

Nutritional Information 2026-2027

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Breakfast Entrees & Grains	Reference #	Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Allergens
Bagel Cheese & Egg Breakfast Pizza	274458	2.8 oz	230	8	480	29	3	11	egg, milk,wheat
Bagel, Cinnamon Raisin	672141	1	170	1	160	34	5	7	wheat
Bagel, Whole Grain	217911	2oz	140	1	160	28	4	6	wheat
Bar, Cinnamon Toast Crunch with Cream Cheese	880415	2.36oz	260	8	290	41	3	6	milk,wheat
Biscuit, Whole Grain	631902	2oz	220	10	410	27	2	4	wheat, milk
Bites, Snack Blueberry Vanilla	161872	1z	130	5	70	20	2	2	milk, soy, wheat
Bread, Blueberry	523222	3.4oz	270	8	250	45	2	5	egg, soy, wheat
Bread, Mini Garlic	462346	1ea	70	2.5	95	12	1	2	wheat,milk,soy,egg
Breakfast Bar, Butterscotch Oatmeal	194041	1	150	5	105	25	2	2	milk, egg, soy, wheat
Breakfast Bar, Double Chocolate & Oatmeal	262103	1.24oz	150	5	110	24	3	2	milk, egg, soy, wheat
Breakfast Bar, Oatmeal Chocolate Chip	240721	2.5oz	280	8	230	47	3	5	egg, milk, soy, wheat
Breakfast Kit, Cinnamon Toast Crunch	150471	1	270	6	220	55	4	2	wheat, egg, soy, milk
Breakfast Kit, Cocoa Krispies	676242	1	330	8	230	62	6	4	soy, milk
Breakfast Kit, Cocoa Puffs	533130	1	100	3.5	150	14	1	2	wheat, milk, soy
Breakfast Kit, Multi Grain Cheerios	585321	1	280	6	180	58	5	4	none
Bun, Hamburger	266546	1	150	2	240	25	3	5	wheat, sesame
Bun, Hot Dog	270913	1	150	2	230	25	3	5	wheat
Bun, Sub 5 inch	276142	1	160	2.5	190	29	2	5	wheat
Cereal Bar, Golden Grahams	265921	1	150	3	110	30	3	2	wheat, soy
Cereal Bar, Nutri Grain	498170	1	150	3.5	135	30	3	2	wheat, milk, soy
Cereal Bowl, Cinnamon Toast Crunch	365790	1	110	3	160	22	3	1	soy, wheat
Cereal Bowl, Cocoa Puffs	270401	1.06oz	120	1.5	120	25	2	2	none
Cereal Bowl, Rice Chex	268711	1	110	0.5	230	24	1	2	none
Cereal Cup, Cinnamon Toast Crunch	105931	2oz	240	5	320	44	6	3	wheat, soy

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Cereal Cup, Lucky Charms	105840	2oz	210	2.5	360	46	4	5	none
Chili, Beef with Beans	344012	5.83z	150	5	230	15	4	13	soy
Churro, Mexican	575538	5	460	27	840	46	4	7	wheat,milk, soy
Cornbread Loaf	159791	1	180	6	90	28	1	3	wheat, egg, milk, soy
Corn Snack Mix Buffalo Ranch	437782	.74z	90	na	105	14	1	1	none
Crackers, Goldfish Cheddar	745481	1	90	3.5	200	14	1	2	milk, wheat
Crackers, Scooby Doo	859550	1	120	3.5	115	21	1	2	wheat, soy
Crescent, Grape Filled	321752	2.29oz	220	6	260	35	2	5	milk,wheat
Dinner Roll	233140	1	150	4	135	29	4	2	egg, wheat
French Toast Sticks	548732	2.65oz	170	4	290	25	2	8	see kitchen staff
Frudel, Apple	838340	2.29oz	210	6	250	36	2	4	wheat,milk
Granola Bar, Chocolate Chunk	147891	1	90	2	80	19	1	1	coconut, milk, soy, wheat, traces of peanuts & other tree nuts
Granola Bar, Cookies & Cream	393393	1	150	4	135	29	4	2	milk, soy, wheat, may contain traces of peanuts & other tree nuts
Muffin, Blueberry	262370	2oz	190	7	135	30	1	2	egg, wheat
Muffin, Chocolate & Chocolate Chip	557991	2oz	190	6	130	33	2	3	egg, soy, milk, wheat, tree nuts
Muffin, Double Chocolate	262343	2oz	180	6	105	27	2	3	egg, milk, soy, wheat
Muffin, Trix	516703	1	290	10	260	50	7	4	wheat,egg,milk,soy
Pancake Puffs	609849	2.59z	190	1	160	33	3	3	egg, milk, soy
Pizza Breakfast, Turkey Bacon	503660	1	210	9	340	22	2	10	milk, egg, wheat, soy
Pop Tarts (2 count)	123031	1	360	5	370	76	6	4	wheat, soy
Rice, Brown	516371	.25c	170	1.5	0	36	1	4	none
Rolls, Cinamon Caramel	471787	2.33z	200	6	280	36	2	5	milk
Scrambler, Egg/Turkey Sausge/Cheese	550645	3.28z	230	9	390	31	3	10	egg, milk wheat
Waffles, Mini Blueberry	269240	2.47z	210	6	170	37	3	3	milk,eggs,wheat,soy
Waffles, Stuffed	493447	202z	190	8	330	23	1	9	milk
Yogurt Parfait, Diced Strawberries	621420	.50c	25	0	0	6.5	3	1	none

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Fruit	GFS #	Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Allergens
Apple Slices, Fresh	473171	2oz	30	0	0	7	1	0	
Apple, Fresh	540005	1	70	0	0	18	3	0	
Banana, Fresh	197769	1	110	0	0	27	3	1	
Craisins, Strawberry	531681	1.16oz	110	0	0	28	3	0	
Cup, Frozen Lemon Mixed Berry	532420	4.4oz	70	0	5	19	3	0	
Cup, Gelatin - Strawberry	323285	4.3oz	80	0	10	19	0	0	
Cup, Mandarin Oranges	560912	4.5oz	50	0	10	13	0	1	
Cup, Papaya & Mango	128110	4oz	60	0	5	15	1	1	
Cup, Peaches	136741	4.5oz	70	0	10	18	1	1	
Cup, Pineapple	216300	4.0oz	60	0	0	15	1	1	
Cup, Strawberry	655010	4.5oz	90	0	0	22	2	1	
Cup, Tropical Fruit	132000	4oz	60	0	5	15	1	1	
Grapes, Fresh	158901	2.25oz	35	0	5	10	0	0	
Juice, Fruit Punch	698240	4.23oz	60	0	5	15	0	0	
Juice, Orange	171151	4.23oz	100	0	20	25	na	0	
Juice, Strawberry Kiwi	659731	4.23oz	60	0	5	15	na	0	
Kiwi, Fresh	287008	1	45	0	0	11	2	1	
Michigan, Fruit Blend	222300	3.5 oz	50	0	0	13	2	1	
Orange, Fresh	171871	1	90	0.5	0	21	5	2	
Pear, Fresh	198056	1	90	0	0	25	5	1	
Raisins	544426	1.5oz	130	0	10	33	2	1	
Raisins, Sour	997946	1.33oz	110	0	10	29	2	1	
Slushie Cup, Cherry Lemon	667911	4.4oz	90	0	30	22	0	0	
Sorbet Cup	602362	4.4 fl oz	70		5	19	3	0	

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Meat/ Meat Alternates	GFS #	Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Allergens
Beef, Sliced Philly Seasoned	516133	2.75z	180	12	220	4	0	13	
Bolognese Plant Based	546013	.5cup	110	4	210	13	2	7	
Breadsticks, Bosco	235411	2	300	10	440	34	4	20	milk, wheat
Breadsticsk, Mozzarella	560982	4.2z	400	22	380	32	3	19	milk, wheat
Calzone, Pepperoni - Beef	135191	5oz	280	11	590	32	3	19	milk, soy, wheat
Cheese Sauce, Queso	722110	2oz	120	10	440	1	0	7	milk
Chicken Breast Southern Style	747221	2.12z	140	n/a	250	9	1	12	wheat, soy
Chicken Drumstick	603391	1	220	13	530	6	1	19	wheat
Chicken Nuggets	558040	5	240	14	470	16	3	13	wheat, soy
Chicken Patty, Plain	281622	1	270	15	400	16	3	16	wheat, soy
Chicken Patty, Spicy	327080	1	270	15	400	17	3	15	wheat, soy
Chicken Tenders	157491	3	220	13	380	14	1	13	egg, wheat, soy
Chicken, Tangerine Stir Fry	791710	3.9oz	190	4	380	25	2	14	egg, soy, wheat
Deli Cheese, American	722360	2slices	70	4	420	2	0	7	not available, check with kitchen
Deli Meat , Turkey Ham	690041	2.93oz	130	7	360	3	0	13	not available, check with kitchen
Deli Meat, Bread	204822	2slices	180	2	210	32	2	6	wheat, soy
Deli Meat, Roast Beef	461152	6 slices	70	3	620	0	0	13.5	none
Deli Meat, Turkey Bologna, Turkey Salami & Turkey Ham	236012	2.79oz	160	13	950	1	0	10	none
Deli Meat, Turkey Sliced	244190	6 slices	110	4.5	370	0	0	17	none
Eggs, Hard Cooked	316574	2 ct	120	8	125	1	0	11	egg
Franks, Turkey	681894	2z	150	9	660	3	0	7	
Hamburger Patty	100650	2.5oz	170	13	220	2	1	12	soy
Macaroni & Cheese	527582	.72c	230	13	650	14	3	14	egg, milk, wheat, sesame
Meatballs, Chicken	190302	3 ea	190	3.5	260	7	1	15	milk,eggs, soy

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Vegetables	GFS #	Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Allergens
Beans, Fiesta Taco Black Beans	581180	.5c	120	0.05	460	22	5	7	
Beans, Green	156337	.5c	15	0	140	3	1	1	
Beans, Ranchero Pinto Beans	460852	.5 c	110	0.05	490	20	5	6	
Broccoli, Fresh	997878	.5c	15	0	15	3	0.5	1	
Broccoli, Hot	610902	.75c	25	0	15	5	3	3	
Cauliflower, Fresh	797650	4pieces	20	0	25	3	2	2	
Celery, Fresh	754341	3.5oz	15	0	80	3	2	1	
Corn Rosted Super Sweet	319202	.67c	100	2.5	0	17	2	3	
Corn, Hot	244805	.5c	80	1	130	14	1	2	
Cowboy Caviar	NA	0.5	80	1.5	260	14	4	4	
Cucumbers, Fresh	418439	.50c	5	0	0	1	0	0	
Cucumbers, Marinade Salad	738697	1c	160	3	460	32	2	2	
Hummus, Cup - Roasted Red Pepper	601133	3oz	110	2	100	18	5	6	
Juice, Dragon Punch	510571	4oz	50	0	35	13	0	0	
Lettuce, Romaine Ribbons	451730	.5c	5	0	0	0.5	0.5	0.5	
Oven Fries, 1/2 " Seasoned, Long Straight	230962	3oz	150	5	170	25	2	2	
Oven Fries, 3/8" Seasoned & Skin On	516112	3oz	140	6	330	19	2	2	
Oven Fries, Seasoned Spiral Cut	182600	.75c	160	8	420	20	2	2	
Oven Fries, Seasoned, Waffle Cut	301103	3oz	160	8	470	21	2	2	
Oven Fries, Seasoned, Wedge Cut	457558	3oz	130	6	270	18	2	2	
Pepper, Mini Red, Yellow, Orange	667582	5.25oz	30	0	0	7	3	1	
Potatoes, Emoticons Shaped	538872	5	140	5	95	23	2	2	
Potatoes, Hash Brown Rounds	389003	2	90	2.5	190	15	2	1	
Potato, Shells	649790	2.7z	80	0	0	17	2	2	
Potatoes, Smiley Shaped	228818	3oz	160	6	230	25	2	2	

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Potatoes, Triangle	265659	1	100	5	230	12	1	1	
Salsa, Cup	677802	3oz	30	0	190	6	0	0	
Tomatoes, Diced Fresh	786543	.5c	15	0	5	3.5	1	1	

