52	0.55	0.00(M)	0.00	54.74	5.54	0.57	1.60(M)	(M)	0.30	0.27	12.50	206.22	4.16	(M)	(M)	33.18 (M)	0.34(M)
Sriracha Mayo Sauce - TR1316 (1 oz.) Contains Egg, Soy. May contain Gluten, Wheat.	93.10	8.80	0.88	0.00	17.60	387.51	2.78	0.00	1.02	(M)	0.00	0.00	0.00	278.06	1.23	(M)	(M)	(M)	(M)
Steak Fajita Soup - TR2150 (1 c.) Contains Corn/Corn Products, Sunflower Oil.	134.27	6.69	2.62	0.00(M)	29.16	263.21	9.04	1.19	1.46(M)	1.30(M)	9.65	2.45	16.20	485.46 (M)	3.42(M)	0.00(M)	149.04 (M)	189.41 (M)	0.19(M)
Steamed Broccoli - TR1384 (1/2 c.)	27.47	0.11	0.02	0.00	0.00	23.24	5.21	2.96	(M)	(M)	3.01	0.59	49.66	982.55	38.99	(M)	(M)	(M)	(M)
Steamed Carrots - TR1386 (1/2 c.)	28.76	0.53	0.00	0.00	0.00	45.80	6.01	2.56	3.17	(M)	0.45	0.41	27.16	13163.0 6	1.60	(M)	(M)	(M)	(M)
Steamed Corn - TR1388 (1/2 c.)	68.46	0.57	0.09	0.00	0.00	1.04	16.41	2.08	(M)	(M)	2.17	0.41	2.08	169.06	3.01	(M)	(M)	(M)	(M)
Steamed Green Beans - TR1389 (1/2 c.)	18.78	0.00	0.00	0.00	0.00	0.43	4.27	1.71	0.43	0.00(M)	1.02	0.31	25.61	384.22	5.12	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Steamed Peas - TR1391 (1/2 c.)	75.33	0.27	0.05	0.00	0.00	70.47	13.86	5.35	(M)	(M)	5.01	1.54	23.09	2041.17	9.60	(M)	(M)	(M)	(M)
Steamed Peas & Carrots - TR1390 (1/2 c.)	55.64	0.47	0.08	0.00	0.00	63.86	10.69	4.27	(M)	(M)	2.79	1.02	28.85	9100.70	5.93	(M)	(M)	(M)	(M)
Steamed Summer Squash & Zucchini - TR2395 (1/2 c.)	30.58	0.47	0.14	0.00	0.00	8.01	5.95	1.60	4.31	0.00(M)	1.78	0.65	29.62	280.16	29.78	0.00(M)	0.00(M)	151.34 (M)	0.91(M)
Stewed Tomatoes - TR1392 (1/4 c.)	33.77	0.00	0.00	0.00(M)	0.00	60.06	7.96	0.57	5.47	0.52(M)	0.54	0.33	0.38	5.88(M)	1.33(M)	0.00(M)	97.76 (M)	3.72(M)	0.01(M)
Straight Cut Sweet Potato Fries - TR2391 (1 serving) Contains Corn/Corn Products, Soy.	150.00	6.00	1.00	0.00	0.00	190.00	23.00	1.00	7.00	0.00	1.00	0.36	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Strawberries & Yogurt Parfait, Breakfast - TR1817 (1 ea.) Contains Cinnamon, Milk, Soy. May contain Gluten, Wheat.	423.63	12.12	3.80	0.00(M)	2.50	136.91	72.38	8.06	33.15	6.22(M)	8.90	2.56(M)	148.42 (M)	469.59 (M)	33.05 (M)	1.75(M)	160.00 (M)	18.87 (M)	0.78(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Strawberries & Yogurt Parfait, Lunch - TR1438 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	573.63	14.12	4.05	0.00(M)	5.00	386.91	99.38	9.06	40.15	10.22 (M)	13.90	3.29(M)	258.42 (M)	749.59 (M)	33.05 (M)	3.50(M)	320.00 (M)	18.87 (M)	1.47(M)
Strawberries in the Cloud - TR1334 (5 oz.) Contains Milk.	237.50	12.60	12.60	0.00	0.00	0.00	33.04	2.67	27.71	0.00(M)	0.00	0.52	9.72	21.53	36.67	(M)	(M)	(M)	(M)
Strawberries, Fresh - TR1239 (1 cup, halves)	48.64	0.46	0.02	(M)	0.00	1.52	11.67	3.04	7.43	(M)	1.02	0.62	24.32	18.24	89.38	(M)	(M)	138.24	0.61
Strawberries, Frozen, Sliced, Sweetened, Commodity - TR2842 (1/2 c.)	0.93	0.00	0.00	0.00	0.00	0.00	0.24	0.03	0.17	(M)	0.00	0.01	0.11	0.25	0.42	(M)	(M)	(M)	(M)
Strawberry & Banana & Yogurt Parfait, Lunch - TR1961 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat. May contain Gluten, Wheat.	576.31	14.21	4.09	0.00(M)	5.00	386.93	100.28	8.95	39.23	10.22 (M)	14.12	3.19(M)	255.90 (M)	766.29 (M)	19.90 (M)	3.50(M)	320.00 (M)	37.53 (M)	1.74(M)
Strawberry & Blueberry Cup w/ Whip Topping - TR2775 (1/2 c.) Contains Milk.	110.39	3.67	3.55	0.00(M)	0.00	0.37	20.41	2.39	15.73	0.00(M)	0.27	0.40	7.69	32.09	24.21	(M)	(M)	31.16 (M)	0.09(M)
Strawberry Craisins - TR1078 (1 ea.)	110.00	0.00	0.00	0.00	0.00	0.00	28.00	3.00	24.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Strawberry Cup with Fifer Strawberries and Whipped Topping - TR2481 (1 serving) Contains Milk.	138.14	3.58	3.55	0.00(M)	0.00	0.12	26.46	2.24	22.13	0.00(M)	1.08	0.64	12.86	25.66	48.31	0.00(M)	0.00(M)	10.91 (M)	0.05(M)
Strawberry Cup with Whipped Topping - TR2567 (1 serving) Contains Milk.	134.30	3.54	3.54	0.00	0.00	0.00	25.54	2.00	21.54	0.00(M)	1.00	0.59	10.94	24.22	41.25	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Strawberry Lemon Granita - Passport - TR2423 (1 serving) Contains Milk.	136.33	3.56	3.55	0.00(M)	0.00	0.14	26.20	2.20	21.72	0.00(M)	1.08	0.63	12.76	25.76	44.96	0.00(M)	0.00(M)	6.23(M)	0.02(M)
Strawberry Mango Fruit Ice - TR1111 (1 ea.)	90.00	0.00	0.00	0.00	0.00	35.00	22.00	0.00	19.00	(M)	0.00	0.00	80.00	1750.00	60.00	(M)	(M)	(M)	(M)
Strawberry Mini Bagels - TR1015 (1 ea.) Contains Gluten, Milk, Wheat.	230.00	6.00	2.00	0.00	10.00	190.00	42.00	2.00	13.00	12.00	6.00	1.60	30.00	0.00(M)	0.00(M)	0.00	140.06	(M)	(M)
Strawberry Nutri-Grain Bar - TR1146 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	(M)	2.00	1.80	200.00	750.00	0.00	(M)	(M)	(M)	(M)
Strawberry Pineapple Smoothie - TR2474 (1 ea.) Contains Cinnamon, Gluten, Milk, Soy, Wheat.	407.67	4.63	1.55	0.00	9.51	309.73	78.33	2.50	56.27	6.01(M)	15.11	1.68(M)	443.26 (M)	1519.06 (M)	20.63 (M)	4.00(M)	460.05 (M)	0.00(M)	0.00(M)
Strawberry Pop Tart - TR1191 (1 ea.) Contains Gluten, Soy, Wheat.	340.00	5.00	1.50	0.00	0.00	230.00	73.00	6.00	29.00	28.00	4.00	3.60	260.00	1000.00	0.00(M)	0.00	110.00	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)	Ash (g)
Strawberry Spinach Chicken Salad 6-12 - TR1656 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	470.81	17.42	6.74	0.00(M)	104.15	1032.70	47.00	8.69	8.44	0.00(M)	36.22	6.77	284.42	9730.52 (M)	68.90 (M)	0.00(M)	148.21 (M)	146.37 (M)	1.43(M)
Strawberry Spinach Chicken Salad K-5 - Small - TR2022 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	455.91	17.30	6.72	0.00(M)	104.15	1005.00	44.41	7.03	7.82	0.00(M)	34.76	5.50	238.72	2823.42 (M)	58.57 (M)	0.00(M)	148.21 (M)	118.95 (M)	0.91(M)
Strawberry, Frozen, Sliced, Sweetened, Commodity - TR2843 (1/2 c.)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
String Cheese - TR1053 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	20.00	200.00	2.00	0.00	1.00	0.00	6.00	0.00	200.00	0.00(M)	0.00(M)	0.00	60.00	(M)	(M)
Stuffed Crust Pizza - TR2432 (1 slice) Contains Corn/Corn Products, Gluten, Milk, Soy, Tomatoes, Wheat.	320.00	12.00	6.00	0.00	35.00	700.00	36.00	4.00	5.00	(M)	17.00	(M)	250.00	100.00	0.00	(M)	300.00	(M)	(M)
Sugar Cookies, Blue Sprinkles, Wilbur Bake Shop - 1oz (using margarine) - TR2713 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Soy, Wheat.	128.19	4.23	1.54	0.00	10.63	120.25	12.52	0.89	11.25	2.06(M)	1.87	0.38	14.12	154.28 (M)	0.00(M)	0.00(M)	0.00(M)	1.18(M)	0.00(M)
Sugar Cookies, Wilbur Bake Shop - 1.5oz (using margarine) - TR2468 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	179.47	5.92	1.68	0.00	14.88	168.36	17.52	1.25	12.87	0.00(M)	2.62	0.53	19.76	216.00	0.00	(M)	(M)	1.66(M)	0.00(M)
Sun Butter & Jelly Pinwheel - TR1874 (1 ea.) Contains Corn/Corn Products, Gluten, Soy, Sunflower Seeds, Wheat.	620.00	37.50	5.50	0.00	0.00	480.00	59.40	9.00	28.20	25.20	18.00	2.88	77.00	0.00(M)	0.00(M)	0.00	593.45	(M)	(M)
Sun Butter & Jelly Sandwich - TR1601 (1 ea.) Contains Corn/Corn Products, Gluten, Sunflower Seeds, Wheat.	640.00	36.00	4.00	0.00	0.00	640.00	66.40	10.00	29.20	25.20 (M)	20.00	4.88	126.00	0.00(M)	0.00(M)	0.00	576.53	(M)	(M)
Sun Butter Banana Overnight Oats - TR2033 (1/2 c.) Contains Cinnamon, Milk, Sunflower Seeds. May contain Gluten, Wheat.	485.12	20.95	3.28	0.00(M)	7.50	183.94	64.81	9.87	27.38	3.00(M)	16.23	3.19	193.47	337.04 (M)	11.88 (M)	0.00(M)	200.00 (M)	101.88 (M)	1.11(M)
Swedish Meatballs - P2GF - TR2590 (1 serving) Contains Gluten, Milk, Soy, Wheat.	48.39	3.21	1.22	0.12	9.79	91.15	2.09	0.36	0.43	0.06(M)	2.73	0.26	8.86	60.00 (M)	0.00(M)	0.03(M)	28.34 (M)	17.74 (M)	0.02(M)
Sweet and Spicy Chickpeas - TR1795 (1/2 c.)	173.69	8.86	0.52	0.03	0.00	129.95	18.17	3.71	3.74	(M)	5.40	0.96(M)	18.55 (M)	170.83 (M)	0.35(M)	(M)	(M)	0.00(M)	0.00(M)
Sweet Chili Meatballs 6-12 - TR2709 (1 serving) Contains Corn/Corn Products, Sesame, Soy, Tomatoes.	241.23	12.31	4.92	0.74	59.08	748.92	15.38	1.23	12.31	11.08	14.77	1.23	28.31	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Sweet Chili Meatballs K-5 - TR2708 (1 serving) Contains Corn/Corn Products, Sesame, Soy, Tomatoes.	196.00	10.00	4.00	0.60	48.00	608.49	12.50	1.00	10.00	9.00	12.00	1.00	23.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
Sweet Chili Potstickers - TR2719 (1 serving) Contains Corn/Corn Products, Gluten, Sesame, Soy, Tomatoes, Wheat.	342.50	10.79	1.02	0.00	36.46	942.91	46.29	2.08	15.13	13.04 (M)	17.71	3.13	36.46	0.00(M)	0.00(M)	0.00(M)	292.77 (M)	(M)	(M)
Sweet Pickle Relish - TR1206 (1 ea.)	15.00	0.00	0.00	0.00	0.00	75.00	3.00	0.00	3.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Sweet Plantains - TR2399 (1/2 c.) Contains Soy.	203.89 (M)	4.78(M)	1.25(M)	0.00(M)	0.00(M)	22.75 (M)	39.51 (M)	1.58(M)	34.33 (M)	0.00(M)	1.37(M)	0.44(M)	10.64 (M)	196.56 (M)	1.02(M)	0.00(M)	481.16 (M)	146.68 (M)	0.20(M)
Sweet Potato, Canned, Monarch - TR2778 (1/2 c.)	78.30	0.00	0.00	0.00	0.00	3.00	20.40	2.40	13.20	6.60	0.00	(M)	(M)	(M)	(M)	(M)	66.00	(M)	(M)
Sweet Potatoes, Canned - TR1842 (1/2 c.) Contains Cinnamon.	150.01	0.00	0.00	0.00	0.00	15.30	36.75	1.57	19.87	(M)	0.00	0.01(M)	0.80(M)	0.00(M)	0.01(M)	(M)	(M)	(M)	(M)
Sweet Potatoes, Crinkle Cut Fries, Commodity - TR2279 (1/2 c.)	150.00	8.00	2.00	0.00	0.00	125.00	19.00	3.00	3.00	(M)	1.00	0.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sweet Potatoes, Light Syrup, Canned, Commodity - TR2283 (1/2 c.)	96.04	0.00	0.00	0.00	0.00	9.80	23.52	0.98	12.74	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Syrup, SS Cup, Madeira Farms - TR2723 (1 ea.) Contains Corn/Corn Products.	120.00	0.00	0.00	0.00	0.00	20.00	30.00	0.00	22.00	22.00	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Taco Salad 6-12 - TR1745 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Sunflower Oil, Wheat.	561.76	22.59	11.15	0.00(M)	91.83	1425.33	55.80	11.33	6.15	0.00(M)	31.90	4.64(M)	326.76 (M)	12754.3 1(M)	13.47 (M)	0.00(M)	573.36 (M)	72.79 (M)	0.30(M)
Taco Salad K-5 - Small - TR2023 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Sunflower Oil, Wheat.	498.86	20.09	9.90	0.00(M)	75.17	1224.46	52.11	8.98	5.15	0.00(M)	26.12	3.30(M)	290.85 (M)	4566.31 (M)	9.67(M)	0.00(M)	494.20 (M)	67.62 (M)	0.30(M)
Tangerine - TR1243 (1 medium (2-1/2" dia))	103.35	0.60	0.08	(M)	0.00	3.90	26.01	3.51	20.63	(M)	1.58	0.29	72.15	1327.95	52.06	(M)	(M)	166.08	0.74
Tater Tot - TR2211 (9 ea.) May contain Soy.	130.00	7.00	1.00	0.00	0.00	360.00	16.00	1.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00	240.00	(M)	(M)
Tater Tots, Low Sodium - TR2758 (8 piece) Contains Soy.	90.00	3.50	0.00	0.00	0.00	160.00	14.00	2.00	0.00	0.00	1.00	0.40	0.00	(M)	(M)	0.00	180.01	(M)	(M)
Teriyaki Chicken (Diced Chicken) - TR2726 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	157.71	3.53	0.50	0.00	75.60	213.97	7.41	1.01	5.87	0.00(M)	21.43	0.36	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Teriyaki Chicken Strips - TR2328 (1 ea.) Contains Gluten, Sesame, Soy, Wheat.	169.67	5.90	1.74	0.00	80.54	733.79	9.27	0.00	7.54(M)	0.00(M)	19.78	1.08	69.43	0.00	16.66	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Teriyaki Meatballs 6-12 - TR2707 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	234.30	12.31	4.92	0.74	59.08	649.68	14.09	1.23	11.89	0.00(M)	15.25	1.23	28.31	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Teriyaki Meatballs K-5 - TR2706 (1 serving) Contains Gluten, Sesame, Soy, Wheat.	190.37	10.00	4.00	0.60	48.00	527.87	11.45	1.00	9.66	0.00(M)	12.39	1.00	23.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)
Teriyaki Potstickers - TR2718 (1 serving) Contains Corn/Corn Products, Gluten, Sesame, Soy, Wheat.	316.25	9.04	0.77	0.00	36.46	822.91	44.29	2.08	14.13	1.04(M)	18.21	3.13	36.46	0.00(M)	0.00(M)	0.00(M)	292.77 (M)	(M)	(M)
The Gobbler (9-12) - TR1640 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	319.41	4.72	0.30	0.00	39.09	1053.65	43.76	4.61	5.13	(M)	27.71	3.32	112.16	44.38 (M)	0.05(M)	0.00(M)	146.85 (M)	9.96(M)	0.01(M)
The Gobbler (K-8) - TR1639 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat. May contain Sesame.	249.41	3.23	0.30	0.00	39.09	893.65	31.75	3.61	5.13	(M)	25.71	2.06	34.16	44.38 (M)	0.05(M)	0.00(M)	98.85 (M)	9.96(M)	0.01(M)
The MAX Cheesy Breadsticks - TR2404 (3 ea.) Contains Gluten, Milk, Soy, Wheat.	450.00	21.00	10.50	0.00	60.00	930.00	42.00	3.00	6.00	0.00	24.00	(M)	600.00	0.00(M)	0.00(M)	0.00	300.00	(M)	(M)
Toasted Grilled Cheese & Bacon Sandwich - TR2797 (1 sandwich) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	385.00	19.50	8.50	0.00	57.50	1085.00	34.00	4.00	4.50	(M)	18.50	2.96	1603.50	482.14 (M)	0.00(M)	0.00(M)	172.02 (M)	(M)	(M)
Toasted Grilled Cheese Sandwich - TR1255 (1 sandwich) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	380.00	20.00	10.00	0.00	50.00	920.00	34.00	4.00	4.00	(M)	16.00	3.28	2116.00	642.86 (M)	0.00(M)	0.00(M)	172.02 (M)	(M)	(M)
Tomato & Cucumber Salad - TR1475 (1/2 c.) Contains Soy.	72.15	6.66	0.50	0.03(M)	0.00	95.77	3.30	0.68	2.13	0.00(M)	0.57	0.19	8.92	386.11 (M)	6.79(M)	0.00(M)	0.30(M)	66.65 (M)	0.32(M)
Tomato & Cucumber Salad with Italian Dressing - TR2507 (1/2 c.) Contains Citrus, Corn/Corn Products, Soy.	89.69	7.22	1.00	0.00(M)	0.00	255.96	6.31	1.00	3.80	1.28(M)	0.90	0.32	15.16	555.98 (M)	9.76(M)	0.00(M)	0.00(M)	110.73 (M)	0.52(M)
Trix Muffin (2 oz Grain) - TR2754 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	290.00	10.00	2.00	0.00	10.00	260.00	50.00	7.00	20.00	19.00	4.00	1.50	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Tsukune (Japanese Meatballs) Passport To Global Flavors - TR2471 (1 ea.) Contains Soy.	35.97	2.00	0.80	0.12	9.60	154.70	1.78	0.20	1.40	0.00(M)	2.55	0.20(M)	4.63(M)	0.00(M)	0.00(M)	0.00(M)	0.42(M)	0.00(M)	0.00(M)
Tuna Garden Salad 6-12 - TR1359 (1 ea.) Contains Corn/Corn Products, Egg, Fish, Gluten, Milk, Soy, Wheat.	429.77	10.98	1.79	0.00(M)	71.13	1116.18	46.03	8.87	6.72	0.00(M)	38.37	7.25	182.54	18157.1 0(M)	27.33 (M)	3.05(M)	397.73 (M)	110.46 (M)	0.64(M)
Tuna Garden Salad K-5 - Small - TR2024 (1 ea.) Contains Corn/Corn Products, Egg, Fish, Gluten, Milk, Soy, Wheat.	400.43	10.88	1.77	0.00(M)	71.13	1083.37	40.27	6.19	4.26	0.00(M)	36.77	5.23	135.59	7048.77 (M)	13.02 (M)	3.05(M)	397.73 (M)	58.81 (M)	0.35(M)
Tuna Hoagie 6-12 - TR1286 (1 sandwich) Contains Egg, Fish, Gluten, Soy, Wheat.	417.45	11.52	1.89	0.00(M)	71.13	1094.23	42.66	5.28	3.27	0.00(M)	37.02	3.74	124.25	652.25 (M)	7.68(M)	3.05(M)	375.52 (M)	99.19 (M)	0.46(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Tuna Hoagie K-5 - TR1285 (1 sandwich) Contains Egg, Fish, Gluten, Soy, Wheat.	397.45	11.02	1.89	0.00(M)	71.13	1034.23	37.66	4.28	3.27	0.00(M)	36.02	3.54	131.25	652.25 (M)	7.68(M)	3.05(M)	358.56 (M)	99.19 (M)	0.46(M)
Tuna Salad - Commodity - TR1570 (1/2 c.) Contains Egg, Fish, Soy. May contain Gluten, Wheat.	214.01	8.76	0.88	0.00(M)	17.50	740.25	8.05	0.12	0.10	(M)	29.20	0.77	3.00	209.43	0.61	(M)	(M)	7.16(M)	0.06(M)
Tuna Salad - TR1289 (1/2 c.) Contains Egg, Fish, Soy.	205.09	8.58	1.75	0.00(M)	71.13	666.56	2.42	0.12	0.10	0.00(M)	29.16	1.40	39.04	34.42 (M)	0.61(M)	3.05(M)	249.52 (M)	7.16(M)	0.06(M)
Tuna Salad Platter - TR2656 (1 ea.) Contains Egg, Fish, Gluten, Milk, Soy, Wheat.	418.08	14.01	2.81	0.00(M)	71.13	1044.87	37.42	5.54	5.86	1.00(M)	37.03	3.35	96.96	1514.68 (M)	38.89 (M)	3.05(M)	369.52 (M)	94.33 (M)	0.70(M)
Tuna Salad Sandwich - TR1463 (1 ea.) Contains Corn/Corn Products, Egg, Fish, Gluten, Soy, Wheat.	365.09	10.58	1.75	0.00(M)	71.13	1046.56	32.42	4.12	2.10	0.00(M)	35.16	3.40	105.04	34.42 (M)	0.61(M)	3.05(M)	421.54 (M)	7.16(M)	0.06(M)
Tuna Salad Wrap - TR1287 (1 ea.) Contains Egg, Fish, Gluten, Soy, Wheat.	356.29	12.16	3.26	0.00(M)	71.13	890.56	27.73	4.10	2.40	0.00(M)	33.81	1.74	68.04	2414.63 (M)	7.04(M)	3.05(M)	438.46 (M)	44.97 (M)	0.26(M)
Turkey & Cheese Croissant - TR1869 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	359.26	17.11	8.00	0.00	55.93	822.96	31.00	3.00	5.74	3.00(M)	23.33	2.35	1045.00	321.43 (M)	0.00(M)	(M)	(M)	(M)	(M)
Turkey & Cheese Hoagie 6-12 - TR1304 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	412.57	14.04	5.13	0.00(M)	62.76	1146.62	44.34	5.16	4.17	(M)	29.64	4.49	1110.21	939.26 (M)	7.07(M)	0.00(M)	126.00 (M)	92.03 (M)	0.40(M)
Turkey & Cheese Hoagie 6-12 Jennie O - TR2790 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	411.25	13.60	5.13	0.00(M)	63.89	1242.11	42.24	5.16	5.28	0.00(M)	32.86	3.38	1110.21	939.26 (M)	7.07(M)	0.00(M)	126.00 (M)	92.03 (M)	0.40(M)
Turkey & Cheese K-5 - TR1284 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	362.50	12.84	5.13	0.00(M)	50.17	936.97	38.64	4.16	4.17	(M)	23.05	3.79	1117.21	939.26 (M)	7.07(M)	0.00(M)	109.04 (M)	92.03 (M)	0.40(M)
Turkey & Cheese on Bagel - TR1870 (1 sandwich) Contains Milk, Soy.	169.26	10.11	5.00	0.00	50.93	632.96	2.00	0.00	1.74	(M)	18.33	0.91	1025.00	321.43	0.00	(M)	(M)	(M)	(M)
Turkey & Cheese Panini - TR1868 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	246.75	11.71	5.23	0.00	50.93	724.13	15.68	1.37	2.65	(M)	21.07	1.56	1034.12	321.43	0.00	(M)	(M)	(M)	(M)
Turkey & Cheese Sandwich 6-12 (Commodity) - TR2308 (1 sandwich) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	360.21	13.10	5.00	0.00	62.76	1098.95	34.10	4.00	3.00	(M)	27.78	4.15	1091.00	321.43 (M)	0.00(M)	0.00(M)	172.02 (M)	(M)	(M)
Turkey & Cheese Sandwich K-5 (Commodity) - TR2307 (1 sandwich) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	330.14	12.40	5.00	0.00	50.17	949.30	33.40	4.00	3.00	(M)	22.19	3.65	1091.00	321.43 (M)	0.00(M)	0.00(M)	172.02 (M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)	Ash (g)
Turkey & Cheese Sandwich on GF Bread 6-12 (Commodity) - TR2688 (1 sandwich) Contains Egg, Milk, Soy.	500.21	21.10	5.00	0.00	62.76	1258.95	52.10	2.00	7.00	4.00(M)	25.78	2.15	1125.00	321.43 (M)	0.00(M)	0.00(M)	79.90 (M)	(M)	(M)
Turkey & Cheese Sandwich on GF Bread K-5 (Commodity) - TR2684 (1 sandwich) Contains Egg, Milk, Soy.	470.14	20.40	5.00	0.00	50.17	1109.30	51.40	2.00	7.00	4.00(M)	20.19	1.65	1125.00	321.43 (M)	0.00(M)	0.00(M)	79.90 (M)	(M)	(M)
Turkey & Cheese Wrap 6-12 - TR2311 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	355.00	14.79	6.53	0.00(M)	62.76	943.83	30.20	4.21	3.86	0.00(M)	26.60	2.54	1055.76	2868.08 (M)	9.16(M)	0.00(M)	188.94 (M)	78.94 (M)	0.44(M)
Turkey & Cheese Wrap K-5 - TR1296 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	324.94	14.02	6.52	0.00(M)	50.17	794.30	29.48	4.22	3.83	0.00(M)	21.02	2.04	1056.00	2868.23 (M)	9.17(M)	0.00(M)	188.94 (M)	56.71 (M)	0.30(M)
Turkey Bacon Burger (No Cheese) 9-12 - TR2679 (1 sandwich) Contains Gluten, Wheat. May contain Sesame.	350.00	16.17	5.67	0.00	73.33	720.00	25.67	3.00	1.67	(M)	25.33	3.44	30.00	0.00(M)	0.00(M)	0.00(M)	80.00 (M)	(M)	(M)
Turkey Bacon Burger (No Cheese) K-8 Maid Rite - TR2914 (1 ea.) Contains Gluten, Wheat. May contain Sesame.	280.00	11.17	4.17	0.00	58.33	650.00	25.67	3.00	1.67	0.00(M)	22.33	2.44	35.00	0.00(M)	0.00(M)	0.00(M)	306.00 (M)	(M)	(M)
Turkey Bacon Cheeseburger 9-12 - TR1328 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain Sesame.	405.00	20.67	8.17	0.00	85.83	855.00	26.67	3.00	2.17	(M)	27.83	3.76	542.50	160.72 (M)	0.00(M)	0.00(M)	80.00 (M)	(M)	(M)
Turkey Bacon Cheeseburger K-8 Maid Rite - TR2910 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Sesame.	335.00	15.67	6.67	0.00	70.83	785.00	26.67	3.00	2.17	0.00(M)	24.83	2.76	547.50	160.72 (M)	0.00(M)	0.00(M)	306.00 (M)	(M)	(M)
Turkey BLT Salad 6-12 - TR1372 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	370.39	8.50	1.03	0.00(M)	57.76	1162.57	46.20	8.75	7.62	0.00(M)	31.09	5.47	129.50	15216.6 8(M)	16.63 (M)	0.00(M)	148.21 (M)	103.30 (M)	0.58(M)
Turkey BLT Salad K-5 -Small - TR2025 (1 ea.) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	279.89	6.00	0.68	0.00(M)	31.98	838.51	39.55	6.07	4.83	0.00(M)	19.23	4.58	96.55	7014.34 (M)	12.41 (M)	0.00(M)	148.21 (M)	51.65 (M)	0.29(M)
Turkey BLT Wrap - TR2041 (1 ea.) Contains Gluten, Soy, Wheat.	285.01	8.38	2.18	0.00(M)	51.10	873.95	28.85	4.22	3.50	0.00(M)	24.95	1.90	31.00	2546.80 (M)	9.17(M)	0.00(M)	188.94 (M)	56.71 (M)	0.30(M)
Turkey Corn Dog - TR2635 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	280.00	13.00	4.00	0.00	45.00	620.00	28.00	1.00	9.00	8.00	9.00	1.90	110.00	(M)	(M)	0.00	289.99	(M)	(M)
Turkey Ham & Cheese Hoagie 6-12 (Commodity) - TR1498 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	389.61	15.30	6.14	0.00(M)	65.35	1020.46	42.91	5.16	4.17	0.00(M)	22.28	3.45	1110.21	939.26 (M)	7.07(M)	0.00(M)	381.70 (M)	92.03 (M)	0.40(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
Turkey Ham & Cheese Hoagie 6-12 (Jenni-O) - TR2672 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	389.03	15.27	6.13	0.00(M)	65.00	1017.67	42.91	5.16	4.17	0.00(M)	22.20	3.45	1110.21	939.26 (M)	7.87(M)	0.00(M)	126.00 (M)	92.03 (M)	0.40(M)
Turkey Ham & Cheese Hoagie K-5 (Commodity) - TR1591 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	352.80	13.96	5.89	0.00(M)	55.26	879.76	37.74	4.16	4.17	0.00(M)	18.92	3.13	1117.21	939.26 (M)	7.07(M)	0.00(M)	300.81 (M)	92.03 (M)	0.40(M)
Turkey Ham & Cheese Sandwich 6-12 (Commodity) - TR2310 (1 sandwich) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	337.25	14.36	6.01	0.00	65.35	972.79	32.67	4.00	3.00	0.00(M)	20.41	3.11	1091.00	321.43 (M)	0.00(M)	0.00(M)	427.72 (M)	(M)	(M)
Turkey Ham & Cheese Sandwich K-5 (Commodity) - TR2309 (1 sandwich) Contains Corn/Corn Products, Gluten, Milk, Soy, Wheat.	320.44	13.52	5.76	0.00	55.26	892.09	32.50	4.00	3.00	0.00(M)	18.06	2.99	1091.00	321.43 (M)	0.00(M)	0.00(M)	363.79 (M)	(M)	(M)
Turkey Ham & Cheese Sandwich on GF Bread 6-12 (Commodity) - TR2695 (1 sandwich) Contains Egg, Milk, Soy.	477.25	22.36	6.01	0.00	65.35	1132.79	50.67	2.00	7.00	4.00(M)	18.41	1.11	1125.00	321.43 (M)	0.00(M)	0.00(M)	335.60 (M)	(M)	(M)
Turkey Ham & Cheese Wrap 6-12 (Commodity) - TR2312 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	332.04	16.05	7.54	0.00(M)	65.35	817.67	28.78	4.21	3.86	0.00(M)	19.23	1.50	1055.76	2868.08 (M)	9.16(M)	0.00(M)	444.64 (M)	78.94 (M)	0.44(M)
Turkey Ham & Cheese Wrap K-5 (Commodity) - TR1594 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	315.24	15.14	7.27	0.00(M)	55.26	737.09	28.59	4.22	3.83	0.00(M)	16.89	1.39	1056.00	2868.23 (M)	9.17(M)	0.00(M)	380.71 (M)	56.71 (M)	0.30(M)
Turkey Ham and Cheese on Biscuit - TR2743 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	234.31	9.09	4.50	0.00	22.59	595.70	30.17	3.00	5.00(M)	0.00(M)	10.35	1.65	183.50	45.00 (M)	0.00(M)	0.00(M)	63.92 (M)	(M)	(M)
Turkey Ham Egg & Cheese on Croissant - TR2026 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	331.81	18.34	7.25	0.00	152.59	515.70	31.17	3.00	4.50	3.00(M)	12.85	1.88(M)	532.50 (M)	160.72 (M)	0.00(M)	0.00(M)	63.92 (M)	(M)	(M)
Turkey Ham Egg & Cheese on English Muffin - TR2027 (1 ea.) Contains Milk, Soy, Wheat.	261.81	12.84	4.25	0.00	147.59	575.70	26.17	2.00	1.50	0.00(M)	12.85	1.52(M)	592.50 (M)	160.72 (M)	0.00(M)	0.00(M)	63.92 (M)	(M)	(M)
Turkey Ham Egg & Cheese on Pretzel Roll - TR2028 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	301.81	13.84	5.25	0.00	147.59	365.70	31.17	3.00	2.50	0.00(M)	12.85	2.24(M)	532.50 (M)	160.72 (M)	0.00(M)	0.00(M)	63.92 (M)	(M)	(M)
Turkey Ham Sandwich on GF Bread , No Cheese K-5 (Commodity) - TR2691 (1 sandwich) Contains Egg.	400.87	15.04	1.51	0.00	60.52	1024.18	49.01	2.00	6.00	4.00	18.12	0.71	100.00	0.00(M)	0.00(M)	0.00	463.44	0.00(M)	0.00(M)
Turkey Ham Sandwich on GF Bread, No Cheese 6-12 (Commodity) - TR2694 (1 sandwich) Contains Egg.	400.87	15.04	1.51	0.00	60.52	1024.18	49.01	2.00	6.00	4.00	18.12	0.71	100.00	0.00(M)	0.00(M)	0.00	463.44	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Turkey Ham Sandwich, No Cheese 6-12 (Commodity) - TR2531 (1 sandwich) Contains Corn/Corn Products, Gluten, Wheat.	260.87	7.04	1.51	0.00	60.52	864.18	31.01	4.00	2.00	0.00(M)	20.12	2.71	66.00	0.00(M)	0.00(M)	0.00	555.57	(M)	(M)
Turkey Ham Sandwich, No Cheese K-5 (Commodity) - TR2431 (1 sandwich) Contains Corn/Corn Products, Gluten, Wheat.	260.87	7.04	1.51	0.00	60.52	864.18	31.01	4.00	2.00	0.00(M)	20.12	2.71	66.00	0.00(M)	0.00(M)	0.00	555.57	0.00(M)	0.00(M)
Turkey Ham Wrap, No Cheese 6-12 (Commodity) - TR2696 (1 ea.) Contains Gluten, Soy, Wheat.	255.67	8.73	3.04	0.00(M)	60.52	709.07	27.12	4.21	2.86	0.00(M)	18.94	1.10	30.75	2546.65 (M)	9.16(M)	0.00(M)	572.49 (M)	78.94 (M)	0.44(M)
Turkey Ham Wrap, No Cheese K-5 (Commodity) - TR2693 (1 ea.) Contains Gluten, Soy, Wheat.	255.67	8.66	3.03	0.00(M)	60.52	709.18	27.09	4.22	2.83	0.00(M)	18.95	1.10	31.00	2546.80 (M)	9.17(M)	0.00(M)	572.49 (M)	56.71 (M)	0.30(M)
Turkey Ham, Egg, & Cheese on Croissant - TR1615 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	331.81	18.34	7.25	0.00	152.59	515.70	31.17	3.00	4.50	3.00(M)	12.85	1.88(M)	532.50 (M)	160.72 (M)	0.00(M)	0.00(M)	63.92 (M)	(M)	(M)
Turkey Ham, Egg, & Cheese on English Muffin - TR1434 (1 ea.) Contains Milk, Soy, Wheat.	261.81	12.84	4.25	0.00	147.59	575.70	26.17	2.00	1.50	0.00(M)	12.85	1.52(M)	592.50 (M)	160.72 (M)	0.00(M)	0.00(M)	63.92 (M)	(M)	(M)
Turkey Ham, Egg, & Cheese on Pretzel Roll - TR1616 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	301.81	13.84	5.25	0.00	147.59	365.70	31.17	3.00	2.50	0.00(M)	12.85	2.24(M)	532.50 (M)	160.72 (M)	0.00(M)	0.00(M)	63.92 (M)	(M)	(M)
Turkey Hoagie, No Cheese 6-12 - TR2690 (1 sandwich) Contains Gluten, Soy, Wheat.	332.64	5.73	0.13	0.00(M)	50.35	1026.27	43.04	5.16	3.17	(M)	30.24	4.35	85.21	617.83 (M)	7.07(M)	0.00(M)	126.00 (M)	92.03 (M)	0.40(M)
Turkey Hoagie, No Cheese K-5 - TR2686 (1 sandwich) Contains Gluten, Soy, Wheat.	282.57	4.54	0.13	0.00(M)	37.76	816.62	37.34	4.16	3.17	(M)	23.64	3.65	92.21	617.83 (M)	7.07(M)	0.00(M)	109.04 (M)	92.03 (M)	0.40(M)
Turkey Pepperoni Personal Pizza - TR2539 (1 ea.) Contains Gluten, Milk, Wheat.	310.00	11.00	5.00	0.00	35.00	540.00	31.00	3.00	7.00	(M)	23.00	2.70	350.00	500.00	12.00	(M)	(M)	(M)	(M)
Turkey Pretzel Dog - TR2561 (1 ea.) Contains Gluten, Wheat.	260.00	10.00	3.00	0.00	45.00	540.00	31.00	2.00	6.00	5.00	11.00	2.00	61.00	(M)	(M)	0.00	266.96	(M)	(M)
Turkey Roast - TR1356 (3.05 oz.)	204.69	10.15	2.53	0.00(M)	82.26	817.10	0.50	0.13	0.28	(M)	25.38	0.93	1.55	93.07	0.33	(M)	(M)	3.73(M)	0.02(M)
Turkey Sandwich on GF Bread, No Cheese 6-12 (Commodity) - TR2689 (1 sandwich) Contains Egg.	420.28	12.80	0.00	0.00	50.35	1138.60	50.80	2.00	6.00	4.00(M)	26.38	2.01	100.00	0.00(M)	0.00(M)	0.00(M)	79.90 (M)	0.00(M)	0.00(M)
Turkey Sandwich on GF Bread, No Cheese K-5 (Commodity) - TR2685 (1 sandwich) Contains Egg.	390.21	12.10	0.00	0.00	37.76	988.95	50.10	2.00	6.00	4.00(M)	20.78	1.51	100.00	0.00(M)	0.00(M)	0.00(M)	79.90 (M)	(M)	(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Turkey Sandwich, no cheese (Commodity) - TR2530 (1 sandwich) Contains Corn/Corn Products, Gluten, Wheat.	219.40	3.38	0.00	0.00	24.86	675.61	31.38	4.00	2.00	(M)	17.05	3.00	66.00	0.00(M)	0.00(M)	0.00(M)	172.02 (M)	(M)	(M)
Turkey Sandwich, No Cheese 6-12 (Commodity) - TR2687 (1 sandwich) Contains Corn/Corn Products, Gluten, Wheat.	280.28	4.80	0.00	0.00	50.35	978.60	32.80	4.00	2.00	0.00(M)	28.38	4.01	66.00	0.00(M)	0.00(M)	0.00(M)	172.02 (M)	0.00(M)	0.00(M)
Turkey Sandwich, No Cheese K-5 (Commodity) - TR2430 (1 sandwich) Contains Corn/Corn Products, Gluten, Wheat.	250.21	4.10	0.00	0.00	37.76	828.95	32.10	4.00	2.00	(M)	22.78	3.51	66.00	0.00(M)	0.00(M)	0.00(M)	172.02 (M)	(M)	(M)
Turkey Sausage Links, Jones Dairy Farm - TR2381 (4 ea.)	35.00	2.00	0.50	0.00	15.00	90.00	1.00	0.00	0.00	0.00	4.00	0.50	4.30	0.00	0.00	0.40	141.00	(M)	(M)
Turkey Sausage Pizza Bagel - TR1184 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	180.00	6.00	3.00	0.00	20.00	380.00	20.00	3.00	2.00	(M)	12.00	1.44	150.00	300.00	9.00	(M)	(M)	(M)	(M)
Turkey Wrap Pinwheels, No Cheese (Colwyck) - TR2717 (1 ea.) Contains Gluten, Soy, Wheat.	230.21	5.60	1.50	0.00	37.76	668.95	25.10	3.00	1.00	0.00(M)	20.78	1.51	17.00	0.00(M)	0.00(M)	0.00(M)	188.94 (M)	0.00(M)	0.00(M)
Turkey Wrap, No Cheese 6-12 - TR2671 (1 ea.) Contains Gluten, Soy, Wheat.	275.08	6.42	1.52	0.00(M)	50.35	823.60	28.88	4.22	2.83	0.00(M)	27.21	2.41	31.00	2546.80 (M)	9.17(M)	0.00(M)	188.94 (M)	56.71 (M)	0.30(M)
Turkey Wrap, No Cheese K-5 - TR2670 (1 ea.) Contains Gluten, Soy, Wheat.	245.01	5.72	1.52	0.00(M)	37.76	673.95	28.18	4.22	2.83	0.00(M)	21.61	1.90	31.00	2546.80 (M)	9.17(M)	0.00(M)	188.94 (M)	56.71 (M)	0.30(M)
Turkey, Sliced, Commodity - TR2284 (3 slice)	43.00	1.00	0.00	0.00	18.00	214.00	1.00	0.00	0.00	(M)	8.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Tuscan Bean Salad - TR1547 (1/2 c.) Contains Soy.	287.43	18.03	2.58	0.00(M)	0.00	471.82	22.25	6.35	2.78	0.00(M)	6.08	1.96	43.40	379.50 (M)	9.51(M)	0.00(M)	395.40 (M)	59.64 (M)	0.29(M)
Tuscan Bean Salad (smaller cans) - TR1374 (1/2 c.) Contains Soy.	304.13	18.80	2.69	0.00(M)	0.00	454.96	24.02	6.91	3.02	0.00(M)	6.60	2.15	47.50	426.77 (M)	10.41 (M)	0.00(M)	427.14 (M)	65.67 (M)	0.32(M)
Twisted Cheese Filled Breadsticks - TR1029 (2 ea.) Contains Gluten, Milk, Soy, Wheat.	300.00	12.00	6.00	0.00	20.00	440.00	30.00	0.00	2.00	2.00	18.00	1.00	284.00	0.00(M)	0.00(M)	0.00	136.00	(M)	(M)
Tzatziki Sauce for Gyro Foldover Specialty Sandwich Beef - TR2154 (1/2 oz.) Contains Milk.	22.75	1.80	1.25	0.00(M)	7.19	10.40	1.46	0.02	0.85(M)	0.00(M)	0.43	0.01	16.29	80.25 (M)	1.68(M)	0.01(M)	1.96(M)	4.50(M)	0.02(M)
Vanilla Soy Milk - TR1134 (1 ea.) Contains Soy.	140.00	3.00	0.00	0.00	0.00	170.00	20.00	0.00	16.00	(M)	8.00	1.44	300.00	500.00	0.00	(M)	(M)	(M)	(M)
Veggie Crispy Crackers, 108/ct, appleways - TR2265 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	110.00	3.50	0.50	0.00	0.00	140.00	18.00	2.00	1.00	0.00	2.00	1.00	9.00	0.00	0.00	0.00	62.04	(M)	(M)
Veggie Salad w/ Egg 6-12 - TR1366 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	386.68	13.40	5.54	0.00(M)	206.00	730.62	45.00	8.75	6.62(M)	0.00(M)	22.49	6.64	424.50	18569.6 8(M)	26.73 (M)	0.00(M)	174.06 (M)	103.30 (M)	0.58(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
Veggie Salad w/ Egg K-5 - Small - TR2010 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	377.34	16.30	7.52	0.00(M)	216.00	677.81	39.25	6.07	4.16	0.00(M)	20.89	4.63	323.55	7284.34 (M)	12.41 (M)	0.00(M)	168.42 (M)	51.65 (M)	0.29(M)
Waffle Cristo Sandwich - TR2547 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	318.47	17.03	5.50	0.00	61.39	735.30	26.68	2.00	5.00	2.00(M)	16.47	2.60	1152.00	321.43 (M)	0.00(M)	0.00(M)	207.75 (M)	(M)	(M)
Waffle Cristo Sandwich (no cheese) - TR2578 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	238.17	8.72	0.50	0.00	48.82	613.10	25.37	2.00	4.00	2.00(M)	17.00	2.46	127.00	0.00(M)	0.00(M)	0.00(M)	207.75 (M)	(M)	(M)
Waffle Snaps - Chocolate Chip - TR2364 (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	230.00	7.00	1.50	0.00	0.00	180.00	40.00	3.00	16.00	16.00	3.00	1.00	9.00	(M)	(M)	0.00	85.07	(M)	(M)
Waffle, Blueberry, Pillsbury - TR1572 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	210.00	6.00	1.00	0.00	0.00	170.00	37.00	3.00	12.00	11.00	4.00	1.40	30.00	0.00(M)	0.00(M)	0.00	119.85	(M)	(M)
Waffle, Fruit Loop, Eggo - TR2653 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	180.00	6.00	1.50	0.00	0.00	210.00	32.00	3.00	5.00	5.00	4.00	3.60	260.00	1000.00	(M)	0.00	89.77	(M)	(M)
Waffle, Maple, Pillsbury - TR1573 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.	210.00	6.00	1.00	0.00	0.00	170.00	37.00	2.00	13.00	12.00	3.00	1.40	30.00	0.00(M)	0.00(M)	0.00	119.85	(M)	(M)
Waffles, Bulk, Bake Crafters - TR2551 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	80.00	3.00	0.00	0.00	5.00	115.00	12.00	1.00	2.00	1.00	2.00	0.74	63.50	(M)	(M)	0.00	39.95	(M)	(M)
Warm Peaches w/ Cinnamon - TR1677 (1/2 c.) Contains Cinnamon.	107.18	0.00	0.00	0.00	0.00	0.03	28.61	1.18	27.37	7.40(M)	1.06	0.02(M)	3.46(M)	0.00(M)	0.02(M)	0.00(M)	85.60 (M)	(M)	(M)
Watermelon Craisins - TR2159 (1 ea.)	110.00	0.00	0.00	0.00	0.00	0.00	28.00	3.00	24.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
WG Bagel - TR1020 (1 ea.) Contains Gluten, Soy, Wheat.	150.00	1.50	0.00	0.00	0.00	170.00	30.00	4.00	5.00	5.00	7.00	1.50	35.00	0.00(M)	0.00(M)	0.00	120.00	(M)	(M)
Whole Grain Mini Biscuit - TR2640 (1 ea.) Contains Gluten, Milk, Wheat.	100.00	4.50	3.50	0.00	0.00	220.00	13.00	1.00	1.00	(M)	2.00	0.36	80.00	0.00	0.00	(M)	(M)	(M)	(M)
Whole Grain Stuffing Mix - WP ONLY - TR1550 (1/2 c.) Contains Corn/Corn Products, Gluten, Soy, Wheat.	137.83	1.66	0.23	0.00	0.00	351.75	26.39	2.03	3.04	(M)	5.08	1.10	40.77	29.35	0.00	(M)	(M)	5.58(M)	0.01(M)
Whole Wheat Dinner Roll - TR2641 (1 ea.) Contains Gluten, Wheat.	70.00	1.00	0.00	0.00	0.00	160.00	14.00	2.00	1.00	(M)	3.00	1.08	26.00	(M)	(M)	0.00	45.00	(M)	(M)
Wilbur Bakeshop Homemade Sugar Cookie - TR1491 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	128.19	4.23	1.20	0.00	10.63	120.25	12.52	0.89	9.19	0.00(M)	1.87	0.38	14.12	154.28	0.00	(M)	(M)	1.18(M)	0.00(M)

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Item Name (Serving Size)	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)	Ash (g)
Woodles w/ Veggies - TR2697 (1 serving) Contains Gluten, Soy, Sunflower Oil, Wheat.	140.04	6.23	0.63	0.00(M)	0.00	298.01	18.50	1.96	1.10	0.00(M)	3.12	1.04	10.32	896.44 (M)	2.35(M)	0.00(M)	59.67 (M)	9.84(M)	0.09(M)
Wow Butter - TR1238 (1 ea.) Contains Soy.	200.00	15.00	3.00	0.00	0.00	100.00	8.00	4.00	4.00	(M)	7.00	1.08	20.00	0.00	0.00	(M)	(M)	(M)	(M)
Yogurt Parfait w/ Jello (Lunch) - TR2034 (1 ea.) Contains Cinnamon, Gelatin, Milk, Red Dye, Soy. May contain Gluten, Wheat.	728.89	24.11	7.60	0.00	5.00	277.79	115.12	11.78	45.26	12.44 (M)	17.11	4.37(M)	279.30 (M)	909.99 (M)	0.44(M)	3.50(M)	320.00 (M)	(M)	1.39(M)
Yogurt Variety - TR1889 (1 ea.)									(M)										
Yogurt, Blueberry, Upstate - TR2856 (1 ea.) Contains Milk.	80.00	0.00	0.00	0.00	0.00	75.00	15.00	0.00	12.00	7.00	3.00	0.00	320.00	0.00	(M)	4.00	189.88	(M)	(M)
Yogurt, Cherry/Vanilla, Upstate - TR2232 (1 ea.) Contains Corn/Corn Products, Milk.	80.00	0.00	0.00	0.00	0.00	75.00	15.00	0.00	12.00	7.00	3.00	0.00	320.00	0.00(M)	0.00(M)	4.00	190.00	(M)	0.00(M)
Yogurt, Peach, Upstate - TR2855 (1 ea.) Contains Milk.	80.00	0.00	0.00	0.00	0.00	75.00	15.00	0.00	12.00	7.00	3.00	0.00	320.00	0.00	(M)	4.00	189.88	(M)	(M)
Yogurt, Raspberry & Cherry Twin Pack, Dannon (Cloverland) - TR2633 (1 serving) Contains Milk.	59.47	0.00	0.00	0.00	4.25	50.98	11.89	0.00	8.50	(M)	3.40	0.00	127.44	0.00	0.00	(M)	(M)	(M)	(M)
Yogurt, Strawberry & Vanilla Twin Pack, Dannon (Cloverland) - TR2634 (1 serving) Contains Milk.	70.00	0.00	0.00	0.00	5.00	62.50	14.00	0.00	10.00	(M)	4.00	0.00	150.00	0.00	0.00	(M)	(M)	(M)	(M)
Yogurt, Strawberry Banana, Danimals - TR2629 (1 ea.) Contains Milk.	70.00	0.00	0.00	0.00	5.00	70.00	12.00	0.00	9.00	5.00	4.00	0.00	150.00	(M)	(M)	2.00	190.00	(M)	(M)
Yogurt, Strawberry Banana, Danimals (Cloverland) - TR2632 (1 ea.) Contains Milk.	70.00	0.00	0.00	0.00	5.00	70.00	12.00	0.00	9.00	(M)	4.00	0.00	150.00	(M)	(M)	2.00	190.00	(M)	(M)
Yogurt, Strawberry, Danimals - TR2630 (1 ea.) Contains Milk.	60.00	0.00	0.00	0.00	5.00	70.00	12.00	0.00	9.00	4.00	4.00	0.00	150.00	(M)	(M)	2.00	190.00	(M)	(M)
Yogurt, Strawberry/Banana, Upstate - TR2234 (1 ea.) Contains Corn/Corn Products, Milk.	80.00	0.00	0.00	0.00	0.00	75.00	15.00	0.00	12.00	7.00	3.00	0.00	320.00	0.00(M)	0.00(M)	4.00	200.00	(M)	0.00(M)
Yogurt, Vanilla, Danimals - TR2631 (1 ea.) Contains Citrus, Corn/Corn Products, Milk.	70.00	0.00	0.00	0.00	5.00	70.00	12.00	0.00	9.00	5.00	4.00	0.00	150.00	(M)	(M)	2.00	190.00	(M)	(M)

Legend

(M) Indicates missing nutrient values.

Allergen Disclaimer: HFCS

Menu Item Nutrient Report

Generated on: 8/11/2026 9:16:11 AM by Christina Choma

Report Selections

Meal Pattern: [USDA]Meal Pattern SY 2014+
Serving Group: 6-8
Data Source: Local