Food Items	Stock #	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Entrées, Breakfast									
Bacon	7020	MS, HS, Avalon	2 slices	0	80	500	0	6	6
Bagel, Par Baked	1084		1 ea	46	220	330	6	8	1.5
Bagel, Plain, White Whole Wheat	1012		1 ea	33	170	230	3	7	1
Bites, Egg & Cheese	7012	MS, HS, Avalon	1 ea	2	90	260	0	7	6
Breakfast Bar	1083	MS, HS, Avalon	1 ea	47	280	240	3	5	9
Breakfast Bites	1082		1 srvg	43	260	290	1	4	8
Bun, Waffle	1460		1 ea	34	260	220	3	5	12
Burrito, Bean (Vegan)	1056		1 each	45	290	640	8	14	6
Burrito, Bean & Cheese	1055		1 each	44	320	480	8	17	9
Burrito, Breakfast	1051		1 ea	37	360	670	4	18	16
Cereal Bar, Cinnamon	3071	MS, HS	1 each	53	260	240	4	4	4
Cereal, Blueberry Chex	3043		Bowlpack	23	120	180	1	1	2.5
Cereal, Cheerios	3057		Bowlpack	21	100	140	3	4	2
Cereal, Cocoa Puffs	3063		Bowlpack	25	120	125	2	2	2
Cereal, Cinnamon Toast Crunch	3056		Bowlpack	22	110	160	4	2	3
Cereal, Fruit Shaped	3058		Bowlpack	23	110	160	2	2	2
Cheese, String, Mozzarella	8002		1 each	2	80	200	0	6	6
Cinnamon Crumb Cake, A	17085/17130	EL, MS	1 each	44	303	278	3	5	11
Cinnamon Crumb Cake, B	17085/17130	HS	1 each	66	454	418	5	9	17
Cinnamon Roll Without Icing	1026		1 each	36	190	210	1	5	3.5
Cinnamon Roll With Icing	1026/1135		1 each	53	265	210	1	5	4.5
Croissant	1015		1 each	29	170	300	2	5	5
Egg, Patty	7007		1 patty	0	50	125	0	3	3.5
French Toast Sticks with Fruit Dip	1000/17241		1 srvg	43	282	304	3	6	10
French Toast Sticks without Fruit Dip	1000		4 Sticks	38	260	300	3	6	10
Fruit Dip	17241		1 srvg	4.5	19	0	0.5	0	0
Granola, 1/4 Cup	17219		1/4 cup	13	72	38	1	1.5	1.5
Muffin, Chocolate	1025		1 each	40	229	125	3	3.5	6
Muffin, Cinnamon	1032		1 ea	50	300	260	7	4	11
Pan Dulce Concha (Chocolate, Pink, & Vanilla)	1016		1 each	34	200	90	2	5	6
Pancakes, Maple, Mini	1233		1 srvg	35	200	210	4	4	6
Pizza Bagel, Cheese	7065		1 each	23.5	192	376	2	12	5.5
Pizza Stick	1030		1 each	30	250	510	3	11	9
Sandwich, Biscuit with Bacon, Egg & Cheese	1021/7020/7	MS, HS	1 each	28	350	1000	2	12.5	20.5
Sandwich, Biscuit with Sausage, Egg & Cheese	1021/7059/7	MS, HS	1 each	29	380	990	2	15.5	22

Food Items	Stock #	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Sandwich, Biscuit with Egg and Cheese	1021/7007/8		1 each	28	310	750	2	9.5	17.5
Sandwich, Biscuit with Sausage	1021/7059		1 each	28	280	640	2	10	14.5
Sandwich, Biscuit, Chicken	1021/7153		1 each	36	350	650	3	16	17
Sandwich, Croissant, Egg & Cheese	1015/7007/8		1 each	30	270	650	2	10.5	12.5
Sandwich, Croissant, Egg, Turkey Ham & Cheese	1015/7007/6		1 each	30.5	320	892	2	17.5	15
Sandwich, Croissant, Egg, Sausage & Cheese	1015/7059/7		1 each	31	340	890	2	16.5	17
Sandwich, Peanut Butter & Jelly Sandwich, 2.6 oz.	7143		1 each	32	300	270	4	9	16
Sandwich, Waffle, Egg & Cheese	1460/7011/8	EL	1 each	35	360	570	3	10.5	19.5
Sandwich, Waffle, Egg, Cheese & Sausage	1460/7011/8	MS, HS	1 each	36	430	810	3	16.5	24
Sausage Patty, Pork	7059		1 patty	1	70	240	0	6	4.5
Smoothie Bowl with Granola	17220/6042	MS, HS	1 srvg	44.5	222	105	4	4.5	2.5
Tamale, Egg & Cheese	1053		1 ea	18	190	380	2	7	10
Waffle, Blueberry	1417		1 each	37	250	280	2	6	9
Waffle, Cinnamon	1416		1 each	37	250	290	2	6	9
Waffle, Dutch	1009		1 each	38	330	330	3	4	19
Yogurt Parfait w/Peaches and Granola (Cup)			1 ea	80.5	414	217	5	11	5.5
Yogurt Parfait w/Strawberries and Granola (Cup)			1 ea	69	365	209	5.5	9.5	5.5
Yogurt Parfait w/Strawberries and Granola (Tray)		MS,HS	1 ea	34.5	182	104	2.5	4.5	2.5
Yogurt, 4oz, Variety			1 ea	12	86	51	0.5	9	0
Yogurt, 4oz, Variety with Granola				25	156	88	2	10.5	1.5
Yogurt, Vanilla, Bulk (1 Cup)			1 ea	33	186	133	1	6.5	2.5
Entrées, Lunch									
Alfredo, Chicken, A	6072/4352/1	EL, CS	1 srvg	34	249	400	3	16	6
Alfredo, Chicken, B	6072/4352/1	MS, HS	1 srvg	46	333	529	4	21	8
Bacon Cheeseburger	12037/7017/	MS, HS	1 srvg	32	490	1234	3	28.5	28
BBQ Turkey Mac & Cheese	10041/6079/	MS, HS	1 srvg	72	657	1581.5	4.5	35	27
Beef Brisket with Cornbread	6053/CC		1 srvg	48	453	1443	2	17	21
Beef Patty, Rib-B-Que	6059		1 ea	12	200	650	0	13	11
Biscuit, Whole Grain	1021		1 ea	27	210	400	2	5	10
Bowl, Chicken and Mashed Potato	CC/Recipe	MS, HS	1 srvg	81	688	1675	7	31	25
Bread, Cheesy Pull-Apart (NO Marinara)	7002		1 ea	32	300	520	2	14	13
Bread, Cheesy Pull-Apart w/Marinara	Recipe		1 srvg	37	334	874	3	14	38
Bread, Gluten Free (Special Diet)	1456		1 slice	21	130	330	1	3	4.5
Breadsticks, Cheesy	7001		2 ea	30	290	490	2	19	11
Buffalo Chicken Mac & Cheese	CC/Recipe	MS, HS	1 srvg	45	433.5	1381.5	4	25	18
Bun, Brioche	1457	MS, HS	1 ea	29	160	260	2	6	3

Food Items	Stock #	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Bun, Ciabatta	1458		1 ea	30	160	200	2	5	2.5
Bun, Hamburger	12037		1 ea	30	150	290	3	5	1.5
Bun, Hamburger, Gluten Free (Special Diet)	1455		1 ea	47	270	190	3	3	7
Bun, Hot Dog	12045		1 ea	26	130	250	2	4	1.5
Bun, Slider	1451	MS, HS	1 ea	15	70	160	1	3	0
Bun, Waffle	1460		1 ea	35	270	200	3	5	12
Burger, Southwest Bean, no Bun	7014		1 ea	25	190	270	6	10	7
Burger, Southwest Bean on Bun	7014/12037		1 ea	55	341	560	9	15	8.5
Burger, Vegan, no Bun	7015		1 ea	7	140	240	4	10	9
Burger, Vegan on Hamburger Bun	7015/12037	EL, CS	1 ea	37	290	530	7	15	10.5
Burrito, Bean (Vegan)	1056		1 each	45	290	640	8	14	6
Burrito, Bean & Cheese	1055		1 each	44	320	480	8	17	9
Burrito, Bean & Cheese, Ultra Spicy	1041		1 ea	45	350	470	8	17	12
Cheese Dip Cup	10047		1 ea	13	180	390	0	10	10
Cheeseburger on Bun	12037/8010/		1 ea	32	450	984	3	25.5	24.5
Chicken and Waffle	7120/1009		1 srvg	48	540	920	4	21	30
Chicken, Boneless Wings	7102		5 ea	23	270	490	3	22	10
Chicken, Boneless Wings w/Cornbread	7102/CC		5 ea/1 ea	50.5	451	781	5	25.5	16.5
Chicken Drumstick, Breaded	7120		1 ea	10	210	590	1	17	11
Chicken Filet, Large (3 oz), Breaded, No Bun, Tyson	7154		1 filet	9	200	290	3	19	9
Chicken Filet, Large (3 oz), Breaded, No Bun, Gold Creek	7154		1 filet	13	190	470	1	20	7
Chicken Filet, Small (2oz), Breaded, No Bun	7153		1 filet	9	140	250	1	12	7
Chicken Filet, Spicy, No Bun	7155		1 filet	9	200	330	1	19	10
Chicken, Kung Pao with Rice	7097/3157	MS, HS	1 srvg	59	358	366	2	18	5
Chicken, Kung Pao, No Rice	7097	MS, HS	#8 scoop	11	130	360	0	14	3
Chicken Nuggets	7106		5 ea	16	240	470	3	13	14
Chicken Nuggets with Cornbread	7106/CC		5 ea/1 ea	43	423.5	763	5	17	20.5
Chicken Nuggets, Star Shapes	7124		4 ea	16	180	620	3	14	7
Chicken, Orange, A (with 1/2 Cup of Rice)	7108/3157	EL, CS	1 ea	53	350	452.5	3	16.5	9
Chicken, Orange, B (with 3/4 Cup of Rice)	7108/3157	MS, HS,Avalon	1 ea	65	407	454	4	17.5	9
Chicken, Orange, No Rice	7108		#8 (1/2 cup)	29	236	449.5	2	14.5	8
Chicken Patty, Grilled, No Bun (Special Diet)	7116		1 patty	0	150	210	0	15	10
Chicken Tenders with Biscuit	7152/1021		3 ea/1 ea	41	430	860	4	26	17
Chicken Tenders with Cornbread	7152/CC		3 ea/1 ea	41	403.5	753	4	26	13.5
Chicken Tenders, Gluten Free (Special Diet)	7112		4 ea	16	267	707	0	17	15

Food Items	Stock #	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Chicken Tenders	7152		3 ea	14	220	460	2	22	7
Chicken, Teriyaki, A (with 1/2 Cup of Rice)	CC/6072/315	EL,CS	1 srvg	43	284	735	1	20	3.5
Chicken, Teriyaki, B (with 1 Cup of Rice)	CC/6072/315	MS,HS,Avalon	1 srvg	67	398	738	2	22	4.5
Chicken, Teriyaki with Sauce, No Rice	CC/6072		1 srvg	19	170	732	0	18	2.5
Chicken, Thai Sweet Chili With 1 Cup Rice	4348/6072/3	MS, HS	1 srvg	95	516	1386	3	22	5
Chicken, Thai Sweet Chili with Sauce, No Rice	4348/6072	MS, HS	1 srvg	47	288	1380	1	18	3
Chicken Wings (Buffalo)	7132	MS, HS	1 srvg	5	249	686	0	16	18.5
Chicken Wings (Glazed)	7131	EL CS, Avalon	1 srvg	1	296	349	0.0	19	23
Chili Cheese Dog	7030/12045/	MS, HS	1 srvg	35	512	1186	4.0	23.5	31
Chili with Beans, No Chips or Cheese	CC/Recipe		1/2 cup	14	209	237	3.5	16	10
Chips, Doritos Walking Taco	3285		1 ea	27	190	230	3	3	7
Chips, Tortilla (2 oz)	3279		1 package	39	280	140	4	4	12
Chips, Tortilla, Supper, 1 oz	3271	Supper	1 package	19	140	70	2	2	6
Chips, Tortilla with Cheese Dip Cup	3271/10047	Supper	1 srvg	32	320	460	2	12	16
Chow Mein, Chicken, A	CC/Recipe	EL,CS	2/3 cup	25	217	666	2.6	16	5.5
Chow Mein, Chicken, B	CC/Recipe	MS,HS	1 1/3 cup	50	390	1198	5	24	10
Corn Dog, Chicken, Mini	7032		6 ea	30	260	470	1	9	12
Cornbread	CC/Recipe		1 piece	27	183.5	293	2	4	6.5
Crackers, PB Cup, & Chocolate Hummus	3107/10049/	Supper	1 srvg	53	530	415	7	15	31
Egg Roll, Chicken	1250		1 ea	20	150	200	2	10	4
Egg Roll, Vegetarian	1248		1 ea	7	45	157	1	1	1
French Toast Sticks, A	1000	MS, HS, Avalon	4 sticks	38	260	300	3	6	10
French Toast Sticks, B	1000	ES, CS	2 sticks	19	130	150	1.5	3	5
Granola, #8	CC/Recipe		1/2 cup	25	138	73	2	3	3
Hamburger on Bun	7017/12037		1 ea	31	400	760	3	23	20.5
Hamburger Patty, without Bun	7017		1 ea	1	250	470	0	18	19
Hot Dog, Beef, on Bun	7030/12045		1 ea	28	380	1020	2	14	23.5
Hot Dog, Beef, without Bun	7030		1 ea	2	250	770	2	10	22
Kickin' Tenders	7151		3 ea	13	210	340	1	12	13
Kickin' Tenders & Toast Sticks, A	7151/1000	MS, HS, Avalon	1 srvg	51	470	640	4	18	23
Kickin' Tenders & Toast Sticks, B	7151/1000	ES, CS	1 srvg	32	340	490	2.5	15	18
Macaroni and Cheese, A	CC/Recipe	EL, CS	2/3 cup	31	271.5	666	2	11.5	12
Macaroni and Cheese, B	CC/Recipe	MS, HS, Avalon	1 1/3 cup	62	543	1332	4.5	23	24
Macaroni and Cheese, C	CC/Recipe	Preschool	1 cup	35	352	999	2	15	18
Meatballs, Beef, No Sauce	6054		5 ea	2	200	260	0	14	15
Meatballs, Teriyaki, A (with 1/2 cup rice)	6054/3157/C	EL, CS	1 ea	38.5	369	574	1	17	15.5
Meatballs, Teriyaki, B (with 1 cup rice)	6054/3157/C	MS, HS, Avalon	1 ea	62	483	577	2	19	16

Food Items	Stock #	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Meatballs, with Teriyaki Sauce, No Rice	6054/CC		1 srvg	14.5	255	571	0	14	15
Nacho Cup (without chips)	CC/Recipe	PP	1 ea	19.5	258	642	3.5	16	12.5
Nachos, Chili Cheese (with Nacho Cheese Sauce)	CC/Recipe		1 srvg	59	540	783	7.8	20	24.5
Nachos, Chili Cheese (with Shredded Cheddar)	CC/Recipe		1 srvg	53.5	547	474	7.7	23	26.5
Nachos, Spicy Bean (with Shredded Cheddar)	CC/Recipe		1 srvg	67	532	622	11.5	17.5	21
Pancakes, Maple, Mini	1233		1 srvg	36	200	210	4	4	6
Pancakes and Sausage, A	1233/7059	EL, CS	1 srvg	37	270	450	4	10	10.5
Pancakes and Sausage, B	1233/7059	MS, HS	1 srvg	38	340	690	4	16	15
PB&J Protein Kit	3107/10049/	MS, HS	1 srvg	49	476	586	5	16	27
Pizza, Cheese, Large (8 slices/pie)	7082		1 slice	34	350	470	3	19	17
Pizza, Cheese, Round, IW	7078		1 ea	28	280	420	3	15	13
Pizza, Cheese, Slice, Dominos		HS	1 ea	29	240	460	3	21	8
Pizza, Cheese, Slice, Papa John's		MS, HS	1 ea	38	310	620	4	20	10
Pizza, Cheese, Slice, Pizza Depot		HS	1 ea	40	380	550	5	22	14
Pizza, Gluten Free, Pepperoni (Special Diet)	7094		1 ea	37	330	680	2	13	15
Pizza, Pepperoni, Large (8 slices/pie)	7092		1 slice	34	350	570	3	20	17
Pizza, Pepperoni, Slice, Dominos		HS	1 ea	29	260	490	3	20	9
Pizza, Pepperoni, Slice, Papa John's		HS	1 ea	38	350	740	4	21	14
Pizza, Pepperoni, Slice, Pizza Depot		HS	1 ea	40	399	587	5	28	15
Pizza, Pepperoni, Slice, Pizza Hut		HS	1 ea	30	300	570	3	21	11
Pozole, Chicken, w/out Chips or Cabbage	CC/Recipe		1 srvg	17	196	574	4	17.5	6
Pozole, Chicken, w/Chips and Cabbage	CC/Recipe		1 srvg	57	483	721	8.5	21.5	18
Pupusa, Bean & Cheese	1033		1ea	34	300	580	4	13	12
Pupusa, Bean & Cheese with Curtido	1033/CC		1 srvg	36	309	979	4.5	13	12
Pupusa, Birria & Cheese	1047		1 srvg	28	320	850	2	18	15
Pupusa, Birria & Cheese with Curtido	1047/CC		1 srvg	30	329	1249	2.5	18	15
Quesadilla, Cheese **(True Natural Foods)**	**7099**		1 each	34	380	710	4	20	18
Quesadilla, Cheese **(Hot Off the Grill)**	**7136**		1 each	29	320	580	2	18	14
Quinoa	3158		1/2 cup	32	170	14.5	2.7	6.3	2.7
Ravioli, Breaded Cheese, A (No Marinara)	7042	EL, CS	6 ea	54.5	309	625	6	16	3
Ravioli, Breaded Cheese, B (No Marinara)	7042	MS,HS,Avalon	7 ea	64	360	730	7	19	4
Rice, Brown, Plain	3157		1/2 cup	24.0	114	3	1	2	1
Salad, BBQ Chicken w/Dressing, without Chips	Recipe	CS, MS, HS	1 ea	48	491	1025	10	28	21.5
Salad, Chef w/Dressing, without Crackers	Recipe	CS, MS, HS	1 ea	14	408	774	5	14.5	33.5
Salad, Chicken Caesar w/Dressing, without Crackers	Recipe	CS, MS, HS	1 ea	14.5	565	1501.5	4.5	35	41

Food Items	Stock #	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Salad, Chinese, Kickin w/Dressing, without Wontons	Recipe	CS, MS, HS	1 ea	48	606	635	7	12	42.5
Salad, Chinese, Kickin with Dressing & Wontons	Recipe	CS, MS, HS	1 ea	76	806	1015	9	16	50.5
Salad, Elementary Caesar w/Dressing, without Crackers	Recipe	EL, CS	1 ea	13	559	1499	4	35	41
Salad, Elementary Chef w/Dressing, without Crackers	Recipe	EL, CS	1 ea	13	402	771	4	14.5	33.5
Salad, Elementary Ranch w/Dressing, without Chips	Recipe	EL, CS	1 ea	35	569	912	7.5	26	36.5
Salad, Greek Chicken w/Dressing, w/out Crackers	Recipe	CS, MS, HS	1 ea	15	389	864	5.5	17	28.5
Sandwich, Bacon Club on Ciabatta Bun	1458/7020/6	MS, HS	1 ea	32	397	1207	2	29	18
Sandwich, BBQ Turkey	6079/12037		1 ea	50	378	789	3	29	8
Sandwich, Buffalo BBQ Chicken	1457/6072/4	MS, HS	1 ea	41	299	1378	2	24	5.5
Sandwich, Chicken, Breaded on Hamburger Bun, Tyson	7154/12037	EL, CS, Avalon	1 ea	39	350	580	6	24	10.5
Sandwich, Chicken, Breaded on Hamburger Bun, Gold Creek	7154/12037	EL, CS, Avalon	1 ea	43	340	760	4	25	8.5
Sandwich, Chicken, Breaded on Brioche Bun, Tyson	7154/1457	MS, HS	1 ea	38	360	550	5	25	12
Sandwich, Chicken, Breaded on Brioche Bun, Gold Creek	7154/1457	MS, HS	1 ea	42	350	730	3	26	10
Sandwich, Chicken, Spicy on Hamburger Bun	7155/12037	CS, Avalon	1 ea	39	350	620	4	24	11.5
Sandwich, Chicken, Spicy on Brioche Bun	7155/1457	MS, HS	1 ea	38	360	590	3	25	13
Sandwich, Ciabatta & Cheese	1458/8010	MS, HS, Avalon	1 ea	34	360	1100	2	15	18.5
Sandwich, Grilled Cheese	7140		1 ea	34	320	550	3	18	12
Sandwich, Peanut Butter & Jelly Sandwich, 2.6 oz	7143		1 ea	32	300	270	4	9	16
Sandwich, Rib-B-Que on Ciabatta Bun	6059/1458		1 ea	42	360	850	2	18	13.5
Sandwich, Rib-B-Que (No Bun)	6059		1 ea	12	200	650	0	13	11
Sandwich, Spicy Kickin' on Hamburger Bun	7149/12037	MS, HS	1 ea	41	380	690	10	20	15.5
Sandwich, Spicy Kickin' (No Bun)	7149	MS, HS	1 ea	11	230	410	7	15	14
Sandwich, Sunjammer, Grape, Sunbutter	7142		1 ea	33	310	300	4	9	15
Sandwich, Sunjammer, Strawberry, Sunbutter	7142		1 ea	32	310	320	4	9	15
Sandwich, Tuna on Ciabatta Bun	CC/Recipe	MS, HS, Avalon	1 ea	32	290	358	2	8	15
Sandwich, Turkey and Cheese Deli on Brioche	1457/8010/6	MS, HS, Avalon	1 ea	31	298	776	2	22	10.5
Sandwich, Turkey Deli on Brioche	1457/6085		1 ea	30.5	270	620	2	23	7.5
Sandwich, Turkey Pepper Jack Deli on Ciabatta	1458/6085/8	MS, HS, Avalon	1 ea	32	303	586	2	22	11
Sandwich, Turkey Ham and Cheese (on Brioche)	1457/8010/6		1 ea	31	293	888	2	20	11

Food Items	Stock #	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Sandwich, Turkey Ham and Cheese (on Hambuger Bun, Supper Sandwich)	12037/8010/	Supper	1 ea	32	284	918.5	3	19	10
Sandwich, Turkey Ham and Pepper Jack Cheese, Hot (on Ciabatta)	1458/6086	MS, HS, Avalon	1 ea	31	297	690.5	2	19.5	11
Sandwich, Turkey Ham Deli on Hamburger Bun	6086/12037		1 ea	31	251	774	3	19	6.5
Sauce, BBQ	CC/Recipe		#20 scoop	9	38	242	0	0	0
Sauce, Buffalo BBQ	CC/Recipe	MS, HS	#20 scoop	12.5	51	692.5	0	0	0
Sauce, Marinara, Meatless	CC/Recipe		1/4 cup	4	26	271	0.5	0	0.5
Sauce, Marinara, Meatless	CC/Recipe		1/3 cup	5	35	362	1	0	1
Sauce, Teriyaki	CC/Recipe		2 tbsp	6	27	155	0	0	0
Sauce, Teriyaki	CC/Recipe		3.3 tbsp	10.5	45	256	0	0	0
Sauce, Thai Sweet Chili	4348	MS, HS	2 tbsp	16	69	386	0	0	0
Sausage Patty, Pork	7059		1 ea	1	70	240	0	6	4.5
Sliders, BBQ Turkey	1451/6079	MS, HS	2 sliders	50	368	819	2	30	6.5
Sliders, Chicken, Buffalo BBQ	CC/Recipe	MS, HS	2 sliders	60	471	1512	4	30	14
Sliders, Chicken, No Sauce	CC/Recipe	MS, HS	2 sliders	48	420	820	4	30	14
Spaghetti with Meatballs, A (2/3 cup pasta, 4 meatballs)	CC/Recipe	EL,CS	1 svg	30	307	750	4	15	13.5
Spaghetti with Meatballs, B (1.3 cup pasta, 5 meatballs)	CC/Recipe	MS, HS, Avalon	1 srvg	51	442	802	6	21.5	17
Supper Wrap Kit (Chicken Cheddar Wrap w/Ranch, Dried Cranberries, Cucumber Coins)	CC/Recipe	Supper	1 srvg	62.5	608	1122	6	22	31.5
Taco, Beef, without Pico de Gallo	CC/Recipe		1 ea	17	287	432	2.5	17	16.5
Taco Filling Cup, no cheese (Special Diet)	CC/Recipe		#16 scoop	1	145	233	0.5	12	10
Taco, Walking	428		1 ea	32	440	736	4	21	25
Tamale, Chicken (Michael B's)	1043		1 ea	23	260	630	3	21	10
Taquitos, Chicken & Cheese	7126		2 ea	18	250	280	3	19	11
Taquitos with Guacamole Cup	7126/6015	MS, HS	2 ea/1 ea	22	350	530	6	20	21
Tortilla, Corn (Special Diet)	1465		1 ea	8	39	20	1	1	0
Tortilla, Flour (6")	1466		1 ea	15	87	103	2	2	2
Tortilla, Whole Wheat Flour 10"	1467		1 ea	26	155	237	4	5	5
Thai Sweet Chili Quinoa Bowl	Recipe		1 srvg	71	490	971	3.5	19	15.5
Turkey, Shredded BBQ	6079		#6 scoop	20	228	499	0	24	25
Vegan Patty, Spicy Kickin'	7149	MS, HS	1 ea	11	230	410	7	15	14
Waffle, Dutch (served with Chicken and Waffle)	1009		1 ea	38	330	330	3	4	19
Walking Taco	CC/Recipe		1 srvg	32	440	736	4.5	21	25
Wings & Biscuit, Glazed	7131/1021		1 srvg	28	506	749	2	23	33

Food Items	Stock #	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Wings, & Biscuit, Spicy	7132/1021		1 srvg	32	459	1086	2	20.5	28.5
Wings & Rings, Glazed	7131/6130		1 srvg	46.5	611	585	5	24	35.5
Wings & Rings, Spicy	7132/6130		1 srvg	31	429	821	3	20	25.5
Wrap, Chicken Bacon (No Ranch)	1467/7152/7	MS, HS, Avalon	1 ea	42.5	530	1059	6	36	25.5
Wrap, Chicken Bacon w/Ranch Dressing	1467/7152/7	MS, HS, Avalon	1 ea	46	729	1347	6	36.5	46.5
Wrap, Chicken Caesar	Recipe	MS, HS	1 ea	35.5	670	1597	5	35.5	45
Wrap, Chicken Ranch (No Ranch)	1467/7152/8	ES, CS	1 ea	42.5	490	802	6	33	22.5
Wrap, Chicken Ranch w/Ranch Dressing	1467/7152/8	ES, CS	1 ea	46	689	1097	6	34	43.5
Wrap, Chinese Kickin' Tender	CC/Recipe	MS, HS	1 ea	65	717	856	6.5	17	47
Yogurt Parfait w/Peaches and Granola (Cup)			1 ea	80	414	217	5	11	5.5
Yogurt Parfait w/Strawberries and Granola (Cup)			1 ea	68.5	364	209	5.5	9.5	5.5
Yogurt, 4oz, Two, Variety			2 ea	24.5	173	103	2	18	2
Yogurt, 4oz, Two, Variety with Granola			2 ea/#8	50	312	177	4	21	3
Yogurt, Vanilla, Bulk (1 Cup)			1 ea	33	186	133	1	6.5	2.5
Fruits and Vegetables									
Fruit Cup, Applesauce	9018		1 ea	14	60	15	1	0	0
Fruit Cup, Applesauce, Strawberry Flavor	9014		1 ea	14	60	5	1	0	0
Fruit Cup, Mixed Fruit	9027		1 ea	19	80	0	1	1	0
Fruit Cup, Peach, Frozen	6041		1 ea	21	90	0	2	1	0
Fruit Cup, Strawberry, Frozen	6045		1 ea	21	80	10	2	1	0
Fruit, Apple Pear, Fresh	2034		1 ea	13	50	0	4	1	0
Fruit, Apple Slices, Fresh	2032		1 package	8	30	0	1	0	0
Fruit, Apple, Fresh	2030		1 ea	20	77	0	3.5	0	0.5
Fruit, Banana, Fresh	2045		1 ea	27	105	2	3	1	0
Fruit, Blueberries, Fresh	2049		1/2 cup	11	49	2	2	0.5	0
Fruit, Cherries, Fresh	2044		1/2 cup	12.7	50	0	1.7	0.5	
Fruit, Cranberries, Dried	10019		1 package	28	90	0	10	0	0
Fruit, Grapes, Fresh	2205		1 srvg	14.5	57	2	0.5	0.5	0
Fruit, Kiwi, Fresh	2033		1/2 cup	15	63	3	3	1.5	0
Fruit, Mandarin Oranges, Canned	9023		1/2 cup	13	50	14	1	1	0
Fruit, Mixed, Canned	9025		1/2 cup	10	43	12	2	0	0
Fruit, Nectarine, Fresh	2050		1 ea	15	60	0	2	1	0.5
Fruit, Orange, Fresh	2085		1 ea	15.5	62	0	3	1	0
Fruit, Peach, Fresh	2090		1 ea	12	51	0	2	1	0
Fruit, Peaches, Canned	9030		1/2 cup	17	70	8	1	1	0
Fruit, Pears, Fresh	2100		1 ea	21	82	0	3	0.5	0.5

Food Items	Stock #	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Fruit, Persimmons, Fresh	2110		1 ea	18	68	1	3.5	0.5	0
Fruit, Pineapple, Canned	9050		1/2 cup	17	70	10	1	0	0
Fruit, Plum, Fresh	2095		1 ea	7.5	30	0	0.5	0.5	0
Fruit, Pop, Peach	6047		1 ea	21	80	0	2	1	0
Fruit, Pop, Strawberry	6047		1 ea	19	80	0	2	1	0
Fruit, Strawberries, Fresh	2043		1/2 cup	5.5	24	0	1.5	0.5	0
Fruit, Tangerine, Fresh	2035		1 ea	12	47	2	2	0.7	0
Fruit, Watermelon, Fresh	2048		1/2 cup	5.5	23	1	0	0.5	0
Vegetables, Beans, BBQ Baked	CC/Recipe		1/2 cup	30.5	141	370	6	5	1.5
Vegetables, Beans, Southwest with Cheese	CC/Recipe		1/2 cup	19	117	265	7	8.5	1
Vegetables, Beans, Spicy with Cheese	CC/Recipe		1/2 cup	29.5	225	445	8	12	6
Vegetables, Bell Peppers, Mini	2130		1/2 cup	2	10	57	1	0.5	0
Vegetables, Broccoli	2142		1/2 cup	3	10	10	1	1	0
Vegetables, Burger Set Up (lettuce, tomato, pickle)	2166/4325/2	MS, HS, Avalon	1 srvg	3	9.5	736	0.5	1	0
Vegetables, California Mix (broc, caul, carrot)	6110		1/2 cup	3.3	20	26	1.3	2	0
Vegetables, Carrots, Diced	6103		1/2 cup	5.3	22.5	45	2.3	0.7	0
Vegetables, Carrots, Fresh	2150		1/2 cup	8	35	65	2	1	0
Vegetables, Cauliflower			1/2 cup	2.5	13	16	1	1	0
Vegetables, Celery	2237		1/2 cup	2	10	50	1	0	0
Vegetables, Corn	9095		1/2 cup	8	60	10	2	2	1.5
Vegetables, Cucumber	2168		1/2 cup	2.3	14	0	0	0	0
Vegetables, Edamame	2207		1/2 cup	9	120	15	4	11	6
Vegetables, Green Beans	9100		1/2 cup	3	15	120	1	1	0
Vegetables, Guacamole Cup	6015		2 oz	4	100	250	3	1	10
Vegetable, Potato Hash Brown Patties	6128		2 ea	30	240	540	2	2	13
Vegetables, Hominy	9103		1/2 cup	16	80	324	5	3	1
Vegetables, Jalapeno Cup	9101		1 ea	0.5	2.5	92.5	0.3	0	0
Vegetables, Lettuce & Pickle Cup	2220/4325		1 ea	3.5	13.5	369	1	0	0
Vegetables, Lettuce, Shredded	2220		1 cup	2.5	13.5	7	1	0.5	0
Vegetables, Mixed (pea, carrot, corn, grn bean)	6106		1/2 cup	13	59	47	2	2	0
Vegetables, Potato Rounds	6115		8 ea	14	110	310	1	1	6
Vegetables, Potato Smiles	6127		4 each	20	130	180	2	2	4.5
Vegetables, Potato, Mashed w/Gravy	10054/CC		1/2 cup	18	98	446	1	2	1.5
Vegetables, Potato, Mashed NO Gravy	10054		1/2 cup	13.5	71	295	1	1.5	1
Vegetables, Potato, Seasoned Wedges	6113		1 svg	19	130	590	1	2	6
Vegetables, Roasted Chickpeas Lightly Salted	3317		1 Package	27	180	260	17	9	4
Vegetables, Salad Mixed	2215		1 cup	2	12	5.5	1.5	0.5	0

Food Items	Stock #	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Vegetables, Snap Peas	2194		1/2 cup	7	39	4	2.5	2.5	0
Vegetables, Sweet Potato Fries	6123		1/2 cup	17	120	180	3	2	4.5
Vegetables, Tomatoes, Grape	2214		1/2 cup	4	18	8	1	0.75	0.3
Vegetables, Zucchini	2196		1/2 cup	2	13	13	1	1	0
Beverages									
Juice, Apple	12220		4 oz carton	14	60	0	0	0	0
Juice, Berry	12260		4 oz carton	14	60	5	0	0	0
Juice, Orange	12245		4 oz carton	13	60	0	0	1	0
Juice, Slush, Cool Tropics Tropical Trio	1610		4 oz pouch	20	80	5	0	0	0
Juice, Slush, Razz-A-Dazzle	1610		4 oz pouch	15	60	40	0	0	0
Juice, Vegetable	4270		4 oz carton	14	60	5	0	0	0
Milk, 1% Lowfat, White	12285		8 oz carton	16	120	135	0	10	2.5
Milk, Aseptic, 1% Lowfat, White	4303		8 oz carton	12	110	120	0	8	2.5
Milk, Almond, Vanilla (Special Diet)	4030		8 oz carton	13	80	170	0	1	2.5
Milk, Lactaid, Nonfat (Special Diet)	12283		8 oz carton	12	90	130	0	8	0
Milk, Nonfat, Chocolate	12295		8 oz carton	22	120	100	0	8	0
Milk, Aseptic, Nonfat, Chocolate	4301		8 oz carton	22	120	150	1	8	0
Milk, Nonfat, White	12305		8 oz carton	12	90	130	0	9	0
Milk, Aseptic, Nonfat, White	4302		8 oz carton	11	80	110	0	8	0
Milk, Aseptic, White, Whole	4306		8 oz carton	11	140	100	0	7	8
Milk, Soy (Special Diet)	12287		8 oz carton	15	124	168	0.5	9	3
Milk, Soy, Vanilla (Special Diet)	12287 (sub)		8 oz carton	9	110	85	2	8	4.5
Milk, Strawberry, Nonfat	12294		8 oz carton	20	110	105	0	8	0
Milk, Whole, White (Educare)	12284		8 oz carton	11	150	115	0	8	8
Crackers, Condiments and Sides									
Chickpea Spread, Chocolate	3180		1 each	15	170	35	2	5	10
Chips, Cheetos, Flamin' Hot			1 package	18	110	125	1	2	4
Chips, Cheetos Puffs			1 package	14	90	70	<1	2	3.5
Chips, Doritos Cool Ranch			1 package	20	130	135	2	2	5
Chips, Doritos Nacho Cheese			1 package	19	130	140	2	2	5
Chips, Fantastix Flamin' Hot			1 package	20	130	135	2	2	5
Chips, Fantastix Chili Cheese			1 package	20	130	150	1	2	5
Condiment, Cream Cheese	2020		1 packet	1	60	105	0	2	5
Condiment, Jalapeno Cup	9101		1 ea	0.5	2.5	92.5	0	0	0
Condiment, Jelly	4334		1 package	9	35	5	0	0	0

Food Items	Stock #	Site Specific Items	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Condiment, Ketchup	4011		1 packet	2	10	85	0	0	0
Condiment, Mayonnaise	4300		1 packet	0.5	57	60	0	0	6
Condiment, Mustard	4305		1 packet	0	4	65	0	0	0
Condiment, Pickle Slices	4325		4 ea	2	0	724	0	0	0
Condiment, Pico de Gallo	2155		#20 scoop	1	4	34	0	0	0
Condiment, Sriracha	4336		1 packet	2	9	225	0	0	0
Condiment, Syrup	4346		1 packet	18	70	0	0	0	0
Condiment, Taco Sauce	4332		1 packet	1	0	90	0	0	0
Condiment, Tajin	3162		1 packet	0	0	120	0	0	0
Cookie, Fudge, Whole Grain, a la carte	1001	MS, HS, Avalon	1 ea	32	190	160	2	3	7
Cookie, Candy, Whole Grain, a la carte	1002	MS, HS, Avalon	1 ea	32	190	150	2	3	6
Cookie, Choc Chip, Whole Grain (Menu Cookie)	1004	EL, CS, MS	1 ea	18	100	85	1	1	3.5
Cookie, Choc Chip, Whole Grain, a la carte	1003	MS, HS, Avalon	1 ea	33	200	160	2	3	7
Crackers, Cheese Flavored	3106		1 package	14	100	150	1	2	3.5
Crackers, Whole Grain	3107		1 package	30	180	250	3	3	6
Dressing, Caesar	CC/Recipe		#20 scoop	3	231	335	0	1	25
Dressing, Italian	4196		1 packet	2	10	170	0	0	0
Dressing, Ranch (House-Made)	CC/Recipe		#30 scoop	2	119	177	0	0.5	12.5
Dressing, Ranch, Packet	4205		1 packet	1	49	106	0	0	5
Fruit Dip	CC/Recipe		#30 scoop	5	19	0.5	0.5	0	0
Gravy, Chicken	3159		#20 scoop	4.5	27	155	0	0	1
Onion Rings	6130		4 ea	45.5	316	237	5	3	12
Peanut Butter Cup	10049		1 ea	8	180	130	2	7	15
Pudding, Chocolate	CC/Recipe		#10 scoop	32	168.5	278	1	1	5
Sauce, Cheese	CC/Recipe		#20 scoop	4	93	384.5	0	4.3	6.6
Sauce, Cheese, Nacho	CC/Recipe		#20 scoop	6	50	403	0	0	2
Sunbutter Cup (Special Diet)	3185		1 ea	7	203	120.5	2	7	16.5
Wonton Crispy Noodle (Chinese Kickin' Salad)	1247		1 pkg	14	100	190	1	2	4

Site Key

EL = Elementary
CS = Combo School
MS = Middle School
HS = High School