

Item Name (Serving Size) - Lunch Entrees	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
Boneless Buffalo Wings - LE211 (4 3/4 oz.) Contains Chicken, Corn/Corn Products, Gluten, Milk, Soy, Wheat.	273	10	2	2340	23	3	1	22
Bosco Stick (1 EACH) Contains: Milk, Wheat, Gluten, Corn (Pizza Line in HS)	154	5	3	233	17	2	1	10
Bosco Stick (2 EACH) Contains: Milk, Wheat, Gluten, Corn	308	10	6	466	34	4	2	20
Breaded bone-in Chicken Legs - LE155 (2 ea.) Contains Chicken, Gluten, Soy, Wheat.	468	29	7	998	22	2	0	33
Breaded Chicken Sandwich - LE54 (1 ea.) Contains Chicken, Corn/Corn Products, Gluten, Milk, Onion, Sesame, Soy, Wheat.	330	9	1	710	40	5	3	25
BRISKET BBQ SANDWICH - LE167 (1 ea.) Contains Beef, Cayenne Pepper, Corn/Corn Products, Gluten, Milk, Onion, Sesame, Soy, Sulfites, Tomatoes, Wheat.	693	46	16	1601	40	4	10	32
BUFFALO WINGS - LE128 (4 ea.)	324	22	3	2018	0	0	0	32
Cajun Chicken - for Loaded Fries - LE151 (1 #8 scoop) Contains Chicken, Citrus, Corn/Corn Products, Onion.	110	2	1	600	5	0	1	18
Cheese Enchiladas - LE6 (2 ea.) Contains Chicken, Corn/Corn Products, Gluten, Milk, Onion, Soy, Tomatoes, Wheat. May contain Cayenne Pepper.	358	20	11	673	26	4	2	17
CHEESE PIZZA - 6 cut - LE35-6 (1 slice) Contains Gluten, Milk, Soy, Wheat. (HS & MS)	453	20	8	853	41	4	4	27
Cheese Pizza - LE35 (1 slice) Contains Gluten, Milk, Soy, Wheat. (Elementary)	340	15	6	640	31	3	3	20
Cheese Stuffed Breadsticks - LE7 (2 ea.) Contains Gluten, Milk, Wheat.	288	11	6	489	28	0	2	19
Cheeseburger - LE8 (1 ea.) Contains Beef, Gluten, Milk, Onion, Sesame, Soy, Wheat.	301	12	4	463	28	4	4	21
CHICKEN & VEGETABLE POT STICKER/DUMPLING - LE136 (6 ea.) Contains Carrot, Chicken, Corn/Corn Products, Gluten, Onion, Soy, Wheat.	299	14	1	550	32	2	3	17
Chicken Caesar Salad - FPC-SA290 BKHN (1 ea.) Contains Cayenne Pepper, Chicken, Citrus, Corn/Corn Products, Egg, Gluten, Milk, Mustard, Onion, Soy, Wheat.	407	19	4	1350	31	3	5	31
Chicken Chunks - (4 oz) Contains: Milk, Wheat, Gluten, Chicken, Corn, Garlic, Onion	190	7	1	470	13	1	0	20
Chicken Chunks - LE9 (4 3/4 oz.) Contains Chicken, Corn/Corn Products, Gluten, Milk, Soy, Wheat.	273	10	2	516	23	3	1	22
Chicken Tenders - LE14 WM (4.65 oz.) Contains Gluten, Milk, Soy, Wheat. (Elementary & MS)	250	12	2	433	20	4	0	19
Chicken Tenders (HS Portion)- LE14 HS (4 ea.) Contains Gluten, Milk, Soy, Wheat. (HS)	300	15	3	520	24	5	0	23
Chili Cheese Dog - LE16 (1 hot dog + 1 fl oz chili + 1 fl oz cheese) Contains Beef, Cayenne Pepper, Corn/Corn Products, Gluten, Milk, Onion, Potatoes, Wheat.	390	25	10	849	24	3	4	18
Chili for Baked Potato - LE256 (1 6 oz spoodle) Contains Beef, Cayenne Pepper, Chicken, Onion, Tomatoes.	334	22	7	590	11	3	4	26
Chili for Frito Pie	354	22	7	92	14	4	7	28
CHIPS ROUND TORTILLA, BULK - TOSTITOS - TR1119 (2 oz.) Contains Corn/Corn Products, Rice, Sunflower Seeds.	284	10	1	233	41	4	0	4
CHIPS, TOSTITOS, ROUNDS, 0.875 OZ - TR1094 (1 Bag) Contains Corn/Corn Products.	120	5	1	100	18	2	0	2
CRISPY CHICKEN TENDER TACOS - LE144 (1 tacos) Contains Citrus, Corn/Corn Products, Eqq, Gluten, Milk, Onion, Potatoes, Soy, Wheat.	408	22	7	907	33	3	4	20
Frito Pie - LE118 (6 fl oz chili + 2 oz chips) Contains Beef, Cayenne Pepper, Chicken, Corn/Corn Products, Onion, Tomatoes.	614	34	9	930	49	7	4	30
FRITOS, IND, 1 OZ - TR1126 (1 Bag) Contains Corn/Corn Products.	138	6	1	168	19	2	0	2

Item Name (Serving Size) - Lunch Entrees	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
General Tso's Chicken - LE235 (1 #6 scoop) Contains Egg, Gluten, Soy, Wheat, Citrus, Corn, Garlic, Onion	177	3	0	377	24	0	13	12
GRANOLA, 2 OZ - TR1082 (1 ea.) Contains Corn/Corn Products, Sunflower Seeds.	260	9	1	60	40	4	11	5
Hamburger - LE22 (1 ea.) Contains Beef, Gluten, Onion, Sesame, Soy, Wheat.	260	9	3	321	27	4	3	18
Turkey, Roasted- Thanksgiving - LE49 (2.99 oz.) Contains Chicken.	108	3	1	460	1	0	0	20
Hot Dog - LE50 (1 ea.) Contains Beef, Gluten, Milk, Wheat.	290	18	6	670	22	2	3	11
Mini Corn Dogs - LE28 (6 ea.) Contains Chicken, Corn/Corn Products, Egg, Gluten, Soy, Wheat.	271	12	4	412	30	5	5	10
Mini Corn Dogs - MS/HS - LE28 - 8 (8 ea.) Contains Chicken, Corn/Corn Products, Egg, Gluten, Soy, Wheat.	362	16	5	549	40	7	7	13
Nacho Cheese Sauce - LE134 (1 4 oz solid spoodle) Contains Cayenne Pepper, Gluten, Milk, Onion, Soy, Wheat. (Loaded Fries Cheese)	192	11	6	679	8	0	4	12
Nacho/Taco Meat - LE135 (1 #8 scoop) Contains Beef, Onion, Tomatoes. May contain Cayenne Pepper.	304	20	7	947	9	3	3	24
Orange Chicken - LE34 (1 #10 scoop) Contains Egg, Gluten, Oranges/Orange Juice, Soy, Wheat.	166	3	0	333	22	0	12	12
PEPPERONI PIZZA - 6 cut - LE37-6 (1 slice) Contains Beef, Gluten, Milk, Pork, Soy, Wheat. (HS & MS)	500	24	10	1042	42	4	4	28
Pepperoni Pizza - LE37 (1 slice) Contains Beef, Gluten, Milk, Pork, Soy, Wheat. (Elementary)	375	18	7	781	31	3	3	21
	351	9	3	640	47	7	9	20
Rotisserie Deli Chicken with Swiss on Brioche (1 ea) Contains: Milk, Soy, Gluten, Wheat, chicken, Corn, Peas, Potatoes, Sunflower Seeds.	280	10	4	52	31	2	5	21
Shredded Chicken Taco - LE162-1 (1 ea.) Contains Chicken, Milk, Soy.	130	6	2	262	12	2	2	7
Spicy Chicken Chunks - LE149 (4 ea.) Contains Corn/Corn Products, Gluten, Wheat.	210	7	1	380	18	2	1	19
Spicy Chicken Sandwich - LE43 (1 ea.) Contains Chicken, Corn/Corn Products, Gluten, Onion, Sesame, Soy, Wheat.	370	14	3	620	42	4	4	20
STEAK FINGERS - 5 ea - LE45 HS & MS (5 ea.) Contains Beef, Gluten, Milk, Soy, Wheat.	300	16	6	288	20	4	1	19
Steak Fingers - LE45 (4 ea.) Contains Beef, Gluten, Milk, Soy, Wheat. (Elementary)	240	13	5	230	16	3	1	15
STRING CHEESE, MOZZARELLA - TR1088 (1 ea.) Contains Milk.	80	5	3	200	1	0	0	8
Sunbutter & Jelly Crustless Sandwich, Crackers, & String Cheese - LE116 (1 ea.) Contains Citrus, Corn/Corn Products, Gluten, Milk, Soy, Sunflower Seeds, Wheat.	490	24	6	670	48	5	11	20
Sweet n Sour Chicken - LE34 SNS (1 #6 scoop) Contains Egg, Gluten, Soy, Wheat.	141	3	1	202	18	0	9	11
Sweet N Sour Chicken with Noodles - LE224 (1 ea.) Contains Carrot, Chicken, Citrus, Corn/Corn Products, Gluten, Onion, Peas, Sesame, Soy, Wheat. (Pre-Dish Schools)	259	4	1	449	41	2	11	15
THAI CHICKEN - LE234 (1 #10 scoop) Contains Egg, Gluten, Soy, Wheat.	344	7	1	492	44	0	22	27
Thanksgiving Turkey & Dressing, IND (16/BASKET) - LE49 PD (1 ea.) Contains Chicken, Corn/Corn Products, Egg, Gluten, Milk, Onion, Soy, Wheat. May contain Oats/Oat Products. (Pre-Dish Schools)	406	15	5	1054	41	2	8	27
WowButter Sandwich - Emergency Meal - LE217 (1 ea.) Contains Gluten, Milk, Sesame, Soy, Wheat.	540	29	6	390	53	8	19	18
Yogurt Box Entree - LE51 (1 ea.) Contains Carrot, Corn/Corn Products, Milk, Strawberries, Sunflower Seeds.	420	14	4	325	56	4	23	17

Updated: 8/11/26

Item Name (Serving Size) - Breakfast Entrees	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
Breakfast Bar - TR1107 (1 ea.) Contains Cinnamon, Gluten, Soy, Wheat.	250	9	3	80	39	3	13	4
Cereal - CINNAMON CHEX, 2 G, - BE7-10 (1 ea.) Contains Cinnamon, Rice.	198	1	0	494	47	2	4	4
Cereal - Cinnamon Toast Crunch Bowl - BE7-9 (1 ea.) Contains Cinnamon, Gluten, Soy, Wheat.	230	5	1	320	44	6	11	3
Cereal - Cocoa Puffs, 2 oz cup - BE67 (1 ea.) Contains Chocolate/Cocoa, Corn/Corn Products.	220	3	0	230	47	3	12	3
Cereal - Honey Cheerios - BE7-8 (1 ea.) Contains Corn/Corn Products, Oats/Oat Products.	210	3	1	340	44	5	12	6
Cereal - TRIIX, Reduced Sugar, 2 oz cup - BE57 (1 ea.) Contains Corn/Corn Products.	220	3	1	320	47	3	12	3
Chocolate Chip Banana Muffin - BE42 (1 ea.) Contains Banana, Chocolate/Cocoa, Citrus, Egg, Gluten, Milk, Soy, Wheat.	404	18	3	269	59	4	23	6
Chocolate Chip Waffle - BE41 (1 ea.) Contains Chocolate/Cocoa, Egg, Gluten, Milk, Soy, Wheat.	280	14	6	320	35	2	13	5
CHOCOLATE COVERED STRAWBERRY MUFFIN - BE59 (1 ea.) Contains Berries (all kinds), Chocolate/Cocoa, Citrus, Corn/Corn Products, Egg, Gluten, Milk, Red Dye, Soy, Strawberries, Wheat.	380	17	3	252	55	3	24	6
Churro Muffin - BE76 (1 ea.) Contains Cinnamon, Citrus, Egg, Gluten, Milk, Soy, Wheat.	386	18	3	263	54	3	23	6
Confetti Muffin - BE54 (1 ea.) Contains Citrus, Corn/Corn Products, Egg, Gluten, Lemon, Milk, Oranges/Orange Juice, Red Dye, Soy, Wheat.	361	16	2	261	52	2	21	5
Confetti Waffle - BE144 (1 ea.) Contains Egg, Gluten, Milk, Wheat.	200	8	3	230	30	2	12	5
French Toast Sticks - BE18 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	240	7	1	260	38	2	12	6
GRANOLA, 2 OZ - TR1082 (1 ea.) Contains Corn/Corn Products, Sunflower Seeds.	260	9	1	60	40	4	11	5
Mini Pancakes - BE15 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	200	4	1	280	36	4	13	5
Pancake Chicken Sausage Sandwich (1 ea) Contains Milk, Egg, Wheat, Sy, Gluten, Chicken, Corn, Dairy, May contain Sunflower	140	5	1	240	16	1	6	8
Sausage & Cheese Biscuit - BE5-TOTE (1 ea.) Contains Gluten, Milk, Pork, Wheat.	421	27	12	832	31	1	4	14
Sausage & Cheese Croissant - BE21 PAN (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Pork, Soy, Wheat.	401	25	10	642	29	3	4	14
Soft-filled Cinnamon Toast Bar - BE66 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	260	8	3	290	41	3	15	6
Strawberry Mini Bagel - BE78 (1 ea.) Contains Berries (all kinds), Milk, Strawberries, Wheat.	198	5	1	156	36	2	10	5
Turkey Ham & Cheese Croissant - BE11 (1 ea.) Contains Corn/Corn Products, Egg, Gluten, Milk, Soy, Turkey, Wheat.	271	11	5	602	28	3	4	15
Whole Wheat Cinnamon Roll - BE9 (1 ea.) Contains Cinnamon, Citrus, Egg, Gluten, Milk, Soy, Wheat. May contain Oats/Oat Products.	495	14	6	360	81	7	27	11
Yogurt & Granola - BE17 (1 Yogurt + Granola) Contains Carrot, Corn/Corn Products, Milk, Strawberries, Sunflower Seeds.	340	9	1	125	55	4	23	9
Breakfast Taco - BE-63 1 ea Contains: Milk, Wheat, Soy, Gluten, Chicken, Potatoes, Rice	200	10	2.5	380	18	2	1	10
Egg Bites (3 Cheese) (2 Ea) Contains: Milk, Egg	180	12	6	520	4	0	2	14
Pancake Stack (1 ea) Contains: Milk, Egg, Wheat/Gluten, Soy, Corn, Pork	390	26	8	680	31	2	10	10

Updated: 10/7/26

Item Name (Serving Size) Vegetables	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
Baby Carrots - TR1047 (1 Bag)	30	0	0	66	7	2	4	1
Baked Beans - V60 (4 fl oz slotted spoodle) Contains Beans (all kinds), Onion, Tomatoes.	163	1	0	152	31	7	9	9
BAKED POTATO (Plain) - V41 (1 ea.) Contains Potatoes.	286	0	0	18	66	5	7	8
Buffalo Ranch Fava Beans - (1 ea.)Contains: Milk, Beans	190	7	1	380	22	9	1	10
Carrots - Shredded - Salad Bar - SB-2 (2 OZ SPOODLE) Contains Carrot.	12	0	0	20	3	1	1	0
Cole Slaw - V7 (4 fl oz solid spoodle) Contains Mustard.	53	3	0	0	7	1	5	1
Cucumbers - V30-PD BASKET (1 ea.) Contains Cucumber/Pickles.	10	0	0	1	2	0	1	0
Curly Fries - V73 (3 oz.) Contains Corn/Corn Products, Onion, Potatoes, Soy, Sunflower Seeds.	164	7	1	0	25	2	0	2
EXPRESS SIDE SALAD, IND - FPC-SA202 (1 ea.) Contains Carrot, Cucumber/Pickles, Tomatoes.	40	1	0	38	8	4	4	2
Fresh Broccoli - V31 (1 #8 scoop) Contains Broccoli.	12	0	0	14	2	103	0	1
Fresh Celery Sticks - V32 (1 #8 scoop)	14	0	0	68	3	1	1	1
Fresh Cucumber Slices - V30 (7 slice) Contains Cucumber/Pickles.	8	0	0	1	2	0	1	0
FRESH CUCUMBERS w/ GRAPE TOMATOES - V49 (4 SLICES + NO. 16 SCOOP TOMATOES) Contains Cucumber/Pickles, Tomatoes.	14	0	0	3	3	1	2	1
Fresh Grape Escapes, 2 oz pkg - TR1127 (1 pkg.)	38	0	0	1	10	1	9	0
Garden Fresh Carrot Coin Dippers - V77 (1/2 c.) Contains Carrot.	26	0	0	44	6	2	3	1
Garden Fresh Grape Tomato Medley - V54 (1/2 c.) Contains Tomatoes.	15	0	0	4	3	1	2	1
Garden Fresh Salad - V21 - (1 no. 8 scoop lettuce + no. 16 scoop tomatoes + 1 slice cucumber) Contains Cucumber/Pickles, Tomatoes.	17	0	0	5	4	1	2	1
Garden Salad - V22 (1 c.) Contains Carrot, Tomatoes.	19	0	0	19	4	2	2	1
Mashed Potatoes - V9 (1 #8 scoop) Contains Citrus, Milk, Potatoes, Soy, Sulfites, Sunflower Seeds.	79	1	0	142	17	1	0	2
Mashed Potatoes w/ Gravy - V9-PD BASKET (1 ea.) Contains Citrus, Egg, Gluten, Milk, Potatoes, Soy, Sulfites, Sunflower Seeds, Wheat.	107	2	1	229	21	1	1	2
MASHED POTATOES w/ poultry gravy, IND (thanksgiving) - V9-PD Thanks BASKET (1 ea.) Contains Chicken, Citrus, Gluten, Milk, Onion, Potatoes, Soy, Sulfites, Sunflower Seeds, Wheat.	221	4	1	439	42	2	0	5
Mixed Vegetables - V10 (4 fl oz slotted spoodle) Contains Milk, Onion.	81	0	0	171	16	4	4	3
Refried Beans - V82 (1 #6 scoop) Contains Beans (all kinds), Citrus, Corn/Corn Products, Garlic, Milk, Onion, Potatoes, Tomatoes.	192	6	3	327	25	6	1	10
Roasted Broccoli - V75 (4 fl oz solid spoodle) Contains Broccoli.	19	1	0	91	3	129	1	1
Roasted Cauliflower - V55 (1/2 c.)	37	1	1	30	5	2	2	3
Roasted Corn - V62 - PD (1 ea.) Contains Corn/Corn Products, Milk.	96	1	0	35	20	1	5	3
ROASTED RED POTATOES, LOCAL MAY PD - V84 PD (1 ea.) Contains Milk, Soy.	6	0	0	73	0	0	0	0
ROASTED ROOT VEGGIES - V66 (1 #8 scoop) Contains Carrot.	50	2	0	102	9	2	3	1
ROASTED SWEET POTATOES - V64 (1 #8 scoop) Contains Cinnamon, Milk, Potatoes.	91	0	0	81	21	3	7	1
Seasoned Black Beans - V11 (4 fl oz slotted spoodle) Contains Beans (all kinds), Citrus, Onion, Soy, Tomatoes.	101	0	0	214	18	6	2	6
Seasoned Green Beans - V14 (4 fl oz slotted spoodle) Contains Beans (all kinds), Milk, Onion.	29	0	0	155	7	2	1	1
Seasoned Pinto Beans - V17 (4 fl oz slotted spoodle) Contains Beans (all kinds), Citrus, Onion, Soy, Tomatoes.	108	0	0	253	25	9	4	10
SIDEWINDER FRIES (for Loaded Fries)- V83 (3 oz.) Contains Corn/Corn Products, Rice. May contain Soy.	143	6	1	358	20	1	0	2
Stir Fry Vegetables - V67 (4 fl oz slotted spoodle) Contains Milk, Onion.	32	0	0	44	7	3	3	2
Sweet Potato Fries - V20 (3 oz.)	181	7	1	174	26	4	11	1
Tater Tots - V74 (3 oz.) May contain Soy.	167	8	1	227	19	1	0	1
Vegetable Egg Roll - G23 (1 ea.) Contains Gluten, Sesame, Soy, Wheat.	140	4	0	200	24	3	2	4
Whole Kernel Corn - V13 (4 fl oz slotted spoodle) Contains Corn/Corn Products, Milk.	119	1	0	97	25	1	6	3
Garden Fresh Green Beans - V102 Contains: beans, garlic, onion	46	1	0	190	8	3	3	2
Mixed Vegetables - V110 (4 fl oz slotted spoodle) Contains Soybeans, Corn, Milk, Onion.	116	4	0	119	0	4	6	7
Updated: 10/7/26								

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APPLE COBBLER - F55 (1 #6 scoop) Contains Apples, Cinnamon, Corn/Corn Products, Gluten, Milk, Soy, Wheat.	273	6	3	68	52	1	34	2
Apple Juice - TR1055 (1 ea.) Contains Apples.	60	0	0	15	14	0	13	0
Applesauce - F3-PD (1/2 c.)	79	0	0	0	20	2	17	0
Applesauce, Strawberry Cup - TR1051 (1 ea.) Contains: Apples, Strawberries.	60	0	0	5	14	1	11	0
Banana - TR1008 (1 ea.) Contains Banana.	121	0	0	1	31	4	17	1
CINNAMON APPLES - F55 PD (1 ea.) Contains Apples, Cinnamon, Corn/Corn Products.	128	0	0	7	32	1	25	0
Clementines - F25 (2 ea.) Contains Citrus, Oranges/Orange Juice.	37	0	0	1	9	1	7	1
Fresh Apple Slices - TR1003 (1 ea.) Contains Apples.	29	0	0	1	8	1	6	0
Fresh Berries - F4 (1 no.16 scoop blueberries + 1 no. 16 scoop strawberries) Contains Berries (all kinds).	40	0	0	1	10	2	7	1
Fresh Cantaloupe - F7-PD BASKET (1 ea.) Contains Melon.	31	0	0	15	7	1	7	1
Fresh Grape Escapes, 2 oz pkg - TR1127 (1 pkg.)	38	0	0	1	10	1	9	0
Fresh Orange - TR1020 (1 ORANGE, 138 CT) Contains Citrus, Oranges/Orange Juice.	63	0	0	0	16	3	12	1
Fresh Pineapple - F10 (4 fl oz solid spoodle) Contains Pineapple.	45	0	0	1	12	1	9	0
Fresh Strawberries (LOCAL) - F6 (4 fl oz solid spoodle) Contains Berries (all kinds).	29	0	0	1	7	2	4	1
Frozen Peach Cup - TR1023 (1 ea.)	53	0	0	11	14	1	12	1
Gala Apple - (1 large (3-1/4" dia)) Contains Apples.	116	0	0	2	31	5	(M)	1
Granny Smith Apple - (1 large (3-1/4" dia)) Contains Apples.	116	0	0	2	31	5	31	1
Local Berries - F4-PD BASKET (1 ea.) Contains Berries (all kinds).	29	0	0	1	7	2	4	1
LOCAL CITRUS WEDGES, 16/BASKET - F36 PD (1 ea.) Contains Citrus, Oranges/Orange Juice.	62	0	0	0	15	3	12	1
Mandarin Oranges - F12 (4 fl oz solid spoodle) Contains Citrus, Oranges/Orange Juice.	70	0	0	10	17	1	17	1
Orange Juice - TR1043 (1 ea.) Contains Oranges/Orange Juice.	60	0	0	1	13	0	12	0
Orange Smiles - F17 (1 ea.) Contains Citrus, Oranges/Orange Juice.	63	0	0	0	16	3	12	1
Peach Cobbler - F13 (1 #6 scoop) Contains Cinnamon, Corn/Corn Products, Gluten, Milk, Peaches, Soy, Wheat.	271	6	3	69	53	2	36	2
PEACHES, FRESH, FARM TO SCHOOL - TR1071 (1 ea.) Contains Peaches.	59	0	0	0	14	2	13	1
RAISINS, UNFLAVORED, 1.33 oz - TR1130 (1 pkg.)	120	0	0	10	31	2	29	1
Sliced Peaches - F16 (4 fl oz solid spoodle) Contains Peaches.	85	0	0	8	22	2	20	1
SLICED PEARS - F32 (4 fl oz solid spoodle)	39	0	0	6	10	1	8	0
Sour Watermelon Raisins - TR1125 (1 ea.) Contains Sulfites.	112	2	0	10	29	2	24	1
USDA, APPLE JUICE, 4 OZ CARTON - TR1131 (1 ea.) Contains Apples.	60	0	0	5	14	0	12	0
Watermelon Cubes - F18 CUBES (1 4 oz solid spoodle) Contains Melon, Watermelon.	27	0	0	1	7	0	6	1
Mango & Papaya Fruit Cup Dole (1 ea) Contains Lemon & Mango.	60	0	0	5	15	1	13	1
Mango Fruit Cup Dole (1 ea)Contains Lemon & Mango	70	0	0	0	17	1	16	1
Blue Raspberry Frost Slush (1 ea) Contains Pears	130	0	0	20	32	1	12	0

Item Name (Serving Size) Grains	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
2 G WHITE DINNER ROLL, IND - G32 - PD (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. May contain Oats/Oat Products.	217	6	3	237	34	1	6	5
2G WHITE DINNER ROLL - G32 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. May contain Oats/Oat Products.	194	6	2	212	30	1	6	5
BISCUIT FOR LUNCH - G55 (1 ea.) Contains Gluten, Milk, Wheat.	200	8	5	410	29	1	3	5
BREAD DRESSING (THANKSGIVING) - G22 (1 #8 scoop) Contains Chicken, Corn/Corn Products, Egg, Gluten, Milk, Onion, Soy, Wheat. May contain Oats/Oat Products.	235	8	2	492	36	2	7	5
Breadsticks for Entree Salad - G3 LUG (1 ea.) Contains Gluten, Milk, Onion, Soy, Wheat. May contain Oats/Oat Products.	177	5	1	409	29	3	3	5
Brown Rice Pilaf - G4 (1 #8 scoop) Contains Chicken, Onion, Rice.	113	1	0	110	23	1	1	3
Cheeze-its - TR1112 (1 Package/Box/Case/Bag) Contains Gluten, Milk, Wheat.	98	4	1	129	14	1	0	2
CHIPS ROUND TORTILLA, BULK - TOSTITOS - TR1119 (2 oz.) Contains Corn/Corn Products, Rice, Sunflower Seeds.	284	10	1	233	41	4	0	4
CHIPS, TOSTITOS, ROUNDS, 0.875 OZ - TR1094 (1 Bag) Contains Corn/Corn Products.	120	5	1	100	18	2	0	2
Cilantro Brown Rice - G11 (1 #8 scoop) Contains Chicken, Onion, Rice.	112	1	0	36	23	1	1	3
Cornbread - G5 MILK (1 slice) Contains Gluten, Milk, Wheat. May contain Egg, Soy.	184	7	2	441	28	2	8	3
Express Garlic Roll - G35 (1 ea.) Contains Egg, Gluten, Milk, Wheat.	128	3	1	200	22	2	3.90(M)	5
FRITOS, IND, 1 OZ - TR1126 (1 Bag) Contains Corn/Corn Products.	138	6	1	168	19	2	0	2
Garlic Breadsticks - G3 - BULK (1 ea.) Contains Gluten, Milk, Onion, Soy, Wheat. May contain Oats/Oat Products.	174	5	1	403	29	3	3	5
Garlic Roll, ind - G35-PD TOTE (1 ea.) Contains Egg, Gluten, Milk, Wheat.	161	3	2	252	27	3	4.92(M)	6
Goldfish - TR1068 (1 ea.) Contains Gluten, Milk, Wheat.	100	4	1	170	14	1	0	3
GRANOLA, 2 OZ - TR1082 (1 ea.) Contains Corn/Corn Products, Sunflower Seeds.	260	9	1	60	40	4	11	5
Lo Mein - G6 (1 #8 scoop) Contains Carrot, Chicken, Citrus, Corn/Corn Products, Gluten, Onion, Peas, Sesame, Soy, Wheat.	125	1	0	258	24	2	3	5
PUMPKIN MUFFIN, 35/PAN - G12 PAN (1 ea.) Contains Citrus, Egg, Gluten, Milk, Potatoes, Wheat. Processed in a facility that also processes Soy.	450	18	2	306	68	4	29	7
SPANISH RICE - G26 (1 #8 scoop) Contains Chicken, Citrus, Onion, Rice, Soy, Tomatoes.	110	1	0	188	22	1	1	3
Steamed Rice - G25 (1 #8 scoop) Contains Rice.	118	1	0	192	24	1	0	3
STEAMED RICE - HS BURRITO BOWL - G25 HS (2 #8 scoop) Contains Rice.	241	2	0	393	50	3	0	6
Stir Fried Rice - G9 (1 #6 scoop) Contains Chicken, Gluten, Rice, Sesame, Soy, Wheat.	146	2	0	71	28	2	1	4
Vegetable Egg Roll - G23 (1 ea.) Contains Gluten, Sesame, Soy, Wheat.	140	4	0	200	24	3	2	4
Vegetable LoMein Noodles - G108 (1 ea.) Contains Carrot, Chicken, Citrus, Corn/Corn Products, Gluten, Onion, Peas, Sesame, Soy, Wheat.	125	1	0	258	24	2	3	5
Wheat Roll - G10 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat. May contain Oats/Oat Products.	181	5	2	263	30	2	6	5
Whole Grain Rotini Pasta - G56 (2 #8 scoop) Contains Gluten, Wheat.	224	7	1	4	35	3	2	7
Popcorn - Boomchickapop (0.6 oz bag) Contains Corn	70	3	0	70	13	2	3	1
Popcorn - Smart Food White Cheddar (1 bag) Contains; Milk, Corn	70	3	0	100	9	2	1	2
Holiday Spice Muffin - Thanksgiving 2026 (1 ea) Contains: Milk, Egg, Wheat/Gluten, Cinnamon, Citrus, Sweet Potatoes.	344	13	1	335	53	3	21	6

Updated: 10/7/26

Item Name (Serving Size) Milk	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
1% Milk - 8 oz - TR1004 (1 ea.) Contains Milk.	100	2.5	1.5	120	12	0	12	0	8
Soy Milk - TR1029 (1 ea.) Contains Soy.	120	3	0	170	15	1	11	10	8
Fat-Free Chocolate Milk - 8 oz - TR1006 (1 ea.) Contains Milk.	110	0	0	170	18	0	18	6	8
Fat-Free Strawberry Milk - 8 oz - TR1040 (1 ea.) Contains Milk.	110	0	0	100	19	0	18	9	8
2% Pumpkin Spice Milk - 8 oz - TR1144 (1 ea.) Contains Milk, Cinnamon.	160	4.5	3	160	23	0	21	10	8
ABBOTT NUTRITION, PEDIASURE, CHOCOLATE - TR1121 (1 ea.)	225	11	3	82	25	0	24		6.5
ABBOTT NUTRITION, PEDIASURE, VANILLA - TR1122 (1 ea.)	225	11	3	82	25	0	24		6.5
Cold Brew Coffee - Sweetened - BV2 (1 ea.)	37	0	0	0	10	0	10	10	0

Updated 10/6/26

Item Name (Serving Size) Condiments	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
Bacon Bits - CON-28 (1 Tbsp.) Contains Turkey.	22	2	0	120	0	0	0	2
BBQ SAUCE - CON-32 (2 fl. oz.) Contains Cayenne Pepper, Corn/Corn Products, Gluten, Milk, Onion, Soy, Sulfites, Tomatoes.	116	2	1	467	25	0.5	16	0
BUFFALO RANCH DRESSING - CON-42 (2 fl. oz.) Contains Citrus, Egg, Gluten, Milk, Onion, Soy.	94	8	1	469	6	0	4	0
Burger Sauce - CON-51 (2 fl. oz.) Contains Corn/Corn Products, Cucumber/Pickles, Egg, Onion, Soy, Tomatoes.	261	23	3	687	12	0	10	0
CHILI SAUCE - CONDIMENT - CON42 (2 fl. oz.) Contains Beef, Cayenne Pepper, Onion.	89	6	2	175	3	1	2	7
Cilantro Chutney CON-62, 2 oz Contains: Milk, Egg, Soy, Citrus, Garlic, Lemon, Onion.	83	7	1	188	2	0	0	4
CROUTONS - CON-26 (2 Tbsp.) Contains Gluten, Milk, Soy, Wheat.	35	2	0	55	4	0	0	1
Cy-Fair Sauce - CON-12 (2 fl. oz.) Contains Cayenne Pepper, Citrus, Corn/Corn Products, Egg, Gluten, Milk, Onion, Soy, Sulfites, Tomatoes.	249	22	3	348	12	0	8	0
Diced Red Onions - CON-27 (2 Tbsp.) Contains Onion.	7	0	0	1	2	0	1	0
Diced Tomatoes - CON-3 (1 Tbsp.) Contains Tomatoes.	2	0	0	1	0	0	0	0
DUMPLING SAUCE - CONDIMENT - CON 51 (2 fl. oz.) Contains Cayenne Pepper, Citrus, Corn/Corn Products, Gluten, Onion, Sesame, Soy, Wheat.	54	1	0	511	12	0	9	1
Fortune Cookie - Chinese New Year - TR1129 (1 ea.)	12	0	0	0	3	0	2	0
Fresh Cilantro - CON 37 (1 Tbsp.)	0	0	0	0	0	0	0	0
Grape Jelly - TR1030 (1 ea.)	35	0	0	0	9	0	8	0
Green Onions - CON-29 (1 #30 scoop) Contains Onion.	3	0	0	2	1	0	0	0
Hot Green "Finch Fire" Salsa - CON 45 (1 fl. oz.) Contains Citrus, Onion.	10	0	0	165	2	0	1	0
Jalapenos - CON-2 (1 #16 scoop)	11	0	0	320	1	0	1	0
Ketchup - TR1099 (2 pkg.)	20	0	0	50	6	0	4	0
Marinara Sauce - CON-7 (2 fl. oz.) Contains Cayenne Pepper, Corn/Corn Products, Onion, Tomatoes.	37	0	0	131	7	2	3	1
Mayonnaise - TR1100 (1 ea.) Contains Corn/Corn Products, Egg, Soy.	60	6	2	60	0	0	0	0
Mustard - TR1012 (1 ea.)	4	0	0	65	0	0	0	0
Parmesan - CON-36 (1 ea.) Contains Milk.	15	1	1	63	0	0	0	1
PEPPER FLAKES, RED - TR1060 (1 ea.) Contains Cayenne Pepper.	5	0	0	0	1	0	0	0
Peppered Gravy - CON- 1-1 (1 fl. oz.) Contains Egg, Gluten, Milk, Soy, Wheat.	23	1	1	93	3	0	1	0
Pickles - CON-1 (5 ea.)	0	0	0	150	0	0	0	0
Pico de Gallo - CON-30 (2 OZ SPOODLE) Contains Citrus, Onion, Tomatoes.	18	0	0	145	4	1	2	1
PIZZA RANCH DRESSING - CON-37 (1 fl. oz.) Contains Citrus, Egg, Gluten, Milk, Onion, Soy.	222	23	4	308	2	0	0	2
Poultry Gravy - CON-20 (2 fl. oz.) Contains Chicken, Gluten, Milk, Onion, Soy, Wheat.	63	5	2	137	4	0	0	1
Ranch Dressing - CON-55 (2 fl. oz.) Contains Citrus, Egg, Gluten, Milk, Onion, Soy.	126	11	1	471	9	0	5	0
Salsa - CON-8 (2 fl. oz.) Contains Citrus, Onion, Soy, Tomatoes.	36	0	0	239	7	2	3	1
Shredded Cheese - CON-25 (1/2 oz.) Contains Corn/Corn Products, Milk, Potatoes.	56	5	3	91	0	0	0	4
Sour Cream - TR1035 (1 ea.) Contains Milk.	55	6	3	13	1	0	1	1
Soy Sauce - TR1037 (1 packet) Contains Gluten, Soy, Wheat.	4	0	0	224	0	0	0	0
Syrup - TR1024 (1 ea.)	120	0	0	30	30	0	22	0
Tajin - TR1044 (1 ea.)	2	0	0	127	0	0	0	0
Thanksgiving Cranberry SAUCE, GAL - FPC-HF242 (1 Bag) Contains Cinnamon, Corn/Corn Products.	57	0	0	23	14	4	13	0

Updated 8/10/26

Item Name (Serving Size) A la Carte	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
Cookies								
Chocolate Chip Cookie	177	6	1.97	138	28	1.4	15	2
S'mores Cookie	143.4	5.5	2.0	52.0	22.0	1.0	10.2	2.0
Birthday Cake Cookie	178	6	2	131	29	1.4	15	2.6
Ice Cream								
Mini Sandwich, 2.5 oz	100	2	1	100	19	0	10	2
Chocolate Fudge Bar - 2 oz	80	0	0	80	16	0	15	3
Strawberry Sundae Cup	80	1	0.5	55	15	0	11	2
Vanilla Cup	70	1	0.5	60	14	0	10	2
Chocolate Sundae Cup	80	1	0	60	16	0	11	2
FroYo Cup, Vanilla, 4.4 oz	90	0	0	45	20	0	15	2
Strawberry Mango Juice Cup	110	0	0	20	27	0	24	0
Polar Blast Freeze	80	0	0	0	18	0	15	0
Sandwich, Cookies & Cream	140	2.5	1.5	150	27	1	15	3
Sandwich, Vanilla	140	2.5	1.5	140	29	1	15	0
Sandwich, Cupcake Flavor	190	4	2	140	31	0	16	3
Crackers								
Cheez-its	100	3.4	1	150	14	1	0	2
Goldfish	100	3.5	1	170	14	1	0	3
Chips								
Nacho Cheese Doritos	130	5	1	160	19	3	1	2
Flaming Hot Cheetos	120	4.5	0.5	200	16	1	0	2
Sweet N Spicy Doritos	130	5	0.5	170	20	2	1	2
Flamas Doritos	130	5	0.5	150	20	2	0	2
Cool Ranch Doritos	130	5	1	160	19	3	1	2
Beverages								
Fruit Punch Snapple	170	0	0	20	42	0	40	0
Grape Snapple	170	0	0	30	42	0	40	0
Green Apple Snapple	170	0	0	30	41	0	39	0
Orange Mango Snapple	180	0	0	30	43	0	38	0
Polar Blast Seltzer Water - Black Cherry	0	0	0	0	0	0	0	0
Polar Blast Seltzer Water - Raspberry Lime	0	0	0	0	0	0	0	0
G2 Fruit Punch	30	0	0	160	8	0	7	0

Updated: 8/10/26